



January 2014

Welcome to the fourteenth edition of **Healthy Carroll Families (HCF)**. HCF is an electronic media campaign, designed to help you take the next step in your family-based approach to achieving and maintaining a healthy weight.

HCF packets may be downloaded from our web site, www.HealthyCarroll.org, by individuals, agencies, schools, the news media – any interested party – at no charge. **We encourage you to make copies and distribute** this information to your clients, customers, students, PTA, family, friends....everybody! Each packet includes nutrition and physical activity information AND a simple recipe to help us to eat healthier.

Our handouts are **Protein Power** which provides information about making healthy protein choices and ideas to include meatless meals each week. Beginning in January 2014, the Carroll County Public School menus will identify meatless entrees with a “V” symbol. Look over the menus with your children and encourage them to try something new. **Plan to be Fit** offers ideas on how to set and reach goals to increase your physical activity. **Pasta with Greens and Beans** is a filling meatless recipe that is low in fat and a good source of fiber.

Emphasizing **Lifestyle, Education, Activity and Nutrition (L.E.A.N.)**, we first issued the L.E.A.N. Carroll call to action in April 2008. The second edition of a resource guide titled **HEALTHY CARROLL** was published in April 2012. This guide is for people who want to focus on healthy eating and a more active lifestyle. It offers tips on how to improve nutrition and increase physical activity in every stage of life. Download **HEALTHY CARROLL** for free from our web site or call 410-871-6373 to obtain a copy.

Good luck and stay tuned for more information.

Nutrition Action Team

The Partnership for a Healthier Carroll County

Connecting people. Inspiring action. Strengthening community.



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Plan to be fit!

Getting in shape is a common New Year's resolution. The following practical tips can make it easier to set and reach your goals to increase your physical activity:

Specific realistic goals work best.

When it comes to making a change, the people who succeed are those who set realistic, specific goals. "I'm going to exercise 30 minutes a day for 5 days a week" is more specific than "I'm going to get fit." Be realistic about what you can achieve. You may start off with a goal of exercising 2 days a week and work up to 5.

It takes time for a change to become a habit.

It will probably take a couple of months before any changes, like getting up half an hour early to exercise, become a routine part of your life. Your brain needs time to get used to the idea that this new thing you're doing is part of your regular routine.

Repeating a goal makes it stick.

Put your goal in writing and say it out loud each morning to remind yourself of what you want and what you're working for. Every time you remind yourself of your goal you're training your brain to make it happen.

Pleasing other people doesn't work.

The key to making any change is to find the desire within yourself. You have to do it because you want it, not because someone else wants you to. It is harder to stay on track and motivated if you're doing something out of obligation to another person.

Recommit to your goal if you slip up.

If you slip up, don't give up. Forgive yourself and make a plan for getting back on track. Pat yourself on the back for everything you did right. It may take a few tries to reach a goal, but it's normal when trying to make a change.

Exercise benefits every part of the body, and helps to improve your mood. Stick with your goals. The rewards will be well worth it!

Article adapted from "5 Facts About Goal Setting," www.KidsHealth.org, 1995-2013. Reprinted with permission.



L.E.A.N. Carroll

A family approach to healthy weight

Connecting people. Inspiring action. Strengthening community.

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Most Americans regularly eat more than enough protein. Foods rich in protein include both animal (meat, poultry, seafood and eggs) and plant (beans, peas, soy products, nuts and seeds) sources. These foods contain B vitamins, iron, zinc, magnesium and Vitamin E, which are vital for health. Some animal sources of protein are also high in unhealthy saturated fat, so it makes sense to eat a variety of protein foods.

How much is enough?

The amount of protein you need to eat depends on age, sex, and level of physical activity. Most people, ages 9 and older need 5 to 7 ounces of protein foods each day. 1 ounce of lean meat, chicken or seafood, 1 egg, ¼ cup cooked beans or peas, ½ ounce nuts or seeds, or 1 tablespoon of peanut butter count as one ounce of protein foods.

Tips for choosing protein:

- Choose lean or low-fat cuts of meat, like round or sirloin, Trim fat from meat and remove poultry skin.
- Grill, broil, roast, bake or drain fat from meat.
- Choose turkey, roast beef, or tuna for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium.
- Choose seafood twice a week.
- Use unsalted nuts or seeds as a snack, on salads, or in main dishes. Eat small portions to keep calories in check.
- Eat plant protein foods more often. They are naturally lower in calories and saturated fat and high in fiber. They are also less expensive than animal protein foods.
- Consider planning one meatless meal each week.
- Some choices are: Chili with kidney or pinto beans, stir-fried tofu, split pea, lentil, minestrone, or white bean soups, baked beans, bean enchiladas or tacos, rice and beans, veggie burgers, or hummus on pita bread

Substituting plant proteins for meat does not mean giving up high-quality protein. It can be an opportunity to introduce new healthy foods to the family and save money at the same time. This year, challenge yourself to try a new meatless recipe each week.

For more information about protein go to www.choosemyplate.gov
Adapted from "10 Tips Nutrition Education Series", June 2011, USDA

Recipe

Pasta with Greens and Beans

- 8 ounces pasta (try penne)
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 10 ounces frozen spinach
- 1 can (15 ounces) diced tomatoes with juice
- 1 can (15 ounces) white beans, drained and rinsed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated parmesan cheese



1. Cook pasta according to package directions. Set aside.
2. Meanwhile, heat oil in large sauté pan or skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt, and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
4. Add drained pasta and parmesan to spinach mixture. Toss well and serve.

Yield: 8 servings **Serving Size:** 1 cup

Nutrition Facts/Serving: Calories 210; Protein 11 grams; Total fat 4 grams; Fiber 5 grams

No fresh garlic? Use 3/4 teaspoon garlic powder instead. Add in Step 3.

Substitute cleaned and chopped fresh spinach (about 6 cups).

Try other greens, such as Swiss chard or kale instead of spinach. Be sure to clean greens well and cook them until soft.

Source: Oregon State University Extension Service www.foodhero.org/recipe

