

# Eat Healthy...Be Active

## Jump into Healthy Living

A quarterly newsletter from the Coulee Region Childhood Obesity Coalition

Winter 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



## supermarket Savvy

Healthy eating habits begin with your grocery cart. That's because what you put in your cart is what you bring home, have in your fridge and cupboards and it's from these choices that you make your meals! So grab a cart and join us for a tour through the grocery store. Along the way we'll try to provide you with some tips for shopping healthy.

Before going shopping, make a list. Decide what you'll eat for meals in the next week & have the ingredients on hand to make those meals. Remember its not just dinner you're shopping for but breakfast, lunch & snacks too!



4-6 cups/day.



**Produce:** Generally the first thing you see as you come into the store. Experts recommend adults to eat Seasonal produce will be of the best quality. If you are

tight on time, look for already washed & cut fruits & veggies. Try to fill your basket with fruits & veggies of different colors to get the most nutrition from your purchases!



fiber/slice. If your



**Bakery:** Buying bread? Look for whole grain breads made with 100% whole grains and with 2 grams of sweet tooth needs to be satisfied, buy single serving items such as

a cookie (not a dozen!) rather than a whole cake or pie



**Deli:** Choose the lower fat varieties of deli meats--turkey, chicken, beef & ham rather than bologna & salami. Rotisserie chickens can make a healthy, easy meal. Pair it with a low fat deli salad & some raw veggies with low fat dip or a big salad from the store's salad bar. Speaking of low fat deli salads, at the deli case choose salads with an oil & vinegar dressing/marinade rather than mayonnaise. Pass on the fried offerings as well!



**Oils:** For baking use canola oil and for browning meats or sautéing use olive oil. Both are rich in heart healthy monosaturated fats.



veggies



**Canned fruits & veggies:** With veggies, look for low sodium varieties (the water in which the veggie is canned is often high in sodium) and with fruits look for those canned in their own juices. When possible, purchase fresh or frozen fruits & veggies as they have more fiber and are higher in nutritional value as the heat of canning can affect the nutrient content.



**Cereals:** Choose cereals that are high in fiber (at least 3 grams/serving) & low in sugar. Also check the label to see what equals a serving. Some cereals list  $\frac{1}{4}$  or  $\frac{1}{2}$  cup as a serving size and most of us eat more than that!



**Soups:** Choose broth based rather than creamy soups and watch the sodium content. There are many lower sodium (less than 140 milligrams/serving) choices to choose from today!

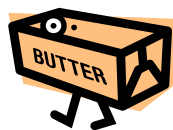


### **Chips & Cookies:**

Think fat and portions! Prepared items like cookies & snack foods often are high in fat and may contain trans fats. Choose baked chips & snack foods and whole grain crackers to reduce fat & increase fiber. As for the portion caution, if you are like many of us, you can't eat just 1 (cookie, potato chip, etc). It may be a good idea, if this is the case, to not bring these items into your house! Eat them out where you can get a 1 oz bag of chips or just 1 cookie—it's built in portion control



**Frozen Foods:** With our busy lifestyles, frozen entrees have become a way of life for many. This is where label reading is very important! Again look at serving size. Does it seem reasonable for your main meal?? Will it satisfy you and other family members? Another reason to check the label is that many processed & prepared foods have a fair number of calories/serving. Try to keep the calories/serving to around 500. If you are looking to reduce fat & sodium, think 15 grams of fat/serving & 140 milligrams of sodium.



### **Butter & margarine:**

Choose spreadable soft butter or margarine rather than the stick variety. Because they are soft, you may use less on your toast or veggies than stick butter or margarine. Try one of the new spreads with yogurt. It has only 40 calories & 1/3 the fat of regular spreadable margarines.



**Dairy:** Choose low fat (1%) or fat free milk & dairy products. Looking for ice cream? Try some of the new slow-churned versions that are low in fat but still high in flavor! If buying soy milk. Be sure its calcium fortified. Buying yogurt? Buy the plainer versions & mix in your own cut up fresh fruit & low fat granola. Many yogurts with fruit & crunchies added are high in calories & fat...so read your label!



### **Other Shopping tidbits...**

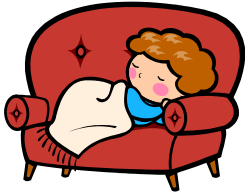
- Eat before you shop! Everything looks good to a hungry stomach!
- Don't be tempted by free samples. By tasting the in store special, you're more likely to make a purchase you don't really need or want!



- Look up & down the shelves. The most expensive items are at eye level. Bargains are often on bottom or top shelves!

- Shop the perimeter. Fresh foods are generally found on the outer aisles of the store while the more processed foods are found on the interior

*Sources:* MayoClinic.com, *Dieting for Dummies* by Jane Kirby & *Grocery Guide* by Amy Bertrand of the Wisconsin State Journal



## Can Active Video Games Get Couch Potatoes on Their Feet??

Experts estimate that one third of children today are overweight. Poor eating habits (too much junk food) and physical inactivity (too much screen & video time) are often blamed. When video companies hear this—they worry. So, the companies now are producing games that get kids moving by making them dance, jump, throw a ball or swing a racquet as they play the game. In some cases the child becomes a character on the screen. When these games first appeared they were targeted to teens and preteens—now games are also available for the younger set—children 3 and up. So what's out there??

*Dance, Dance Revolution...* In this game, players dance to fast paced, fun music on a large pad lined with sensors. Dancing is choreographed to the music and video prompts on the screen.

*Pluses:* Its fun, well paced, provides challenges for all levels of dancers and can be played solo or with other friends or family. The "friendship mode" helps foster teamwork and cooperation between players rather than competition.

*Minuses:* Cost...anywhere from \$20-\$100...more if you need more than the game pad itself. Also, may need quite a bit of space for multiple players (the dance moves and hand motions can require a fair bit of space!)

*Wii Sports...* There are several sports simulations in *Wii Sports*

- *Tennis* The game is controlled by each player taking realistic tennis swings. Up to 4 people can play with each requiring their own remote.
- *Baseball* The game includes only batting & pitching—fielding and running bases are handled by the game. When batting, players swing the controller like a bat and when pitching, they choose different types of pitches—fastball, curveball, screwball and splitter. The game lasts 3 innings and may end earlier if one of the two players is ahead by 5 or more runs.
- *Golf* Players swing the controller as their club. The faster they swing, the further the ball goes. Too fast or too slow a swing will cause the ball to slice or hook.
- *Bowling* The player swings the controller backward (holding the trigger button) then swings forward & let's go of the button to release the ball. Spin is put on the ball by tilting the controller
- *Boxing* Uses both the Wii remote & the Nunchuk attachment. To box the player holds the remote in one hand & the Nunchuk in the other, jabbing to punch and raising both to block punches. Moving the controllers from side to side or backwards/forwards causes the character to lean & avoid punches.

*Pluses:* Allows avid bowling, tennis, baseball & golf fans to play their favorite game from the comfort of home.

*Minuses:* Cost...Requires the Nintendo gaming console (\$250), Most games run \$40-\$50, additional Wii remotes retail for \$40, and additional Nunchuk or classic game controllers retail for \$20 each.

## Your personal kitchen helper---the crock pot!

Mary Hoeft-Leithold, Nutrition Educator, La Crosse County UW-Extension WNEP



Imagine entering your home after an exhausting day of work, errands and driving your kids to their after-school activities when your senses are greeted with the smells of spices, cooked vegetables and tender meat of a home cooked dinner. Your "kitchen helper" has been preparing your food while you were away. Welcome to the world of crock pot cooking!

Crock pots cook foods slowly at a low temperature, but are safe because of the combination of direct heat, steam created by the tightly fitting lid and lengthy cooking time.

**Getting Started:** Start with a clean cooker and make sure that all pre-cut vegetables and thawed meat or poultry is stored separately in your refrigerator until it is time to prepare. Cut food including meat into small chunks so that it cooks safely. Since vegetables cook slower than meat and poultry, put them in first and place the meat on top. Cover the food with liquid like broth, water or barbecue sauce. Fill the crock pot half to three-fourths full. If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low. Only lift the lid to stir (if needed) or check for doneness. Follow recipe for time guidelines.

**Keep Your Food Safe:** Crock pots should never be used for reheating since food would be kept too long at a temperature where dangerous bacteria thrive. To keep soups and chili dishes safe, bring the food to a boil on the stove or in the microwave first and then add the hot foods to a crock pot that has been pre-heated with a little water in it. If you have any questions about meat, poultry or egg products call the USDA Meat and Poultry hotline toll free at 1-888-MPhotline (1-888-468-5463).

### Quick Onion Pot Roast

1 packet onion soup mix  
3 lb lean beef or pork roast cut up, trim fat  
2-4 potatoes, quartered  
3-5 large carrots (cut in 2-inch lengths) or  
2 cups baby carrots

Sprinkle onion soup mix over the bottom of the crock pot  
Add potatoes and carrots. Add roast. Add water to cover  
half of roast. Cover and cook on Low 10 hours or 5 hours on  
high. Check doneness with food thermometer.

### Ham and Scalloped Potatoes

(Makes 4 serving)

6-8 slices of ham (about 1 pound)  
8-10 medium potatoes, peeled and thinly sliced  
2 onions, peeled and thinly sliced  
Salt and pepper (optional)  
1 cup grated cheddar or American cheese  
1 can (10 oz.) low-fat cream of celery or mushroom soup  
Paprika

Put potatoes, onions, and half of ham in slow  
cooker. Add salt and pepper (optional), and  $\frac{1}{2}$   
of grated cheese. Repeat with remaining  $\frac{1}{2}$ .  
Spoon undiluted soup over top. Cover and  
cook on Low 8-10 hours or High 4 hours.  
Sprinkle with paprika (optional).

Source: Slow Cookers and Food Safety. USDA, January 2006.  
[http://www.fsis.usda.gov/Fact\\_Sheets/Focus\\_On\\_Slow\\_Cooker\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Slow_Cooker_Safety/index.asp)  
Recipes adapted from: Dunn County UW-Extension WNEP.

**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

Gundersen Lutheran

Head Start

La Crosse County Health Dept.  
School District of La Crosse  
University of WI-Extension

La Crosse Day Care Centers  
School District of Onalaska  
UW-La Crosse

Viterbo University  
Holmen School District  
La Crosse & Onalaska YMCA