

Winter 2019 / 2020

Healthy Carroll Families



In this Issue:

- **Building a Healthier Holiday Plate**
- **How to Indulge in the Holidays**
- **Healthy Relationships**
- **Heart Healthy Cooking Tips**
- **Trail Mix Recipe**



Welcome to Healthy Carroll Families for Winter 2019-2020. 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. 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 The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families.

We look forward to hearing from you.

ThePartnership@healthycarroll.org
410-871-7645

MEET THE TEAM



Back Row: Cheri Ebaugh - Executive Assistant; Tasha Cramer - Director of Community Health Improvement; Dorothy Fox - Executive Director / C.E.O.; Maggie Rauser - Community Health Improvement Areas Manager; Front Row: Karen Davis - Administrative Coordinator; Hayley Slaysman - Community Health Improvement Areas Specialist; Linda Ashburn - Grants, Data, and Community Health Specialist.

BUILDING A HEALTHIER HOLIDAY PLATE

Fruits and Vegetables- Half of your plate should be fruits and veggies. Think about going heavier on vegetables if you plan on consuming a more sugary dessert. They contain fewer calories and are high in fiber.

Protein - $\frac{1}{4}$ of your plate should be lean proteins such as turkey, chicken, ham, fish, or beef. Proteins are important especially during the holidays because they keep us fuller longer. (Be mindful of the sugary glazes and sauces on top.)

Starches/Carbs - Limit starches to $\frac{1}{4}$ of your plate, which is about the size of your balled fist. Go for whole grain if you can!

Sauces/Fats and Oils - Use the "Rule of Thumb" and aim for no more than 2-3 tablespoons of sauce. Each tablespoon should measure about the size of your thumb.

Dessert - Yes, you can also have dessert! Try to limit your dessert to only one serving. When you get your dessert, this is where *mindful eating* can be helpful. Eat slowly and let your senses kick in. Remember, everything in moderation!



<https://blog.myfitnesspal.com/build-healthier-holiday-plate/>

How To INDULGE IN THE HOLIDAYS

The holidays are a time for family, friends, and food—lots of food. Studies show that during the holiday months, the average adult puts on about one pound of extra weight. Mindful eating, moderation, and staying active are key to successfully enjoying the holidays guilt-free!

Mindful Eating:

- Eat slowly and let your body catch up with your brain. It takes 20 minutes to feel full once you've started eating.
- Avoid multi-tasking and eating. You're more likely to overeat when you're distracted.
- Ask yourself, "How is this food nourishing my body?"
- Know your body's hunger signals. Are you eating because you're actually hungry or are you eating for other reasons?

Moderation:

- Use a smaller 9 inch dinner plate
- Treat yourself in moderation
- Try not to go back for seconds
- After you treat yourself, make your next choice a healthy one.

Staying Active:

- Adults should have at least 150 minutes of moderate intensity exercise each week.
- Walk the mall before/after you holiday shop!
- Join holiday fun runs/walks with family and friends!
- Search the internet for "At Home Body Weight Workouts" for exercises you can do from home.



Sources: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/5-key-habits-of-healthy-eaters/art-20270182>, <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/getting-healthy-starts-changing-mindset/art-20270830>, <https://www.mindful.org/6-ways-practice-mindful-eating/>

HEALTHY RELATIONSHIP



What does it mean to be in a "healthy relationship"? Everyone has a different idea of what a healthy relationship is to them. In order for a relationship to truly be "healthy" it must encompass the following:

- **Communication**- safe, open, and honest
- **Mutual respect**- your partners wishes and feelings have value, and so do yours
- **Compromise**- solving disagreements rationally
- **Support**- not only receiving, but also giving
- **Privacy**- healthy relationships require space
- **Boundaries**- what you both would like or not like to happen within the relationship

24-Hour Domestic Violence Hotlines
Family & Children's Services - Carroll: 443-865-8031
National: 1-800-799-SAFE (7233)
<https://www.loveisrespect.org/healthy-relationships/>

**The Partnership**
for a Healthier Carroll County

HEART HEALTHY COOKING TIPS

1. Steam or stir-fry your vegetables to preserve their nutrients.
2. Use herbs, vinegar, tomatoes, onions, fat-free or low fat and low sodium sauces and salad dressings instead of cream-based ones.
3. Meal prep! Make use of cooking once by preparing enough for several meals. Freeze or refrigerate leftovers and save for a busy time.
4. Try getting all your nutrients in with a smoothie! Mix up some fruit such as a banana, fat-free/low-fat dairy products (no added sugar) and greens into your blender. This can be a great way to cover a multitude of needs.
5. Ditch the salt! Try herbs and spices or salt-free seasoning mixes.
6. Look for “low-sodium” or “no salt added” on canned veggies.
7. Prepare muffins and quick breads with less saturated fat and trans fat. Use three ripe, very well-mashed bananas, instead of 1/2 cup butter, lard, shortening or oil. You can also substitute one cup of applesauce per one cup of these fats.
8. Choose whole grain for part of your ingredients instead of refined products. Use whole-wheat flour, oatmeal and whole cornmeal. Whole-wheat flour can be substituted for up to half the amount of all-purpose flour. For example, if a recipe calls for 2 cups of flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole-wheat flour.
9. Try to use plain, fat-free or low-fat yogurt or sour cream when baking instead of butter, whole milk, or heavy cream.
10. Decrease the amount of fat and calories in your recipes by using fat-free milk or 1% milk instead of whole or reduced-fat (2%) milk. Fat-free half-and-half or evaporated skim milk can also add richness.

Source: https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_321857.pdf

HEART SMART TRAIL MIX

Makes 32 (1/4 cup) servings

Ingredients:

- 2 cups walnuts (unsalted)
- 2 cups pecans (unsalted)
- 2 cups smoked almonds
- 1 cup raisins
- 1 cup Ghirardelli bittersweet chocolate chips (60% cacao)

Directions: Add all of the ingredients to a large zip-lock bag or container. Shake until well combined. Store in an airtight container for up to 4 months.

Nutritional Information per (1/4 cup) Serving: 135 calories, 2 grams protein, 9.5 grams carbohydrate, 11 grams fat, 2 grams saturated fat, 0 milligrams cholesterol, 2 grams fiber, 9 milligrams sodium

Source: <https://healthyeatingforfamilies.com/recipe/heart-smart-trail-mix/>

