



March 2017

Welcome to ***Healthy Carroll Families*** for Spring 2017. *Healthy Carroll Families* is 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:

- **Springtime Fun Time** – Family-friendly outdoor activities for exercise and bonding.
- **Sugar Facts** – Squashing rumors on sugar facts as well as how to cut back on sugar.
- **Fun Recipes**- How to make two party favorites low-calorie and healthy.

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.

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

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SPRINGTIME FUN TIME

Spring is upon us! We've already been tempted with days in the 60's. What could be more fun than family-friendly outdoor activities for exercise and bonding? Here are a few ideas:

1. **Go Hiking.** Enjoy one of Carroll's beautiful parks and take the family boating, hiking, fishing, or sightseeing. Being active outdoors has remarkable health benefits - and will put you and your kids in a better mood. According to the Harvard Health *Letter on A Prescription for Better Health*, "Physical activity has been shown to relax and cheer people up." You'll also increase your family's Vitamin D levels. Visit <http://ccgovernments.org/ccg/recpark/> for information on local parks and recreational opportunities.
2. **Grow something you can eat.** April showers bring May spinach, snow peas, asparagus, strawberries and lettuce! Get active with your family and grow yummy, healthy foods that you can eat straight from the garden. Gardening can have a positive influence on children that lasts a lifetime. According to the CDC, in a study of third to fifth grade students those who gardened showed improvement in life skills such as self-understanding and the ability to work in groups.
3. **Host a sidewalk neighborhood art show.** Do you live in a neighborhood setting? As daylight begins to last longer, having a neighborhood chalking party can be a great after-school activity. Have each child in the neighborhood draw something that makes them feel happy or loved on the sidewalk in front of their house. Expressing feelings and emotions through art is healthy and affirmative. This is an activity for all ages. Don't forget your camera - this will be a memory you don't want to forget!

Our area has many free or low-cost activity options for you and your family. Check online, in the newspaper, or with local organizations for events today!



L.E.A.N. Carroll

A family approach to healthy weight



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Sugar Facts



Did you know...?

- A preference for sweet-tasting foods begins at birth.
- On average, Americans eat more sugar each day than recommended.
- Too much sugar can lead to cavities and weight gain.
- Your body can't tell the difference between natural or added sugars, so watching total sugar is the key.
- "Sugars" on the food label is both naturally-occurring and added sugars.
- All kinds of sugar have 4 calories per gram.
- One teaspoon of sugar = 4 grams, so a 12-ounce soda with 39 grams of sugar has 10 teaspoons of sugar.
- Foods like fruit or milk with naturally occurring sugars are more nutritious, but can still be over-used. Fruit juice has almost the same total sugar as soda.
- Children, adolescents, and young adults eat more foods with added sugar. These foods tend to have a lot of calories, but few nutrients.
- The two main sources of added sugars in our diets are:
Sugar-sweetened beverages - soft drinks, fruit drinks, sweetened coffee and tea, flavored waters, and energy drinks,
Sweets - baked goods, ice cream, candy, jams, and syrups.
- Some common names for added sugar are:

Brown sugar	Turbinado sugar	Molasses	High-fructose corn syrup	Glucose
Invert sugar	Malt syrup	Evaporated cane juice	Dextrose	Sucrose
Raw sugar	Honey	Agave nectar	Fructose	Lactose

How to cut back on sugar:

- Buy less
- Find healthier substitutes
- Choose not to offer sweets as rewards
- Compare food labels and choose products with the lowest amount of sugar
- Enjoy smaller servings
- Quench your thirst with water
- Read the ingredient list for other names for sugar

You don't have to eliminate sugar to be healthy! Just make sure that sugary foods don't routinely replace more nutritious foods.

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Fun Recipes

Cinnamon Chips

Ingredients:

4 flour tortillas, taco size
4 teaspoons water
½ teaspoon cinnamon
1 teaspoon sugar

Directions:

Brush tortillas with a small amount of water and cut into 6 wedges.
Lay wedges in a single layer on a cookie sheet.
Combine cinnamon and sugar. Sprinkle tortillas with this mixture.
Bake at 350 for 10-15 minutes.
Cool and store in air tight container.
4 servings, 6 wedges each

Recipe adapted from: www.spendsmart.extension.iastate.edu

Nutrition information/serving: Calories 145; Carbohydrates 25; Sugars 2 grams; Fiber 1 gram;
Protein 4 grams; Fat 3.5 grams; Saturated fat 1.5 grams



Yogurt Fruit Dip

Ingredients:

1 cup nonfat plain yogurt
1 teaspoon vanilla extract
½ teaspoon cinnamon
1 teaspoon brown sugar

Directions:

In a bowl, combine yogurt, vanilla, cinnamon, and brown sugar. Mix well.
Serve with sliced apples or other fruit.
8 servings per recipe, 2 Tablespoons each

Recipe source: Oregon State Extension Services www.foodhero.org

Nutrition information/serving: Calories 20; Carbohydrate 3 grams; Sugars 3 grams; Protein 2 grams;
Fat 0 grams.

