

HEALTHY CARROLL FAMILIES



Winter 2017 - 2018

December 2017

Welcome to *Healthy Carroll Families* for Winter 2017-2018. *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:

Think Before You Eat

Tips for staying on the path to better food choices.

How to Beat the Winter Bulge

Ideas on how to stay active as a family during the winter months.

Ring in the New Year with Healthy Choices!

Healthy alternatives to New Years appetizers.

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.

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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www.HealthyCarroll.org



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

Join Us!

Advancing Health and Wellness Leadership Team

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

Healthy Aging Leadership Team

Jan. 19th / March 16th
9:30 to 11:30 a.m.
Carroll Hospice
Ground Floor
Conference Room
292 Stoner Ave.
Westminster, MD

How to Beat the Winter Bulge

There are many reasons why we gain weight during the winter months: biology, excess treats, alcoholic beverages, and lack of physical activity. This extra weight can accumulate over the years, and be a major contributor to obesity and the diseases associated with it. This doesn't just go for you – it goes for kids, too. Children don't play outside as much during colder weather. They have fewer friend hangouts and get-togethers, eat holiday cookies and candies, and watch more TV with snacks. Here's how you can beat the winter bulge as a family!

Give yourself a limit and stick to it.

Still have that Halloween candy hanging around? Time to throw it out! Giving yourself a limited time to indulge in your favorite cookies, candies, and other winter treats is a must. Pick a day, maybe when you're going out with family or when there is a party at work or school, to eat your favorite (not so good for you) goodies. After that, immediately get back to your healthy routine. It's OK to indulge in your favorite treats - just don't throw your healthy lifestyle out the window!

Remember to move.

Holidays can disrupt healthy routines, and winter weather limits chances for exercise. It can be hard to find the time and the motivation to be active. Maybe it's time for a family fitness challenge! Create a fitness challenge tracker - see pinterest.com/pin/456482112202170267 for ideas - and post it on your fridge. Every day, note who has the best time, most reps, or longest distance. At the end of the challenge, celebrate with a prize that everyone can enjoy. Did someone say movie night?

Keep the weeknight menu LEAN, CLEAN, and GREEN.

With a little advanced planning, you can throw together a LEAN, CLEAN, and GREEN dinner when you get home from work. What does that mean? LEAN proteins, CLEAN carbohydrates, and GREEN vegetables! Here's a few examples: chicken, green beans, and sweet potato - steak, brussel sprouts, and baked parmesan zucchini - or ground turkey stuffed peppers with black beans and corn. Visit choosemyplate.gov for inspiration.

Enjoy this season, and stay in shape – spring will be here before you know it!



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


The Partnership
for a Healthier Carroll County
HealthyCarroll.org

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Think Before You Eat!



Eating for good health doesn't have to be perfect. Everyone gets off track once in a while! The key is to make good choices *most* of the time. Here are some tips for staying on the path to better food choices:

Pay attention to *why* you are eating

Listen carefully to your inner hunger signals.

Stop eating when you feel satisfied - not too full, not too hungry.

Seeing or smelling food can make you want to eat even when you're not hungry.

Eating may be driven more by habit than hunger, like snacking while watching television.

Try not to use food for comfort or as a reward.

People tend to eat more in social situations.

Make healthier foods more visible

Put fruits and vegetables, graham crackers, reduced fat yogurt, etc. in the front of the refrigerator or cabinets where they will be easily seen.

Keep tempting foods out of sight and out of mind

Leave it at the grocery store!

Buy the smallest package size to avoid the temptation to eat more.

Wrap in foil or use opaque containers to make food less visible.

Learn to eat smaller serving sizes of your favorite treat

Depriving yourself of a favorite food is likely to make you want it more.

Plan your treats carefully; think about how often you have them.

Always put food into a dish so you can see exactly how much you are eating.

Never eat directly from the package.

Find healthier substitutes for higher calorie foods

Look for recipes that are lower in fat, sugar and calories.

Change your favorite recipes by substituting healthier ingredients.

Be aware of food marketing pressure

Advertising makes you want foods that are often higher in calories and lower in nutritional value.

Supermarkets display foods to get you or your child's attention.

Make these healthy eating habits part of *your* lifestyle!

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Ring in the New Year with Healthy Choices!

Ranch Dip

Ingredients:

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder or 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 2 sprigs of parsley, chopped or 1 teaspoon dried parsley flakes



Preparation: For a **chunky dip**, mix cottage cheese, yogurt and seasoning for your choice in a bowl. For a **smoother dip**, mash cottage cheese with a fork before adding yogurt and seasonings. For a **smooth dip**, blend all ingredients in a blender.

Makes: 2 cups; Serving Size 2 Tablespoons; **Nutrition Facts/Serving:** Calories 20; Total Fat 0g; Carbohydrate 2g; Protein 3g - **Source:** Oregon State University <http://foodhero.org/recipes/ranch-dip>



Snowmen on a Stick

Ingredients:

- 1 banana, cut into 12 thick slices
- 4 grapes
- 1/4 apple, cut into 4 slices, then cut in half
- 4 carrot slivers
- 24 mini chocolate chips
- 8 pretzel sticks
- 4 bamboo skewers

Directions:

1. For each snowman, you will need 3 thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple.
2. Let kids slide the fruit onto the skewers. Then use the carrot slices for the noses, the mini chocolate chips for the eyes and buttons, and the pretzel sticks for the arms.

Makes: 2 servings; Serving Size 2 Snowmen **Nutrition Facts/Serving:** Calories 100; Total Fat 1.5g; Carbohydrate 24g; Dietary Fiber 2g; Protein 3g

Source: Montana State University - <http://www.buyeatlivebetter.org/recipes.html>

Adapted from kidfocused.com/make-a-healthy-snack-like-snowmen-on-a-stick

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