

# Eat Healthy, Be Active

Welcome to this issue of *Eat Healthy, Be Active*-- the Coulee Region Childhood Obesity Coalition's quarterly newsletter. Through this newsletter we hope to provide you and your family with quick, practical ideas for eating healthy and staying active. We hope you enjoy it, and please...share it with a friend

## Keep Healthy Eating on Track this Holiday Season!



Coulee Region  
Childhood Obesity  
Coalition

Fall 2009

Getting children of all ages to eat nutritious foods can be challenging—especially when you are competing with pillowcases full of Halloween candy and stockings full of sugar-laden goodies during the holiday season! The temptation to overeat is challenging for adults too. Consider these tips to keep healthy eating on track this season.

- Make your first choice whole fruit, vegetables and whole grain products for snacks & meals
- Use smaller plates so your family can sample a variety of food without overdoing it.
- Provide opportunities for physical activity! Start a tradition of a holiday walk, family-bowling tournament, or compete in a physically interactive video game.

- Tweak traditional recipes—Use skim milk and low-fat cream of mushroom soup, and half fresh onions in your famous green bean casserole, or sprinkle vegetables lightly with Parmesan cheese rather than margarine or butter.

- Serve tasty and healthy appetizers like



whole-wheat crackers with tomato, melted mozzarella cheese and Italian seasoning. Make vegetable, ham and cheese wraps using green spinach and red tomato flavored tortilla. Cut

**Make your first choice fruits, veggies & whole grains**



into 1 inch "coins" and arrange on a plate to make a holiday wreath or tree. (see pg 2)

### Special points of interest:

- ☺ Healthy Holiday Eating ideas
- ☺ Holiday gifts to keep kids moving
- ☺ Footsteps to Health



### Inside this issue:



## Holiday Gifts to Get Kids Moving

This holiday season give the gift of health by giving the children in your life a gift that keeps them moving. Why encourage kids to be active? Regular exercise helps kids:

- Build stronger bones &

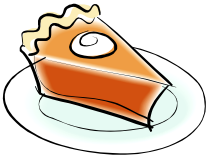
- Maintain a healthy weight
- Build self esteem
- Reduce stress & anxiety
- Sleep better



Despite all the advantages to an active lifestyle, less than 35% of kids get the recommended amount of activity they need. This inactive lifestyle keeps kids from reaching their full health potential, gives them less energy to learn at school and (see pg 2)

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# Keeping Healthy Eating on Track During the Holidays



- For desserts, try pies without the crust topped with fat-free whipped topping.

Substitute half the fat in your baked recipes with a fruit puree, such as applesauce, banana or pureed prunes.

- Looking forward to a special food? You don't have to deprive yourself. Have a **small** portion and enjoy it!

Want a centerpiece that your guests can eat? Purchase a small cone shaped Styrofoam piece at your local craft store and cover with aluminum foil or



guests can eat? Purchase a small cone shaped Styrofoam piece at your local craft store and cover with aluminum foil or

colored food wrap. Place toothpicks in your favorite vegetable and stick in Styrofoam to fill in your "tree". Serve with one of these tasty vegetable dips.

## Low Calorie Dip

- 2 cups low fat cottage cheese
- 1 T low fat mayonnaise
- 1 tsp seasoning (try...garlic, dill, minced onion, chopped parsley)

Blend ingredients in a food processor or blender until smooth.

$\frac{1}{4}$  cup = 50 calories

Written by: La Crosse County UW Extension WNEP

## Guacamole

- 2 ripe avocados, peeled & mashed with a fork
- 1 medium tomato, diced
- 1 small onion, minced
- Dash Tabasco or cayenne pepper
- 2 Tablespoons lemon or lime juice
- 1 teaspoon chopped cilantro
- $\frac{1}{4}$  cup salsa

Mix all ingredients together & chill for an hour.



# Holiday Gifts to Get Kids Moving



and puts them at risk later in life for chronic diseases such as type 2 diabetes & hypertension.

So this year consider wrapping up...

- **Active gear**—Bikes, skates, scooters, sleds, skis or a skateboard. Don't forget the protective gear that goes along with your choice such as helmets, knee pads & mouth guards.
- **Gift certificates** for classes—Find a facility that offers youth oriented sessions so your children can have fun with other kids their same age. Consider zumba, yoga, karate

or skating along with passes to the batting cage or ski slope.

- Jump ropes, large balls, yoga mats or hula-hoops are just a few of the **low cost items that can provide hours of active fun.** They cost pennies, help balance calories in with calories out and keep young bodies strong.
- Consider **child focused, interactive videos** for those cold winter days. Activity-oriented video games — such as dance video games and video games that use a player's physical movements to control what happens on the screen — boost a child's calorie-burning power. Look into the latest hip-hop video for your young dancer or athlete or video games such as Dance Dance Revolution,

Wii or Twister Moves.

- **Give the gift of time**— Give your child a gift certificate that sets aside one day each week for a "play date" with mom or dad. It might be a trip to the park, skating rink, basketball or tennis court or one of our great area bike trails. When parents are role models for a healthy lifestyle, kids are more likely to be active.



# Footsteps to Health



Footsteps to Health is a project of the Coulee Region Childhood Obesity Coalition conducted in partnership with Festival Foods, Gunderson Lutheran 500 Club, and Viterbo University. The goal of the project is to encourage Coulee Region residents to eat more fruits and vegetables.

Each month a different fruit and vegetable will be featured at the Footsteps to Health kiosk at area Festival stores. Store patrons will have the opportunity to taste a recipe that includes the featured fruit or vegetable, will receive information about choosing and storing the featured produce and will receive

preparation tips. Visit the coalition's web site at [www.childhoodobesitycoalition.org](http://www.childhoodobesitycoalition.org) for the upcoming Footsteps to Health kiosk schedule for October, November & December. Also view the kiosk videos at [www.gundluth.org/nutrition](http://www.gundluth.org/nutrition)

Try this tasty Footsteps to Health, 500 Club approved recipe from our October kiosks

## Pumpkin Pudding Whip

Serves 6

1 (3.12 oz) box instant vanilla pudding mix\*

1 ½ cups skim milk

1 cup canned pumpkin

1 tsp. pumpkin pie spice

2 cups fat-free whipped topping

In a mixing bowl, beat pudding mix and milk until well blended and thickened. Blend in pumpkin and pie spice. Fold in whipped topping. Spoon into dessert dishes or hollowed out miniature pumpkins and chill until serving. Or freeze the whip between two graham crackers for a frozen treat.

\* Sugar-free instant vanilla pudding mix can be substituted to lower sugar content.

Per serving: 140 calories, 0 g fat, 3 g protein, 26 g carbohydrate, 1 g fiber, 160 mg sodium

## Keeping Kids in Motion This Winter!



Wisconsin Winter weather often doesn't cooperate when it comes to being active. Check out these 7 ideas for keeping your

family moving all winter long.

1. Discover Indoor Facilities Visit an indoor pool, ice skating rink or try bowling. Check out programming at the YMCA or Park & Rec to see what indoor programs they offer.

2. Dance Your Heart Out! Encourage your child to pick the music, crank it up and then dance away! March, box step, bounce, spin, shake it...it is a great way to burn calories.

3. Take it Outside If there is

snow get the whole family outside to do some sledding, build snow forts and throw snowballs, build a snow sculpture—anything that keeps the kids moving and having fun.

4. Walk the Mall When it's too cold to venture outdoors take the family for a brisk walk around the Valley View Mall. Do some "power" window shopping!

5. Keep it Clean Recruit your kids to help with the house cleaning. Pick jobs based on age and capability: younger children can pick up toys while older kids can vacuum, sort laundry, or scrub the bathtub.

6. Visit the Library Libraries are a great resource for children's fitness videos and books. Use them to



teach your child about indoor exercises and keep them moving. Best of all, it's free!

7. Hit the Trails Go snow trekking, skiing or snowboarding with the kids for a fun aerobic workout. If you don't have the equipment check out Outdoor Connections at UW-L or 3 Rivers Outdoors as both rent equipment. Or...find a hill ideal for sledding or tubing. Climbing back up after each run will get hearts pumping.



This newsletter is brought to you by the Coulee Region Childhood Obesity Coalition. Our goal is to prevent childhood overweight & obesity. Members include:

Family Resources    Gundersen Lutheran    Head Start  
 La Crosse County Health Dept    UW-La Crosse    YMCA  
 School Districts of La Crosse, Onalaska & Holmen  
 Viterbo University    UW-Extension-WNEP Program

## Gundersen Lutheran's 500 Club



The 500 Club is a healthy eating program coordinated by Gundersen Lutheran's Registered Dietitians. The program partners with local restaurants, grocery stores and vending companies to provide great tasting, healthy eating choices.

Items marked with the 500 Club logo meet fat and calorie requirements and are designed to make eating out easy & delicious. Some restaurant 500 Club meal options even include dessert!

500 Club selections contain approximately 500 calories or less, & have 15 grams of fat or less.

500 Club snacks selections contain approximately 200 calories or less & 8 grams of fat or less/serving. Some 500 Club snack selections are just above the 200 calorie/8 grams of fat ceiling & are accepted because they provide a source of heart



healthy fat (for example peanuts or trail mixes).

River Jack's, a 500 club restaurant member, even has a 500 Club Kid's menu!

To learn which restaurants, grocery stores & vending companies are 500 Club members go to [www.gundluth.org/nutrition](http://www.gundluth.org/nutrition) & click on the 500 Club tab on the left.



The American Academy of Pediatrics recommends that children of all ages participate in moderate to vigorous physical activity for at least 60 minutes each day. But what works for a 1 year old may not for a 10 year old. Here's some ideas to keep kids moving from infancy through their teen years...

### Infants (birth-1 year)

- Give baby time off from places that restrict their movement such as car seats, and swings
- Place infants on their stomachs for supervised "tummy time".
- Play games with your baby such as pat-a-cake, peek-a-boo & "So Big".

## So How Much Activity do Kids Need?

### Toddlers/Preschoolers (ages 1-5)

Kids this age are developing their gross motor skills. Include:

- Games that include rolling, bouncing or tossing a ball
- Riding a tricycle
- Climbing on a jungle gym
- Hopping, skipping & galloping
- Structured swimming, dance or tumbling lessons

### School Age Kids (ages 6-10)

Kids this age continue to develop their motor skills & begin to learn about teamwork. Focus on fun rather than competition!

- Playground games such as 4-square, Red Rover, tag & kickball
- Organized games such as Simon

### Sez & Red Light-Green Light.

- Swimming
- Biking
- Roller Skating
- Jump rope

### Pre-Teens & Teens (ages 11-18)

Competitive sports are great ways for kids this age to be active, make friends & build self esteem. Be sure though to encourage activities that can be enjoyed into adulthood!

- Golf,
- Walking/running
- Cycling
- Swimming
- Weight/resistance training
- Yoga or karate