

Stepping Up to a Healthy Lifestyle Tool Kit



Introduction

Wisconsin residents are stepping up their efforts to be more active and eat healthier, and the *Stepping up to a Healthy Lifestyle toolkit* is helping them to do just that. This kit encourages people of all ages, from preschool children to senior citizens, to be more active and eat well every day.

The tool kit contains a healthy habits quiz to help you assess your strengths & weaknesses as far as healthy eating and activity are concerned as well as information to help you and your family:

- Bone up on calcium
- Reduce portion distortion
- Figure out your fiber needs
- Eat your fruits and veggies everyday
- Activate Your Lifestyle

We hope by providing you with this kit we will motivate you and your family to “*Step Up to a Healthy Lifestyle*” by eating healthy and being active everyday!

For more information about increasing your activity and eating well, visit our web site at www.childhoodobesitycoalition.org

Healthy Habits Quiz

Adapted from: Healthy Habits for Healthy Kids, A Nutrition and Physical Activity Guide for Parents
State of Wisconsin & Blue Cross Blue Shield of Wisconsin

Take the Healthy Habits Quiz to help identify areas where you and your family may want to make changes

Do You & Your Family	Yes	No	Sometimes
Have regularly scheduled mealtimes?			
Eat meals together at least once a day?			
Plan healthy snacks to have on hand when hunger strikes?			
Tailor portion sizes to each person's needs?			
Eat three meals everyday?			
Try to make mealtimes enjoyable?			
Avoid making everyone eat everything on their plate?			
Eat 3 servings of high calcium foods everyday?			
Eat high fiber foods everyday?			
Eat 5-9 fruits and vegetables everyday?			
Lead an active lifestyle by getting 30-60 minutes of physical activity everyday.			

“Yes” = 2 points

“sometimes” = 1 point

“no” = 0 points

If your total score is:

20-22—You and your family are on the right track. Use this kit for additional healthy eating & physical activity ideas

13-19—You and your family are doing well, but could work on areas where you answered “no/sometimes”

12 or lower—You and your family need to “*Step Up to a Healthy Lifestyle*” by making some changes in your eating & activity habits. Use this guide for ideas on how to do that and visit our web site at www.childhoodobesitycoalition.org for additional tips.

Bone Up on Calcium



The easiest way to build strong bones in children & maintain bone health in adulthood is to eat foods containing calcium and engage in weight bearing activity. So... try to eat 3 high calcium foods everyday as well as being sure to do weight bearing activity such as walking on a daily basis.

Want some tips on how to incorporate high calcium foods into your daily diet??

1. Serve creamy soups made with low fat milk or low fat evaporated milk.
2. Use low fat evaporated milk in food preparation—it has twice the calcium of regular milk. Use it to make mashed potatoes, pudding, cream sauces, etc.
3. Eat dairy based desserts such as pudding, frozen ice milk/yogurt and smoothies.
4. Add low fat cheeses to sandwiches, mashed potatoes, salads and vegetables.
5. Add sesame seeds & almonds to cookies, salads, snack bars & vegetables.
6. Add nonfat milk powder to prepared soups, pancake and cake batter, smoothies, & cream sauces.
7. Make a yogurt dip (substitute nonfat plain yogurt for sour cream) and use it for dipping veggies.
8. Mix cut up fruit with vanilla yogurt for a refreshing side dish.
9. If you drink soy milk be sure it's calcium enriched.
10. Serve fish with small bones. Top your salmon patties with cheese for an even greater calcium punch.
11. Eat more dark leafy green vegetables such as spinach for added calcium.
12. Buy calcium fortified orange juice.
13. Buy other calcium fortified cereals & breads.
14. Top sandwiches with low fat cheeses.
15. Prefer water to other beverages? Look for mineral waters with added calcium.

Adapted from: **Healthy Foods for Healthy Kids** by Bridget Swinney



Get a Handle on Portion Distortion!

Supersizing is the norm today. All of our portions have grown over the years so that now the typical bagel equals 4 servings of bread and a typical muffin equals 3.

So what is a portion anyway??? A “portion” is the amount of food you serve yourself while a “serving” is a measuring tool you can use to evaluate how your eating compares to what is recommended.

The United States Department of Agriculture has dietary recommendations as well as a daily eating guide that is individualized to your age, gender and activity level. To determine what you should be eating for your age, activity level and gender visit www.mypyramid.gov.

To get you started...Here’s a quick guide to serving sizes...



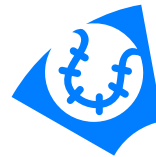
3 ounce serving of meat = a deck of playing cards or the palm of a woman’s hand.

1 serving of fruit = one medium piece of fruit or a piece of fruit the size of a tennis ball



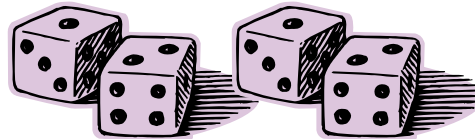
a computer mouse = a ½ cup serving of fruit or vegetables

A baseball = about 1 cup of milk, yogurt or a serving of salad



a golf ball = a serving of peanut butter (2 Tablespoons)

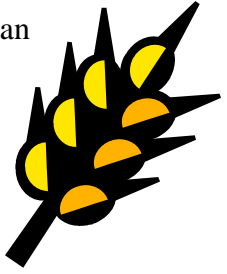
4 dice = 1 serving of cheese



The tip of your thumb = 1 teaspoon margarine

Figuring out Fiber

Grandma called it roughage & while the thought of eating “fiber” may make your kids moan & groan--they are probably eating it & don't even know it! Foods high in fiber fill us up, are often lower in calories & discourage us from overeating. Plus...when combined with adequate fluids, eating high fiber fare helps move food through our digestive systems protecting us from constipation, lowering our risk of hemorrhoids and helping those with diabetes regulate their blood sugar.



So how much fiber do folks need? Adults need between 25-35 grams of dietary fiber everyday. For children over 2, experts suggest taking the child's age & adding 5 to it to get the number of grams of fiber the child needs daily.

How can you tell how much fiber a food contains?? For packaged items such as cereal—check out the label! The fiber content of foods is listed under the “total carbohydrates” section on the label. Foods considered high in fiber will have more than 5 grams/serving while foods that are good sources of fiber will contain between 2.5-4.9 grams of fiber.

Need some creative, tasty and fun ways to add fiber to your family's diet? Take a peek and try some or all of the suggestions below...

For Breakfast...

- Make oatmeal. Quick, regular & instant are all good sources of fiber.
- Opt for whole grain cereals (look for whole grains to be one of the first ingredients on the label)
- Offer whole wheat toast, bagels or English muffins rather than the white versions
- Top fiber rich cereals with chopped apples, dried fruit, berries or sliced bananas
- Mix your child's favorite cereal with a fiber rich one

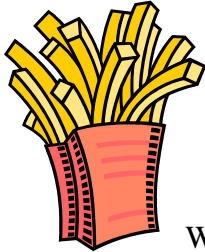


For Lunch & Dinner...

- Make sandwiches with whole grain bread. Try a peanut butter and banana sandwich on whole wheat bread!
- Serve a mixture of wild rice, brown rice and white rice instead of white rice as a side dish. Add black, red or pinto beans to the rice for extra fiber.
- Spice up salads by adding berries, almonds, chickpeas or red/black beans
- Add lentils or barley to your family's favorite soup
- Add bran to meatloaf or burgers. Watch the amount as you don't want to lose the taste of the meat! Add 1/3-1/2 cup to 1 pound of meat for meatloaf & 1-2 Tablespoons/quarter pound burger
- Serve baked sweet potato fries rather than regular fries (See recipe that follows)

- Top low fat brats & hot dogs with sauerkraut and serve on a whole wheat hot dog bun.
- Create mini pizzas by topping a whole wheat English muffin with pizza sauce, low fat cheese, chopped mushrooms & peppers and chunks of grilled chicken.

Try these high fiber side dishes...



Sweet Potato fries

- 4 sweet potatoes
- 2 Tablespoons olive oil
- 1 teaspoon thyme
- Salt, pepper

Wash potatoes, dry and cut into ½ inch strips.

Place on a cookie sheet or baking pan with sides.

Drizzle olive oil over potatoes, toss so they are well coated with oil, then sprinkle with salt, pepper and thyme. Bake in a 400 degree preheated oven for 40 minutes or until potatoes are Tender when pierced with a fork.

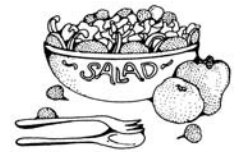
Tabbouleh

(Bulgur Salad)

- ¾ cup bulgur (cracked wheat)
- ¾ cup chopped parsley
- 3 medium tomatoes, chopped
- 2 green onions, chopped
- ¼ cup olive oil
- ¼ cup lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup sliced black olives

Place bulgur in a bowl and cover with

cold water; let stand 30 minutes. Drain in a sieve pressing out as much water as possible. Place bulgur, parsley, tomatoes, green onions and black olives in a bowl. Mix remaining ingredients and pour over bulgur mixture. Toss to mix well. Refrigerate at least 1 hour.





Eat Your Fruits & Veggies



If you are like most Americans you don't eat the recommended amounts of fruits and vegetables everyday. To find out how much you need of these important foods go to www.mypyramid.gov. Insert your age, gender and activity level and get your own personal eating plan!

So how might you increase your fruit and veggie consumption? Below are 20 ways to add fruits & veggies to your family's daily fare.

Getting in more veggies...

- 1. Dip It...** Use low fat salad dressing as a dip for raw vegetables such as baby carrots, radishes, green pepper strips, cauliflower and broccoli or cucumber strips. This is a great way to get kids to eat their vegetables!
- 2. Add it to old favorites...** Add grated vegetables to your favorite pasta sauce, mix a white pureed vegetable such as cauliflower to twice baked potatoes or cook carrots and add them to your mashed potatoes before mashing them.
- 3. Eat salads...** Green salads have never been easier. Keep salads in a bag on hand for a quick green salad at lunch or dinner. All you need to do is rinse & dry the greens, arrange them in a salad bowl and top them with croutons, olives, sliced carrots or a sprinkle of parmesan cheese and your favorite low fat dressing.
- 4. Experiment...** Try serving veggies in new & different ways. Just because you and your family aren't crazy about boiled carrots doesn't mean you and they might not like shredded carrot salad. Create and grill some veggie kebabs or try...
- 5. Roasted vegetables...** Roasting gives vegetables a whole new flavor even the most die heart vegetable hater will like. Vegetables can be roasted in the oven at 400 degrees for a short period of time (asparagus generally take 6-8 minutes) or on the grill. Toss the vegetables with a small amount of olive oil (1 Tablespoon/2 cups veggies) & top with salt/pepper to taste then roast.
- 6. Wrap it...** Love wraps topped with salsa? Next time add some sliced carrots, celery, zucchini or green pepper slices to the filling. Line the tortilla with a leaf of lettuce, place your filling in the center and roll your wrap up!
- 7. Top it with...** Microwave your broccoli, cauliflower or other family favorites with a sprinkling of strong flavored cheese such as parmesan or cheddar. A few Tablespoons of cheese can really add a new dimension of taste. If you and your family prefer milder flavored cheeses

such as mozzarella or farmer's cheese, you may need to use a little more cheese topping (1/4 cup) to get a similar effect!

8. *Drink it...* Don't overlook the possibilities of vegetable juices. Try the many versions of tomato juice available today or if you have a juicer...experiment...carrot juice is sweet and can be mixed with fruit juices to make a smoothie.

9. *Puree it...* Add pureed vegetables to creamy soups, spaghetti sauces or dips. It's an easy way to get those veggies in.

10. *Grate it...* Add grated vegetables to salads, burgers and other ground meat dishes.

Getting more fruits...

11. *Take advantage of canned fruit...* Between seasons, fresh fruit may be more expensive and not up to your standards of quality. When this happens, take advantage of fruits canned in their own juices. Single serving versions are available for packed lunches.

12. *Roast/grill fruit for a tasty dessert...* Interested in a sweet, low calorie, tasty dessert. Try grilled or roasted fruit. Grilling/roasting intensifies the sweet flavor of fruit & can satisfy your sweet tooth. Try grilling/roasting bananas or pineapple—Yum!

13. *Make a salad...* Combine fresh fruits in season or a combination of fresh and canned for a tasty side dish. Try a combination of peaches, pineapple, bananas, grapes and apples. Pour a few tablespoons of orange juice over the mixed fruit to prevent browning.

14. *Make a smoothie...* Combine fruit, low fat yogurt, flavorings & ice in a blender & process until smooth & creamy. Try this Raspberry Lemon Smoothie: Combine 1 cup low fat raspberry yogurt, ½ cup orange juice, 1 cup raspberries (fresh or frozen), 1 Tablespoon lemon juice & ½ cup crushed ice in a blender & process until smooth & creamy.

15. *Make a fruit salsa...* Chop the following fruits in a food processor until the consistency of salsa—2 medium peeled apples, 1 cup strawberries, 1 peeled kiwi, 1 peeled orange & 1 cup peaches. Add 2 Tablespoons strawberry jam/jelly, 2 Tablespoons brown sugar & ½ cup orange juice. Mix well & serve with grilled pork or baked chips.

16. *Use dried fruit as car snacks...* Need an easy to eat snack with no muss or fuss? Try a box of raisins, dried apricots or dried cherries.

17. *Replace oil with fruit in baked goods...* Lower fat in home made breads & muffins by replacing a portion of the oil with pureed bananas or applesauce. HINT: Baby food works really well here!

18. *Add chopped fruit to salads...* Try chunks of cantaloupe in chicken salad or chopped pears in tuna salad.

19. *Top waffles or pancakes with fruit...* Top your favorite whole grain waffles or pancakes with sliced strawberries or raspberries or apple slices sautéed in a small amount of margarine & brown sugar.

20. *Create a fruit sundae...* Top your scoop of ice cream or frozen yogurt with sliced fruit then top that with a dollop of low fat topping.



20 Ways to Activate Your Family's Lifestyle

For optimal health, experts agree that children need to accumulate 60 minutes of moderate activity (e.g. brisk walking) everyday and do more vigorous activities 3 times/week. How do we help our children lead more active lives? Coalition members have some ideas—some are small changes while others are more significant.

1. Be a role model! Show children how being active is fun and makes you feel good.
2. Move with your kids! Instead of just watching soccer practice, walk up & down the sidelines. Join a karate class together. Rather than watch your child at the playground, swing, slide and climb with your child.
3. Encourage your child to be a participant rather than an observer. Encourage them to play T-ball or to shoot baskets rather than watching folks do it on TV.
4. Plan family events that include activity. Go for a walk, hike or bike ride rather than rent a movie.
5. If you aren't comfortable allowing your child to play in your neighborhood, transport your kids to a safer place to play.
6. Monitor TV and "screen time". Limit your child to 2 hours/day or less. Have your child "earn" time for these "lower voltage" activities by accumulating minutes of activity.
7. For birthdays and holidays give gifts that promote an active lifestyle—bikes, balls, jump ropes and skates are great choices.
8. When you drive somewhere, park a few blocks away and walk with your kids to your destination.
9. Teach your kids to take the stairs rather than the elevator.
10. Encourage your children to walk or bike when they go to school, run errands or visit classmates.
11. When watching your favorite family TV shows, get up and walk around or take a stretch break with every commercial.
12. Avoid drive thrus. Park your car and walk in
13. Try musical housework. Put on your family's favorite tunes and dance while you vacuum or dust!
14. Encourage family members to stretch or walk while they talk on the phone
15. Encourage you children's school to offer daily physical activity. Schools that do this notice children learn better when they have physical activity built into their day.
16. Encourage your children's school to offer quality physical education programs that teach students skills that will keep them active throughout their lifetime.
17. Encourage the school officials at your child's school to offer assemblies, field trips, special events and clubs that promote and provide opportunities for physical activity.
18. Talk with local policy makers about the need for sidewalks and bike lanes in your town to make it safe for residents to go places by foot or bike.
19. Talk with local, state and federal policymakers to encourage the development of neighborhood parks, biking paths & walking trails in your community.

20. Every time you hear a bell ring (phone, doorbell, church bell) take a breath & smile. Think of smiling as “mouth yoga”—an activity that relaxes hundreds of muscles in your face. The great thing about this “exercise” is it’s contagious—so pass it on.

(adapted from Strategies by Paul Rosengard, James Sallis & Thomas McKenzie & from Lifestyle Activity as Healthy as a Gym Workout by Carol Krucoff, www.foodfit.com)