



December 2015

Welcome to ***Healthy Carroll Families*** for Winter 2015-2016. *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:

- **“Staying Active During the Holiday Season”** – provides information and tips for sticking with your fitness routine during this busy time of year,
- **“Have a Plan for Eating Out”** - healthy dining choices and pointers,
- **“Kid-Friendly Recipes”** - ideas for healthy meals that the whole family will enjoy.

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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Staying Active During the Holiday Season

Does the holiday season add stress to your already hectic life? Some days it may seem there aren't enough hours to finish your never-ending list of duties. How are you supposed to fit exercising in, too?

You can fit activity into your daily routine more easily than you think. Studies show that short bursts (10 or 20 minutes) of intense exercise can help you shed weight faster than 40 minutes of low-intensity exercise. What does this mean? The more intense your workouts, the less time you may need to exercise.

Here are some ideas on how to stay active during the holidays:

1. While dinner is cooking, run up and down the stairs in between stirring your food.
2. Using a bench or ottoman, place one foot on top of the furniture, the other foot on the floor, and do leg lunges.
3. Have a rolling chair in your home? While cooking dinner, sit down in the chair and maneuver around using only your heels.
4. While sitting and wrapping presents, lift both feet off the floor and hold six inches above the ground for 30 seconds at a time.
5. Dance to your favorite holiday tunes! Get your kids and family involved.
6. Sign your family up for a holiday 5k to stay active during the holiday season. Not ready for a 5k? Join a local indoor walking group.
7. Baking holiday treats? Exercise during baking time. Combine pushups, crunches, high knees, squats, and jogging in place for a mixed cardiovascular and strength workout.
8. Finally, remember to relax. Stretch when you feel tense, or when waking up and before going to sleep. Focus on taking deep breaths.

Including exercise in the holiday season doesn't have to be a hassle!

Do a few vigorous exercises in a short time span and you'll be amazed at how easy it is to keep holiday weight gain at bay.



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

Connecting people. Inspiring action. Strengthening community.



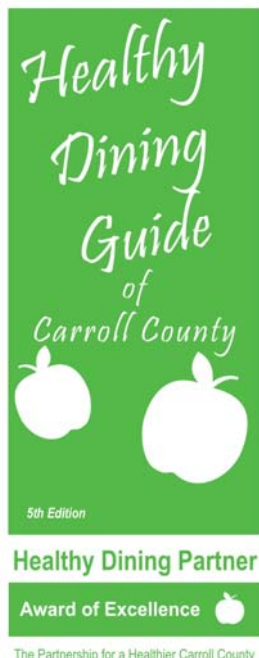
Have A Plan For Eating Out

Whether families eat out because of busy schedules or special occasions, everyone enjoys ordering foods they may not normally have at home. Restaurants usually have larger servings and foods may not be as healthy as those made at home. Frequent meals away from home may lead to higher levels of calories, fat and sodium (salt). The U.S. Department of Agriculture estimates that every meal away from home increases an adult's average daily calorie count by about 135 calories. Eating out five times a week, could lead to a weight gain of up to 10 pounds a year.

The 5th Edition of The Partnership for a Healthier Carroll County's *Healthy Dining Guide of Carroll County*, released in September 2015, provides tips for making better choices when eating out. It lists 21 Carroll County restaurants that meet at least 80% of specific "healthy dining" criteria. Healthier menu options such as whole grain foods, fruits and vegetables, and lower-fat entrees and desserts are offered by these restaurants. The Guide indicates which restaurants serve at least two vegetarian entrées, and healthier options for kids. To see the Healthy Dining Guide, visit www.HealthyCarroll.org. Copies may also be found at participating restaurants or by contacting The Partnership at 410-871-7648.



On children's menus, it seems like hamburgers, macaroni and cheese, chicken nuggets, and french-fries are featured and are considered "kid friendly." Some restaurants have begun to offer healthier choices, such as fruit slices and vegetables, grilled chicken and reduced-fat milk and yogurt. Other options are to split a healthier entrée from the regular menu with children, or check out the appetizers for a possible entrée. If there aren't any vegetables with the children's meal, try adding a cup of vegetable soup or split a side salad.



The National Restaurant Association has a portion of their web site devoted to helping parents choose healthier meals at participating restaurants. *Kids LiveWell* choices emphasize lean proteins, fruits, vegetables, whole grains and low-fat dairy, as well as meet strict nutritional criteria. To learn more visit:

http://www.healthydiningfinder.com/kids_livewell/index

Try not to make eating out an excuse to forget about healthy choices, especially if it is a regular part of your lifestyle.

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Recipes

Oven Baked Sweet Potato Fries

Ingredients:

- 3 sweet potatoes, washed and peeled
- 3 Tablespoons vegetable oil
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°
2. Cut sweet potatoes lengthwise into ¼ inch slices
3. In a large bowl, toss slices in oil until coated.
4. Sprinkle with salt and pepper if desired.
5. Spread in a single layer on a baking sheet covered with foil.
Bake until tender and golden brown, 20-30 minutes, turning once to bake evenly.

Makes 6 servings, Serving size: ½ cup, Nutrition Information/serving: Calories 116; Total fat 7 grams; Saturated fat 1 gram; Fiber 2 grams.

Source: What's Cooking? USDA Mixing Bowl www.whatscooking.fns.usda.gov/recipes



Oven Baked Chicken Nuggets

Ingredients:

- 1 egg
- 2 Tablespoons milk
- 3 ½ cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces
- ¼ cup barbecue sauce, ketchup or mustard for dipping sauce
- Non-stick cooking spray

Directions:

- Preheat oven to 400°.
- Whisk the egg and milk together in a small mixing bowl.
- Place cornflakes in a plastic bag; crush.
- Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
- Put chicken on a baking sheet coated with non-stick cooking spray.
- Bake for 15 minutes.

Makes 4 servings. Serving size: 6 nuggets. Nutrition information per serving: *
Calories - 250; total fat - 3 grams; saturated fat - 1 gram; protein - 30 grams.

* Recipe analyzed using ketchup for dipping.

Source: *Color Me Healthy*, North Carolina Cooperative Extension



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