



September 2016

Welcome to the Fall 2016 edition of *Healthy Carroll Families*, our electronic media campaign with information designed to help you take the next step in your family-based approach to healthy weight.

Our handouts for this edition are:

- **“School is in! Time to focus on you!”** - provides information and tips for getting back into your fitness routine as kids go back to school,
- **“Snack Smart”** - lists the benefits of healthy snacks and items to include in your daily diet,
- **“Trail mix and match”** - healthy alternatives to the perfect trail mix,
- **“What to do to Beat the Flu”** – some facts to remember as active flu season approaches.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody! These materials may also be downloaded for free from our website, [HealthyCarroll.org](http://HealthyCarroll.org).

Please call or email me with any questions, feedback, or suggestions you may have about *Healthy Carroll Families*. I look forward to hearing from you.

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# School is in! Time to Focus on You



With kids back in school, you'll have more time to exercise – right? Well, a lot of the time, that's not true. Getting everyone ready for school, dropping them off, going to work, picking up kids, taking them to after-school activities, making dinner, doing homework, getting ready for bed - sounds like there's no time to breathe, let alone spend an hour at the gym!

Here are a few tips to help you get at least 20 minutes of exercise every day without leaving your home or workplace:

- Take a walk during lunch break. You'll be surprised how much energy you have afterward!
- Play outside with your children. A friendly game of tag burns more calories than you think.
- Make extra trips. Try taking the groceries into the house one bag at a time, even if it takes more time. Those extra steps add up for your health.
- Make your office setup standing-friendly. Put your keyboard on a stand or bookcase and spend work time standing, not sitting.
- Add lunges or squats to your daily activities...while cooking, standing at your desk, feeding the dog...anytime!
- Have walking meetings or telephone calls - a simple way to add steps to your day.
- Exercise while your children are at activities or sports practice. This is a built-in hour for you - take advantage of it.
- Make meals from scratch. All those steps from the fridge, to the cabinet, to the sink, then to the stove can make for a surprisingly active experience.



Finally, don't rule out exercising at a gym - many gyms provide child day care and convenient morning, afternoon and evening classes. Make some quality "ME" time now!



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**L.E.A.N. Carroll**

*A family approach to healthy weight*



# Snack Smart

Over the past 30 years, snacking has increased in both adults and teens. 83% of teens and 90% of adults have at least one snack daily. Children snack almost 3 times/day. Overall, the foods providing the most snack calories are usually not the most nutritious options. (NHANES)

There *can* be benefits to snacking if snacks are planned, well-timed, and fit into your daily calorie needs.

## Snacks:

- can play an important role in managing hunger, provide energy between meals and help to meet your nutritional needs
- can reduce overeating at mealtime, if at least two hours before a meal
- can boost your child's mental and physical skills, which will help them stay focused on homework and other after school activities
- with their children's input, parents can come up with a list of healthy snack options, and make sure the foods are on hand. Try packing a snack box or having a snack shelf.

## Foods to include:

- dried fruit, fruit cups
- whole grain cereal and crackers
- granola bars (look for those lower in sugar and higher in fiber)
- pretzels, microwave popcorn, trail mix
- peanut butter, nuts
- shelf-stable pudding cups
- refrigerated options: fresh fruit, cut up vegetables and low-fat dip or hummus, low-fat milk and yogurt, string cheese



## If favorites are higher in fat and sugar:

- set guidelines on how often and how much of these foods are allowed
- buy in smaller quantities
- look for healthier alternatives such as whole grain crackers and bite-size chocolates

If your children stay after school for an activity, snacks can be purchased in all Carroll County Public Schools cafeterias during lunch period. All items meet guidelines on calories, fats, sugar and sodium. Baked chips, whole grain cookies, fresh fruit, water, and fruit juice are examples of items for sale. For more information visit the Food Service section at [www.carrollk12.org](http://www.carrollk12.org).



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You don't need a recipe to make a healthy, crunchy snack, just your imagination! Toss it all together, and store in an airtight container.

Here are some suggestions to get you started:

Grains	Dried fruits	Nuts	Sweets
2-4 cups Look for whole grain cereals	1-1½ cups	½ - 1 cup Look for unsalted	½ cup
Mini goldfish crackers Mini shredded wheat squares Oat O's or squares Popcorn Pretzel sticks, nuggets, minis Rice, wheat or corn squares Sesame sticks	Apple rings Apricots, chopped Banana chips Blueberries Cherries Craisins Mango Raisins Tropical mix	Almonds Peanuts Pecans Pistachio Pumpkin seeds Soy nuts Sunflower seeds	Chocolate cereal Fruit flavored cereal Mini chocolate chips Mini marshmallows Mini M&M's Peanut butter chips

### No Bake Cranberry Oatmeal Balls

- 1 cup quick cooking oats
- 1/3 cup almonds chopped
- 1/3 cup peanut butter
- ¼ cup honey\*
- 1/3 cup dried cranberries

In a medium bowl combine all ingredients until well mixed.  
Form into 18 balls and place on a cookie sheet.  
Refrigerate for 30 minutes.  
Store in refrigerator.



**\*honey is not recommended for children under 1 year old**

Makes 9 servings.

Nutrition information/serving: Calories 160; Protein 5 grams; Fiber 2 grams; Total fat 6 grams;  
Saturated fat 0 grams      Source: [www.foodhero.org](http://www.foodhero.org)



## WHAT TO DO TO BEAT THE FLU (Influenza)

### What is Influenza (Flu)?

Influenza or “flu” is an infection of the nose, throat, and lungs caused by the influenza virus. It’s *not* the upset stomach sometimes called “stomach flu”. Flu is highly contagious and spreads to others through the air in droplets when someone with the infection coughs, sneezes or talks. You can inhale the droplets directly, or you can pick up the germs from an object like a door handle, telephone, or computer keyboard.

### What are the Symptoms of Flu?

Flu symptoms start suddenly, about 1 to 4 days after a person is exposed:

- Fever/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches and/or Headache
- Tiredness



### What’s the Best Way to Prevent the Flu?

The single best way to prevent the flu is to get the flu vaccine. Almost everyone 6 months of age and older should get vaccinated every year. **Consult your health care provider if you have questions about whether you should get a flu vaccine.** It takes about two weeks for the vaccine to offer protection from the Flu virus. **Maryland health officials recommend getting your flu shot between early October and mid-November for the best coverage for the entire flu season.** However, vaccination can be given at any time during the flu season.

New vaccines are produced every year to keep up with changing flu viruses. There are different flu vaccines to help with special circumstances, like pregnancy or egg allergies. The nasal spray vaccine is not being recommended by the CDC for 2016-2017. Your doctor can recommend the best vaccine type for you.

**Flu vaccines cannot cause the flu!**

### Remember...

The flu vaccine isn't 100% effective at preventing *every* case of the flu, but if you *do* get it after being vaccinated, you'll probably have a milder illness, and a lower risk of developing serious complications.

It's also important to take additional measures to prevent the spread of flu:

1. **Wash your hands often** with soap and water, or use alcohol-based hand sanitizers if soap and water aren't readily available.
2. **Avoid touching your eyes, nose, and mouth.**
3. **Cover your mouth and nose when you sneeze or cough** – use a tissue or the inner crook of your elbow.
4. **Avoid crowds** - flu spreads easily wherever people congregate.
5. **Avoid close contact with people who are sick.**
6. And, **please limit your contact with others if you are sick with Flu-like illness.**