

# HEALTHY CARROLL FAMILIES

Spring 2018



March 2018

Welcome to Healthy Carroll Families for Spring 2018. Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living.

Our handouts for this edition are:

- **NEW Food Label Nutrition Facts** - As of July 26, 2018, new food regulations on nutrition fact labels will be put into place; bring yourself up to speed on what to look for.
- **Spring Cleaning of your Fitness Routine** - Get out of your fitness rut with new ideas on changing your routine as well as your mindset.
- **Egg-cellent Recipe** - Try a seasonal egg recipe that is a healthy and fast alternative to making breakfast every morning.

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

A handwritten signature in black ink that reads "Caitlin Cross".

Caitlin Cross, Community Health Improvement Area Specialist

Advancing Health and Wellness Leadership Team  
CCross@carrollhospitalcenter.org  
410-871-7648

A decorative graphic consisting of three overlapping, curved lines in shades of blue and grey.

535 Old Westminster Pike, Suite 102  
Westminster, MD 21157  
Telephone: (410) 871-7645  
Fax: (410) 871-6325  
[www.HealthyCarroll.org](http://www.HealthyCarroll.org)



*Help improve the health & quality of life in Carroll County.*

## Join Us!

**Advancing Health and Wellness Leadership Team**

March 8th / June 14th  
9:30 to 11:30 a.m.  
Carroll Hospital's  
Shauck Auditorium  
Shipley Room 3

**Healthy Aging Leadership Team**

March 16th / June 15th  
9:30 to 11:30 a.m.  
Carroll Hospice  
Ground Floor  
Conference Room  
292 Stoner Ave.  
Westminster, MD



# Spring Cleaning of your Fitness Routine

By the end of February we're all getting tired of our New Year's fitness resolution and feel the need for something new and fresh, like the weather. So why not take the time to focus on new goals for both you and your family's wellness routine. Here are a few small ideas to help you make big improvements to your health.

## *Step Off the Scale*

For many of us, the number we see on the scale dictates the rest of our day. Not all body changes occur as weight loss. Try measuring yourself in a few key places, writing it down, then comparing your results 2 weeks later. You'll be amazed at how much you can change, even when the number on your scale doesn't.

## *Sign Up for a Race*

Sometimes a little family competition can re-vamp your exercise routine. Sign up for a family softball league, tennis match, or fun walk / run. Train as a family and set a schedule. Staying active doesn't mean you have to go to the gym.

## *Hit the Farmers Market*

Cooking with bright colors and seasonal ingredients can make for a fun family activity. Try new recipes that involve spring items such as asparagus, broccoli, cauliflower, lettuces, onions, radishes, spinach, mint, and strawberries. Make your favorite smoothie, or add a new weekly dish that's made by the kids. Shop at your local farmers market.

## *Toss Unhealthy Winter Habits*

Do you find yourself and your kids hibernating after a long work and school day? Ditch those unhealthy habits and replace them with an outdoor activity. Try going for a walk together, hiking, or playing a game of kick-ball in your downtime. Swapping out winter habits for a healthier option will keep your routine exciting!

**L.E.A.N. Carroll**  
*A family approach to healthy weight*

  
**The Partnership**  
for a Healthier Carroll County  
HealthyCarroll.org

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# FOOD LABEL NUTRITION FACTS

If you've read a food label lately you may have noticed that it has changed in more than one way! On May 20, 2016, the U.S. Food and Drug Administration announced the new Nutrition Facts label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label makes it easier to read, bolding the most important information for consumers. This can help you and your family make better food choices every day. The new laws task large food companies with changing their food labels by July 26, 2018.

*So what has changed?*

First, the **calories** and **serving size** have been bolded and right aligned. The serving size has been updated to reflect realities in American eating habits. For example, take a bottle of soda. Now, both a 12 oz. bottle and a 20 oz. bottle will contain 1 serving. In the past, a 20 oz. bottle of soda was considered two servings, but because most people drink a bottle of soda in one sitting, the new serving size reflects that amount. No more guessing needed.

The % Daily Value has been updated and new Added Sugars have been included. The change in nutrient ingredients found at the bottom of the label now reflects actual amounts found in each product, and a new footnote has been added. The footnote is changing to better explain what percent Daily Value means.

Use the new, improved nutrition facts label to make healthy food choices when you shop.



### FOOD SERVING SIZES GET A REALITY CHECK

**Serving Size Changes**  
What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

CURRENT SERVING SIZE

4 SERVINGS  
200 CALORIES

NEW SERVING SIZE

3 SERVINGS  
270 CALORIES

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**Packaging Affects Servings**  
Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

12 OUNCES 120 CALORIES      20 OUNCES 200 CALORIES

1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

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# Egg-cellent Recipe

## Healthy Egg Muffin Cups

### Ingredients

- 1 tbsp. Olive oil
- 1 cup Red pepper (measure after chopping)
- 1 cup Green pepper (measure after chopping)
- 1 cup Yellow onion (measure after chopping)
- 2 cups Baby spinach - roughly chopped  
(measured/packed before chopping)
- 1 cup Mushrooms (measure before chopping)
- 2 cloves Garlic minced
- 4 whole Eggs
- 4 Egg whites
- Salt & Pepper to taste



### Instructions:

1. Preheat oven to 350 degrees F.
2. Grease a standard non-stick 12-slot muffin pan with cooking spray and set aside.
3. Heat a large non-stick skillet over medium heat. Once hot, add in oil, red pepper, green pepper, and onion. Sauté 5-7 minutes, or until peppers are tender. Add spinach and mushrooms and cook for an additional 2 minutes. In the last 30 seconds, add in minced garlic. Season with salt and pepper and remove from heat.
4. Crack eggs and egg whites into a large 4 cup measuring cup and whisk together.
5. Stir in cooked veggies. Pour the egg/veggie mixture evenly into the prepared muffin pan.
6. Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked. Cool slightly and serve immediately.

Leftovers can be stored in an airtight container in the fridge for about 4 days.

These may also be frozen for a healthy breakfast at any time. To reheat, pop them in the microwave until warm.

**Nutrition Information/Serving:** Serving Size 1 muffin; Calories 50; Total fat 2 grams; Saturated fat 0 grams; Protein 4 grams; Total Carbohydrates 3 grams; Dietary fiber 0 grams.

Source: ShowMeTheYummy.com

<https://showmethetheyummy.com/?s=egg+muffin+cups>