



December 2016

Welcome to ***Healthy Carroll Families*** for Winter 2016-2017. *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:

- **Plan to be Fit!** – tips to help you learn new physical activity habits,
- **Healthy Food Choices in 2017** - ideas to help you make good food choices a permanent part of your healthy lifestyle,
- **Slow Cooker Recipe Duo** for two tasty and healthy one-pot 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 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.

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# Plan to be fit!

Thinking about how to change your habits to be more active and get physically fit? The following tips can make this easier to do:

## **Specific realistic goals work best.**

People who succeed are those who set specific goals. "I'm going to get fit" isn't as definite as "I'm going to exercise 30 minutes a day for 5 days a week." Be realistic, you may start off with a goal of exercising twice a week and add more days gradually.

## **It takes time for a change to become a habit.**

It usually takes at least 2 months before any changes become routine.

## **Pleasing other people doesn't work.**

The key to making any change is to do it because you want it, not to please someone else. It is harder to keep motivated if you're doing something that isn't important to you.

## **Roadblocks don't mean failure.**

If you slip up, don't give up. Forgive yourself and make a plan for getting back on track. Keep in mind everything that you have been doing right, and learn from your mistakes.

## **Make play part of every exercise routine.**

Choose activities that you enjoy doing with family and friends. When you are having fun you won't realize you are working out! Explore your neighborhood parks and trails, play sports in the yard, dance, or play an active video game.

## **Need ideas?**

Join a Walk Carroll group at [HealthyCarroll.org](http://HealthyCarroll.org)

Find a class or new fitness activity to try at the Carroll County Recreation and Parks website [CCRecPark.org](http://CCRecPark.org)

Exercise benefits every part of the body, and helps to improve your mood. Stick with your goals, the rewards will be well worth it!

Adapted from "5 Facts about Goal Setting," [KidsHealth.org](http://KidsHealth.org), July 2015.  
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# Healthy Choices in 2017

Try these ideas to help you and your family have healthier habits this year, and for years to come.

## Plan, Plan, Plan

Don't wait until you get home and everyone's starving to figure out what's for dinner! Planning can save time and money, and improve your family's nutrition. Consider everyone's weekly schedule, and plan meals and snacks that work for all. Make crock pot meals that are ready when you walk in the door.

## Follow the "My Plate" Guidelines

Make half your plate fruits and vegetables – and make half your grains whole grains.

Switch to low-fat or fat-free dairy products.

Vary your protein routine. Have at least one meatless meal each week.

Cut back on sodium, saturated fat, and added sugars.

*For more information visit [www.choosemyplate.gov](http://www.choosemyplate.gov)*

## Make Time to Eat With Your Family

Hectic schedules can make it hard to have family meal times, but eating together can improve intake of fruits, vegetables, grains and calcium-rich foods - and reduce soda intake. Family meals are a good time to get to know more about each other, and strengthen family bonds.

## Parents Set the Example

Parents need to be role models, and eat the foods they want their children to eat.

Enjoy all foods but don't overdo it. Treats are fine, but think about the amount, how often they are eaten, and whether they are taking the place of more nutritious foods.

## Tune in to Your Hunger.

Eat when you're hungry and stop when satisfied, not uncomfortably full.

Pay attention to why you are eating. Seeing or smelling food can encourage eating even when not hungry. Try not to use food for comfort or as a reward.

Start with small changes to make good food choices a permanent part of your healthy lifestyle.



# Slow Cooker Recipe Duo

## Slow Cooker Lentil Soup

### Ingredients:

- 6 cups water (can use vegetable or chicken broth)
- 1-1/2 cups dried lentils
- 4 medium carrots, sliced
- 1 medium onion, chopped
- 2 celery stalks, sliced
- 2 teaspoons Italian seasoning blend
- 2 tablespoons dried parsley (optional)

Mix all ingredients together in slow cooker.  
Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.  
Makes 8 servings.

**Nutrition information/serving:** 140 calories; 1.5 g total fat; 0 saturated fat; 25 g carbohydrate; 7 g fiber; 8 g protein

Source: Montana Extension - [www.montana.edu/nep/recipes.htm](http://www.montana.edu/nep/recipes.htm)



## Slow Cooker Moroccan Beef and Sweet Potato Stew

### Ingredients:

- 2-1/2 pounds beef stew meat, cut into 1 to 1-1/2-inch pieces
- 3 tablespoons all-purpose flour
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/4 to 1/2 teaspoon ground red pepper
- 1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)
- 1/2 cup regular or golden raisins
- 1 can (14-1/2 ounces) diced tomatoes with garlic and onion

Combine flour, cumin, cinnamon, salt and red pepper in 3-1/2 to 5-1/2-quart slow cooker. Add beef, sweet potatoes and raisins; toss to coat evenly. Pour tomatoes on top.

Cover and cook on LOW 8 to 9 hours, or on HIGH 4 to 6 hours.  
Makes 6 servings.

**Nutrition information/serving:** 300 calories; 8 g total fat; 3 g saturated fat; 32 g carbohydrate; 3.8 g fiber; 26 g protein

Source: Nebraska Extension, Lancaster County - [www.lancaster.unl.edu](http://www.lancaster.unl.edu)

  
**The Partnership**  
for a Healthier Carroll County  
[HealthyCarroll.org](http://HealthyCarroll.org)

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

*Connecting people. Inspiring action. Strengthening community.*