

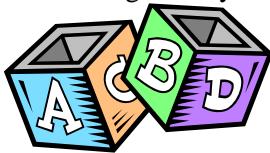
# Eat Healthy...Be Active

## *Jump into Healthy Living*

A quarterly newsletter from the Coulee Region Childhood Obesity Coalition

Fall 2008

**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



## ABCs of Smart Snacking

Our grab & go lifestyle often makes snacking a way of life. We have no time to eat breakfast so we grab a bite to eat on the way to school or work. Johnny's soccer game late in the day makes it impossible for the family to sit down to dinner so we grab a snack on the way out the door.

For young children and teens who are growing, snacks serve an important function. They often can't eat enough at meals to satisfy their nutritional needs so snacks take on added importance. For many of us though, snacking may be a response to stress, boredom or a habit we've picked up in the evening when we sit down to watch TV or walk by the candy dish on our co-worker's desk. Snacks can play an important role for all of us in meeting our nutritional needs...we just need to choose wisely when we have them.

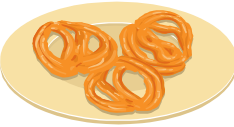

Check out the healthy snacking alphabet included in this issue of the Eat Healthy...Be Active newsletter to get ideas for how you & your family can snack smart. Use one of these tips every week & you'll be on your way to a healthier lifestyle!



### THE ABCS OF SMART SNACKING



<p><b>A = Almonds.</b> A <u>handful</u> of almonds makes a great snack. While nuts are high in calories a handful won't break the calorie bank and packs a nutritional punch. High in calcium, vitamin E &amp; fiber, they also contain the kind of fat that helps reduce the "bad" LDL cholesterol. Nuts are not the best choice however for kids under 4 because they can be a choking hazard.</p>	<p><b>B = Baked snack foods.</b> Rather than regular chips or pretzels try the baked variety. Newer baked snack products are coming to the grocery aisles all the time—try them!</p>	<p><b>C = Contribution.</b> Make sure your snacks contribute to your daily food needs. Need more calcium rich foods because you're not a big milk drinker? Try string cheese or yogurt for a healthy snack that's packed with bone building calcium!</p>	<p><b>D = Dried fruit.</b> Use dried fruit for a grab and go healthy snack that soothes your sweet tooth. Try dried blueberries, cherries or apricots.</p>
<p><b>E = Evening snack attacks?</b> Are you starved when you get home &amp; munch all the way through early evening until you eat dinner? You may have just eaten the equivalent of 2 dinners instead of one! Keep some fresh veggies to snack on while making dinner...they're low in calories, fill you up and you've already had your salad or vegetable as you've cooked.</p>	<p><b>F = Fiber.</b> Use snacks as a way to add fiber to your diet. Fiber rich foods take longer to digest so you're not hungry as quickly. Try whole grain crackers, whole grain bread sticks or veggies with refried beans or hummus as a dip.</p>	<p><b>G = Grab &amp; go ideas:</b> Put preportioned snacks in bags &amp; store them in a cupboard, on the counter or on a shelf in the refrigerator for kids to grab &amp; go after school. Try baby carrots, grapes or celery with individual containers of dip, whole grain crackers such as tricults, or animal crackers.</p>	<p><b>H = Two hours.</b> Leave 2 hours between your snack and your next meal to avoid spoiling your appetite!</p>

<p><b>I = Ice Cream.</b> Yes...ice cream! While not an everyday snack, ice cream can be a healthy snack. Remember portion size is important here (a regular 6 oz. coffee cup works great as a container as it keeps your portion small) or try the light varieties or single servings of ice cream sandwiches made from ice milk.</p>	<p><b>J = Juice.</b> Look for 100% juice on the label &amp; keep your intake to 8 ounces or less daily. Juice has lots of natural sugar so while good for you too much can hurt your teeth &amp; your waistline. For portion control try juice boxes!</p>	<p><b>K = Keep candy and such out of the house!</b> If it's in the house you &amp; your family will eat it. Rather than keep a stash of cookies or candy in the cupboard, go out for dessert. That way it's a one time occurrence rather than everyday</p>	<p><b>L = Be a "label detective".</b> Look at the label of your favorite snack foods. What is in them? What equals a portion?</p>
<p><b>M = Microwave popcorn</b> can make a great snack. Share the larger bags with a family member or look for the new 100 calorie individual serving size.</p>	<p><b>N = Make your own Nachos!</b> Use baked chips as the base, top with black beans, your favorite salsa and sprinkle with low fat shredded jack cheese</p>	<p><b>O = Keep your snacks to 100-200 calories</b> so as not to spoil your appetite for your upcoming meal.</p>	<p><b>P = The ideal snack</b> combines protein and carbohydrate. The carbohydrate food gives you quick energy while the protein has staying power &amp; keeps you full longer. Try fresh cut veggies (carbohydrate) with Hummus (protein) or a handful of nuts (protein) with a piece of fruit (carbohydrate).</p>
<p><b>Q = Quick snacks...</b>think of these as the original fast food...fresh fruit, baby carrots &amp; bottled ranch dressing, string cheese &amp; whole wheat crackers ...All require no preparation!</p>	<p><b>R = Be a role model!</b> Children copy what they see. If you want the next generation to eat well, the adults around them need to model healthy eating habits. If we snack well...they will too!</p>	<p><b>S = Sodium...</b>Most of us eat far more sodium each day than we need. Try keeping the amount of sodium in the foods you eat equal to the number of calories in that food. So if your bag of pretzels is 140 calories choose pretzels with a sodium content close to that.</p>	<p><b>T = Combine two food groups</b> for a healthy snack with more nutritional punch.</p>
<p><b>U = Unwind without eating.</b> Avoid mindless munching by being active to relieve stress...take a brisk walk, listen to music or call a friend to fight off snacking because you're bored.</p>	<p><b>V = Veggies &amp; dip</b> make a great, low calorie snack that helps you meet your daily fruit &amp; veggie goals How much fruits &amp; veggies do we need each day? For ...  <u>preschoolers:</u> 1 c fruit, 1 ½ c veggies  <u>school age kids:</u> 1 ½ c fruit, 2 ½ cup veggies  <u>teens:</u> 2 cups fruit, 2 ½ cups veggies  <u>adults:</u> 1 ½ - 2 ½ cups fruit , 2 ½ - 3 ½ cups veggies</p>	<p><b>W = Water...</b>Water...Water. Drink water for thirst rather than pop or highly sugared sports drinks. If you need flavor try juice cubes to cool that tall glass of water (freeze juice in ice cube trays) Also...try drinking a glass of water before snacking—we can often misinterpret thirst for hunger so have a glass of water and wait 10 minutes before reaching for that snack!</p>	<p><b>X = Explore!</b> Use snacks to try new foods your family hasn't tried before. Try some of the more unusual fruits or a new item in the store that sounds interesting. Food manufacturers come out with hundreds of new foods each year. Stick with the least processed as they will probably be lower in sodium and fat.</p>
<p><b>Y = Yogurt...</b>look for low fat or fat free varieties that provide you with 20% or more of your daily calcium requirement.</p>	<p><b>Z = Zone in on healthy vending options.</b> More and more vending companies are giving their customers healthier options. Look for baked snack foods, flavored pretzels, granola bars, low fat microwave popcorn or calorie free flavored waters in your school or work vending machines.</p>		

>> Get Moving!  Become a part of...



## America on the Move

October 18<sup>th</sup> – 24<sup>th</sup>

By making small changes you and your family can reap big rewards! Incorporating more activity and healthy eating into your daily routine can lead to more energy, a positive outlook & better health. YMCAs nationwide are inspiring families & individuals to adopt healthier lifestyles & to take those first small steps. They are challenging all of us to get moving...to take 2000 more steps and eat 100 fewer calories each day. The goal is to reach 10 billion steps nationwide. Be part of this effort to get Americans moving!

To register for America on the Move visit <http://www.laxymca.org/AOM.html> and click on the America on the Move Week with the YMCA icon. Follow the directions to register & when prompted enter La Crosse's group code 7073.

### America on the Move Week Events

**Kick Off:** Saturday October 18<sup>th</sup> at the La Crosse YMCA, 10AM – 1 PM

- **Family Fun Day, 10 AM – 1 PM**
  - Bounce House
  - Healthy Snack Walk
  - Family karate, yoga & zumba
  - Parachute games
  - Dress up relays
- **1 mile family scavenger walk/hunt, 11 AM**
  - Receive a free pedometer
  - Walk the community
  - Receive prizes along the way

Anyone who attends the America on the Move kick off event & signs up will receive a free YMCA membership pass for the week!

**Wrap up:** Friday October 24<sup>th</sup> at the Onalaska (North) YMCA, 5:30-9 PM

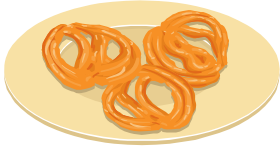
- Taste of La Crosse, 5:30-6:30 PM
- Pie in the Face, 6-6:30
- Getting started...Inspirational stories, 6:45-7 PM
- Zumba Dance Party 7-9 PM

Every Month at the Y...



### Family Fun Nights...3rd Saturday of every month (alternating between the Onalaska & La Crosse YMCAs)


Families that play together stay together! That's why the YMCA promotes spending quality time together as a family. Join us for swimming, games and activities. When your family arrives please check in at the Member Services Desk and let the fun begin. No need to pre-register!




## It's Snack Time!

Written by: La Crosse County UW-Extension WNEP staff

During a busy school day, snack breaks give children the time to refuel their bodies until the next meal. Many schools are encouraging parents to send healthy snacks for milk break. Here are some yummy pre-packaged snacks to consider:

Boxes/Packages of  
Dried Fruit 

Individually wrapped  
Granola bars 

Rice Cakes

Whole grain fig bars

Whole Grain Crackers

Trail Mix (with no peanuts)

### ***Birthdays, class parties and other special occasions call for special treats.***

Check out these fun, yet nutritious creations for your next school or home celebration.

#### **Goodies that need refrigeration to stay in the safe zone (Bring close to party time!)**

**Spiders:** Spread hummus or cream cheese on two round crackers. Place 3 or 4 pretzels on the out half of the right and left side of the cracker to make legs. Place other cracker on top. Add raisins or craisins for eyes. Enjoy!

**Kid Kabobs:** Use a pretzel to spear your favorite fruit, vegetable, and cheese.

**Gone fishin' snack:** Cut celery or carrots length-wise to make a fishing pole for each child. Place dip (dill, ranch, hummus) and fish-shaped crackers on each child's plate. Fishing-kids dip the end of their "pole" into their bate (dip) and use it to "catch" a fish to eat.

#### **Portable snacks that doesn't required refrigeration !**

**Make a Shape Cookies:** This is a fun spin-off of a no-bake cookie. Mix together 1/3 cup of peanut butter\*, 1/3 cup honey, and 1 cup of non-fat dry milk. Shape into "dog bones" (or any other shape). Roll or sprinkle with crushed whole grain flake cereal or graham crackers. Serve.

**Oatmeal Raisin Cookies-** A sweet favorite with extra nutrients.

**Cereal Bars with a Surprise-** Shake up the traditional cereal bar by adding raisins, whole grain cereal and sunflower seeds.

**Mini Fruit Muffins-** Whether you prefer to use cranberry, strawberry or blueberry, these mini treats bring big smiles. Substitute applesauce for the oil and you have an even healthier snack.

\*If you are bringing the snack to school, ask if you need to avoid products that contain peanuts for children who may have a food allergy.

For more kid pleasing recipes visit: [www.kidsacookin.org](http://www.kidsacookin.org) Kansas State Extension Family Nutrition Program or <http://uwadmnweb.uwyo.edu/centsible/recipe.asp> WIN in the Rockies

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

Family Resource Center  
La Crosse County Health Dept.  
Holmen School District

Gundersen Lutheran  
School District of La Crosse  
University of WI-Extension

Head Start  
School District of Onalaska  
UW-La Crosse