



January 2015

Welcome to the Winter 2015 edition of **Healthy Carroll Families**, 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:

- “**New Year, New You**” provides information and tips for sticking with your fitness New Year’s resolutions all year.
- “**Fine-Tune your Food Choices in 2015!**” lists to swap out for healthier alternatives.
- “**Snack Time**” has healthy ideas for a bite between meals.

**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 web site, [HealthyCarroll.org](http://HealthyCarroll.org).

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

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*Connecting people. Inspiring action. Strengthening community.*



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[HealthyCarroll.org](http://HealthyCarroll.org)

# New Year, New You

January is a great time to make new, healthier habits and goals. Making a lifestyle change can be challenging— so here are some tips to help you get started!



1. Walk indoors during bad weather. Get workout videos from the library. Try walking at a mall, senior center, fitness center, or at home.
2. Wear bright or reflective clothes if walking outside in the dark. Stay on well-lit streets.
3. Avoid sitting for long periods without a break. Try to get up at least once an hour. Use a timer to monitor .
4. Make a daily step goal: ten thousand steps daily is a good “challenge” goal. Wear a pedometer to track your progress. Little things like parking further away will help you get in those extra steps!
5. Together is better! Make fitness resolutions with your family, friends, or coworkers.
6. Make active weekend plans. Spend a day skiing, snowboarding, snowshoeing or ice skating with your family.
7. Put a spring walking or running event on your schedule to help keep yourself motivated.

8. **Join a *Walk Carroll* walking club.**

In addition to walking events held at locations throughout the county, *Walk Carroll* is now organizing walking clubs. Get together with others from your neighborhood to walk regularly at the best place and time for your schedule!

**To join a *Walk Carroll* walking club, contact Victoria Barry at [VBarry@CarrollHospitalCenter.org](mailto:VBarry@CarrollHospitalCenter.org) or 410-871-7648. Schedules will be provided at [HealthyCarroll.org](http://HealthyCarroll.org) as clubs are formed, along with weekend *Walk Carroll* Events.**



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

  
**The Partnership**  
*for a Healthier Carroll County*  
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## Fine-Tune your Food Choices in 2015!

Try some of the simple everyday swaps listed below to improve the way your family eats. The goal is to find healthier substitutes so you can eat without feeling deprived. Read the "Nutrition Facts" label to compare calories, fat, fiber and sugar in products to make the best choice. Small changes can add up to a big difference.

Instead of	Consider
Fruit drinks, soda, sweetened teas, sports drinks	100% fruit juice mixed with seltzer, sugar-free fruit flavored water, plain water
Prepared chocolate milk	Skim milk with small amount of chocolate syrup
Canned fruit in syrup	Fruit packed in juice or fresh fruit
Bologna, cold cuts	Turkey breast, lean ham or roast beef
Hot dogs, bacon, sausage	Turkey or soy hot dogs, bacon, sausage
Prepackaged lunch meals	Make your own with crackers, mini bagels, breadsticks, string cheese, lean ham, etc.
Fried chips and snacks	Plain popcorn, raw veggies, trail mix, homemade snack mix, whole grain crackers, baked chips
Snack cakes	Graham crackers, vanilla wafers, fig bars, flavored rice cakes, ginger snaps
White bread	Whole grain bread
Instant flavored oatmeal packets	Quick cooking oats with fruit and spices, like raisins and cinnamon
Sugary breakfast cereals	Whole grain cereals with 4-6 grams sugar/serving, or mix sugary cereals with lower sugar cereals
Toaster breakfast treats	Whole grain toast, raisin toast, waffles, mini bagels or English muffins with apple butter or jam
Regular dairy products	Reduced fat milk, yogurt, sour cream
Yogurt with prepackaged add in treats	Vanilla yogurt with fruit
Ice cream	Reduced fat ice cream, frozen yogurt
Popsicles	Frozen fruit juice bars
Pepperoni pizza	Veggie pizza
Ramen noodles	Angel hair pasta, rice noodles
Fruit snacks	Dried fruit, raisins, craisins, apples, apricots
Chocolate candy bar	Mini or bite-sized chocolate candy (small servings)

Ideas and recipes on how to make healthier foods with children see:

<http://www.foodnetwork.com/recipes/packages/recipes-for-kids/healthy-meals-for-kids.html>

More information about healthy eating:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

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# Snack Time



## Southwestern Popcorn

### Ingredients:

- 1 bag light microwave popcorn
- 1 ½ teaspoons cumin
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder

Cook the popcorn according to the package directions. Carefully open the bag when popping is done. Add all of the spices to the bag, close and shake for 30 seconds.\* Pour into a large bowl and enjoy.

**Serving size:** 1 ½ cups  
Makes 6 servings, 9 cups

**Nutrition Facts/serving:** Calories 60; Total fat 1 gram; Saturated fat 0 gram; Dietary fiber 2 grams; Protein 2 grams

**Source:** KidsHealth from Nemours [www.kidshealth.org](http://www.kidshealth.org)

\*Experiment with other ingredients such as:  
**Pizza Corn:** use 3 tablespoons grated parmesan cheese, 1½ teaspoon Italian seasoning, ¾ teaspoon each garlic and onion powder  
**Curry Corn:** add ¾ -1 teaspoon curry powder  
**Sweet Corn:** combine 3 teaspoons sugar and ½ teaspoon ground cinnamon

## Take Along Trail Mix

### Ingredients:

- 2 cups unsweetened whole grain cereal (such as Cheerios®, Wheat Chex®, Cracklin Oat Bran®)
- 2 cups sweetened cereal (such as Honey Nut Cheerios®, Frosted Mini-Wheats®, or Life®)
- 2 cups small pretzel twists
- 1 cup dried fruit (raisins, dried cranberries, apricots or pineapple, chopped into small pieces)
- 1 cup peanuts

Mix together all ingredients in a large bowl. Store in an airtight container for about 1 week or in freezer for several weeks.

Measure ½ cup servings into snack-size plastic bags so they are ready to grab and go.

**Serving size:** ½ cup  
Makes 8 cups, 16 servings.

**Nutrition Facts/serving:** Calories 129; Total fat 5 grams; Saturated fat 1 gram; Dietary fiber 2 grams; Protein 4 grams

**Source:** Spend Smart. Eat Smart. [www.extension.iastate.edu/foodsavings/recipes](http://www.extension.iastate.edu/foodsavings/recipes)

