



May 2014

Welcome to the fifteenth 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 “**Focus on Fruits**” which offers suggestions to eat more fruit as part of an overall healthy diet, “**Walk Carroll with Walk Maryland**” which shares information on a new community-wide walking challenge, and two delicious recipes that features some of the seasonal fruits of summer.

Emphasizing **L**ifestyle, **E**ducation, **A**ctivity and **N**utrition (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

Connecting people. Inspiring action. Strengthening community.



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Did you know that regular physical activity increases your chances of living a longer, healthier life?

It helps to achieve and maintain a healthy weight, and also reduces your risk for high blood pressure, heart disease, and some types of cancer.

Yet in **Carroll County** only 50% of adults engage in regular physical activity. (www.HealthyCarroll.org)

The Physical Activity Guidelines for Americans issued by the Federal Department of Health and Human Services in 2008 recommend 60 minutes of physical aerobic activity daily for children ages 6-17 and 30 minutes daily for adults ages 18-64.

No matter what shape you are in, you can find activities that work for you. Some of your daily life activities—doing active chores around the house, yard work, walking the dog—are examples of energy-burning activities.

Walk Carroll with Walk MD is a community wide walking program that is partnering with many organizations including the University of Maryland Extension Office's *Walk Maryland* online activity tracker. The program encourages all who live, work, and play in Carroll County to increase physical activity in a fun way. There will be free events throughout the county for people of all ages and fitness levels to come out and get active. The goals of this program are to help Carroll County develop regular physical activity habits, improve health, get more physically fit, and have fun!

How does *Walk Carroll* work?

Individuals or groups can find the link to register for a free activity tracker at www.HealthyCarroll.org. Registered "walkers" have access to an online activity record that can be used not only to track miles walked, but also to convert other types of physical activity, such as biking or gardening, into "miles walked." Any type of physical activity counts!

While logging miles, a personalized map automatically shows walkers' progress as they "travel" across the state of Maryland. Along the way, walkers discover interesting places and facts about the state and new ways to improve health.

Walk Carroll community walking events will be held throughout the county at local parks and trails. All of the events are free to attend and no prior registration is needed. These walks can be tailored to varying physical activity abilities and needs. Great prizes and giveaways will be offered based on participation in the walks and events!

Come join us and others in Carroll County as we get more active and become healthier!

For ideas about ways to be more active in Carroll County see:

<http://ccgovernment.carr.org/ccq/recpark/>

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Focus on Fruits

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Eating fruit is a healthy habit!

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits provide important nutrients such as potassium, dietary fiber, vitamin C and folate.
- People who eat more fruits as part of an overall healthy diet may have a reduced risk of some chronic diseases.

Tips to eat more fruits

Keep it visible

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

Celebrate the season

Use fresh fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

Mix up your choices

Eat a colorful variety of fruits every day. Fruits come in all forms: fresh, canned, frozen, 100% juice or dried. To eat more fiber, make most of your choices whole or cut up fruit, rather than juice. For canned fruits, choose fruit in 100% fruit juice or light syrup.

Try new fruits

Keep it interesting by picking out new foods you've never tried before, like mango or papaya. You may find a new favorite!

Have fruit at every meal

At breakfast, top your cereal with bananas or strawberries, add blueberries to pancakes or muffins, drink 100% fruit juice, or try adding fresh fruit to low-fat yogurt. At lunch, pack grapes or a fresh peach. Choose fruit from the salad bar. Individual containers of fruits are easy and convenient. At dinner experiment with fruit by adding crushed pineapple to coleslaw or add fruit to a tossed salad. Make a fruit salad and top with frozen yogurt for dessert.

Fruit makes great snacks.

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks or grapes in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing

Keep fruits safe

Rinse fruits before preparing or eating them. Rub fruits briskly under clean running water to remove dirt and surface germs.



For recipes and more information about fruits visit www.fruitsandveggiesmorematters.org

Adapted from 10 Tips Nutrition Education Series, www.choosemyplate.gov

Fruity Frozen Treats

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Ingredients:

- 1 6-ounce container nonfat lemon yogurt*
- 2 cups cubed, seedless watermelon
- 1 pint fresh strawberries, tops removed
- 1 medium banana, peeled and sliced

Preparation:

1. Place yogurt and fruit in a blender. Cover tightly.
2. Blend until smooth. Pour into 8 muffin-tins with paper baking cups
3. Freeze until frozen solid, at least 2-3 hours.
4. To serve, remove from freezer and let sit about 10 minutes. Peel paper cup off each treat and eat.

Makes 8 servings

Nutrition Facts/serving: Calories 57; Carbohydrate 14 grams; Protein 2 grams; Fat 0 grams

* Experiment using your own favorite fruits and nonfat yogurt.

Source: USDA Food and Nutrition Services - Fruit and Vegetable Recipes
www.nutrition.gov/life-stages/children/kids-kitchen



Amazing Fruit Salad



Ingredients:

- 2 cups washed and torn lettuce
- 1 cup drained, canned pineapple chunks (Save 3 Tablespoons of juice)
- 1 cup sliced strawberries
- 3 kiwifruit, peeled and sliced
- ½ cup low-fat, vanilla or fruit flavored yogurt
- 3 Tablespoons pineapple juice
- 2 teaspoons lemon juice

Preparation:

1. Place torn lettuce leaves into a large salad bowl.
2. Add pineapple chunks, strawberries and kiwifruit.
3. In a small bowl mix together yogurt, pineapple juice and lemon juice.
4. Drizzle yogurt mixture over salad.

Makes 4 servings. One serving equals 1¼ cups.

Nutrition Facts/serving: Calories 117; Carbohydrate 23 grams; Protein 3 grams; Fat 1 gram

Source: Kids Get Cookin' Fast and Fun Recipes, Network for a Healthy California, www.cdph.ca.gov



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