

Eat Smart, Move More - Stay Healthy

National Nutrition Month® Resources

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National Nutrition Month® - March 2004

Adapted by the NC NET Program from American Dietetic Association materials

National Nutrition Month®

Eat Smart, Move More - Stay Healthy

The National Nutrition Month® campaign reinforces the importance of healthful food choices and physical activity as key components of health.

1. Make smart choices

Healthy eating helps you get the most out of life. A healthy lifestyle is the key to looking good, feeling great and being your best at work and play. It all starts with a healthful eating plan.

2. Make it work for you

Individual needs and preferences determine your personal food choices. Match your food choices to your lifestyle and individual requirements, choosing enough to achieve and maintain a healthy weight.

3. Make it fun

Actively pursue variety. Expand your range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition, it provides the pleasurable aspects of eating.

4. Make moderation your goal

You decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty. Look at the big picture, what you eat over several days -- not just one day or one meal -- that's important.

5. Make it active

Develop a personal fitness plan that fits your lifestyle. The key is to find a variety of activities you enjoy. You don't need expensive equipment or complicated fitness programs.



Promoting Nutrition and Physical Activity: Online Resources for Healthy Kids and Healthy Schools

Action for Healthy Kids

www.actionforhealthykids.org

In early October 2002, health professionals and educators from across the US gathered to "take action" for children's nutrition and fitness. This site provides extensive tools, resources and contacts from the meeting in Washington, DC.

American School Food Service Association (ASFSA)

www.asfsa.org

The 55,000 members of ASFSA work in school nutrition all across the USA and many are active in creating school-based nutrition programs for healthy kids. The website features research, programs and ways to get involved with local schools.

The Body Positive

www.thebodypositive.org

Through videos, workshops and consulting, the creators of Body Positive teach young people how to have a positive body image and a healthy relationship with food. The recent video *BodyTalk 2* (2002) is targeted at tweens (ages 8 to 11).

California School Board Association (CSBA)

www.csba.org/PS/hf.htm

The CSBA has long been active in encouraging schools to establish nutrition policies. Their 2003 guide *Successful Students Through Healthy Food Policies: Act Now for Academic Excellence* can be ordered for \$20.00.

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa

The CDC site is an essential resource for nutrition and activity issues. Search for: surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like Kids Walk-to-School and Turn Off Your TV.

Center for Weight and Health (University of California, Berkeley)

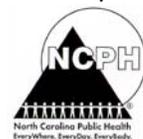
www.cnr.berkeley.edu/cwh

The center sponsors conferences and coalitions in California. The site features links to literature, research, surveys, funding and information on *Reversing Childhood Obesity Trends: Helping Children Achieve Healthy Weights*.

Eat Smart, Move More...North Carolina

EatSmartMoveMoreNC.com

Eat Smart, Move More...North Carolina, a statewide initiative that promotes increased opportunities for physical activity and healthy eating through policy and environmental change. Health professionals can look for modules for creating change with school-age children.



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Promoting Nutrition and Physical Activity: Online Resources for Healthy Kids and Healthy Schools

Healthy School Food Coalition

http://departments.oxy.edu/uepi/cfj/cfj_LA_sodaban.htm

Los Angeles Unified School District, second largest US district, unanimously passed a motion banning soda sales in all district schools. This site offers a guide to the strategies used in LA and other school nutrition information.

Michigan Department of Education

www.michigan.gov/documents/healthyweight_13649_7.pdf

The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper (2001) features guidance on excessive weight and weight gain; social pressure for excessive slenderness; and unsafe weight loss practices.

Minnesota Team Nutrition Toolkit

<https://fns.state.mn.us/FNSProg/NSLP/NSLPResource.htm>

This site provides dozens of tools for enhancing school nutrition environments including: handouts for parents and students; strategies for improving vending machine options; and resources for adult role models.

Project LEAN (Leaders Encouraging Activity and Nutrition)

www.californiaprojectlean.org

California Project LEAN, from The Public Health Institute, supports several youth projects. One is *Food on the Run: Your Energy Wake Up Call*, a web site with simple nutrition and active solutions for teens @ www.caprojectlean.org/.

SPARK: The New PE

www.sparkpe.org

SPARK's training and tools promise PE classes that are more inclusive, active and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness and After-school Recreation.

USDA Team Nutrition (US Department of Agriculture)

www.fns.usda.gov/tn/Default.htm

The Team Nutrition program is a goldmine of materials, kits and local efforts to enhance school nutrition environments. You can download free materials, read about Team Nutrition success stories and find out what is going on in your state.

VERB™: It's What You Do

www.verbnow.com

VERB™ is CDC's physical activity website aimed at tweens (ages 8 to 12). VERB. It's what you do. There are tons of cool tips to help kids add extra VERBS to their days. (and, remember, playing isn't just for kids!)



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The Seven Cs of Successful Change

Taking charge of your health and your life

Many of us want to make changes in our habits. Sometimes it's a New Year's resolution; sometimes it's advice from the doctor. Sometimes it's just a desire to be stronger or have more energy. We want to eat better and be more active, but we don't always know how to make the necessary changes. Taking some time to consider these seven "C's" of change may help you understand how to get from where you are now - to where you want to be.

1. **Caring** enough to treat your body really well.

Caring about yourself is essential for making any behavior change. Self-care is not selfish - it is what we have to do in order to stop doing one thing and start doing another. Taking good care of yourself also helps you be in better shape to take care of those around you.

2. **Choice** to take small steps in a new direction.

Change is all about making choices. It is making the choice to do one thing (like taking a walk) rather than another (like watching TV). It doesn't mean that you have to give up all television programs. It just means that sometimes you make the choice to be more active.

3. **Creativity** to find a variety of food and fitness options.

The world is filled with stressful situations that can get in the way of our plans to eat well or to be active. The key is to stay calm and to brainstorm a variety of possible solutions. If you are out of fresh produce, you can still enjoy some canned fruit or frozen vegetables.

4. **Courage** for new adventures and everyday challenges.

There is no way around it. It takes courage to make a change. There are many ways to find the courage you need. You can discuss your struggles with friends or family; read inspiring stories about people who have made difficult changes; or find strength in faith and prayer.

5. **Comfort** through tough times with relaxation (or even pampering).

Change is hard work and can be stressful even when it is a positive change. When you are trying to do things differently, you need to rest and recharge your internal batteries. Take time to read a book, to take a nap, to play with the kids or just to do nothing for a while.

6. **Confidence** to take risks and to make normal mistakes.

Optimistic people are generally healthier than pessimistic people. Being confident that you can make positive changes is at least half the battle. Sometimes it helps to make a list of all the changes you have already made, like eating more whole grains or drinking less soda.

7. **Celebration** of the progress toward a strong and healthy you.

Rewards and celebrations are an important part of successful change (think about why we celebrate graduations or job promotions). Give yourself plenty of pats on the back just for moving a step closer to your goal. Gold stars on the calendar aren't just for kids anymore!



Whole Foods for Whole Body Health

WHOLE FOODS are a whole lot healthier

- ❶ Many of the nutrition problems in the US are related to our over-consumption of highly processed foods and snacks. Dietary supplements can provide some nutrition insurance, but whole foods offer great taste and the natural nutrient bundles necessary for overall health. The good nutrition news is that you can enjoy cooking convenience without giving up your favorite foods. All you have to do is make more whole food choices every day.

WHOLE FOODS are naturally rich in nutrients

- ❶ Whole foods come from every food group. Whole grains offer wholesome energy, fiber and a long list of vitamins and minerals (www.wheatfoods.org). Produce provides disease-fighting phytonutrients (<http://aboutproduce.com>). Dairy foods build bones and teeth with protein, calcium and vitamins (www.3aday.org). Meats, like lean beef and pork, add Z.I.P. (zinc, iron and protein) to your plate (www.beefitswhatsfordinner.com/ and www.otherwhitemeat.com).

WHOLE FOODS are lower in trans fatty acids

- ❶ In July 2003, the Food and Drug Administration announced plans to require nutrition labeling of trans fatty acids on all foods and supplements. Trans fats, linked to increased risk of coronary heart disease, mostly come from the hydrogenated vegetable oils used in baked and snack foods. Some naturally-occurring trans fats, like CLA in meat and dairy foods, may actually have health benefits (<http://ific.org/nutrition/fats/index.cfm>).

WHOLE FOODS are lower in sodium

- ❶ The average American consumes over 4,000 milligrams of sodium per day, about 75% from processed foods and restaurant meals. The government recommends 2,400 milligrams per day for healthy people and 1,500 milligrams for people with high-blood pressure. Whole foods have less sodium than processed foods. Fruits, vegetables and dairy foods help lower blood pressure (www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf).

WHOLE FOODS are lower in sugar

- ❶ Eating and drinking too much sugar can lead to dental problems and weight gain. A recent study showed that kids who drank more than 16 ounces of sweetened beverages per day consumed fewer nutrients and an average of 244 more calories per day. Power drinks (like reduced fat milk and 100% juices) and whole foods (like yogurt and cheese) have more nutrients and less sugar (www.news.cornell.edu/Chronicle/03/7.24.03/sweet_drinks.html).



Eating Well - ANYTIME!!

Making healthful food choices is much easier than you thought possible. There's no need to follow a complicated diet, to count every calorie or to avoid your favorite foods. Even better, it's easy to eat healthfully ANYTIME of day - ANYWHERE you decide to eat.

WHY make healthier food choices every day?

- 101 **ENJOY** great taste and good health in every bite you take.
- 101 **BOOST** your brainpower for learning, working and playing.
- 101 **ENERGIZE** your body and mind for all the things you want to do.
- 101 **ENHANCE** your health from head to toe, on the inside and the outside.
- 101 **PROTECT** your whole body - heart, bones, muscles, eyes, skin and more!

WHAT foods are the healthiest choices?

For high-energy health, choose minimally processed, whole foods. These are the best sources of the 70+ nutrients your body needs every day. Whole foods are cheaper than supplements and the nutrients in them are usually better absorbed. Your **best bets** are:

- 101 **Fruits and vegetables** (fresh, frozen, canned and dried) ~ 5 to 9 servings a day
- 101 **Whole grains** (breads, cereals, rice, pasta and snacks) ~ 3 servings a day
- 101 **Low-fat dairy foods** (1% or less milk, yogurt and cheese) ~ 2 to 3 servings a day
- 101 **Legumes and plant proteins** (beans, peas, nuts and seeds) ~ 1 to 2 servings a day
- 101 **Lean animal proteins** (Meat, poultry, fish and eggs) ~ 2 to 3 servings a day

HOW can I make these foods part of my day?

With a few simple guidelines, you can enjoy power foods from morning 'til night. Look for tasty choices everywhere - at home, in restaurants and at the supermarket.

- 101 **Eat early:** Start every day with a protein, a whole grain and a piece of fruit.
- 101 **Snack regularly:** Include a protein for maximum satisfaction and lasting energy.
- 101 **Select bright colors:** Pick colorful fruits and vegetables to fill half your plate.
- 101 **Go for lean:** Choose lean meats and skinless poultry to minimize your saturated fat.
- 101 **Choose crunchy:** Go for grains, nuts, seeds and vegetables to pump up your fiber.



Being Active - ANYWHERE!!

Being physically active is much easier than you thought possible. There's no need to join an expensive health club or to spend hours doing exercises you hate. You don't even have to change your clothes!! Best of all, you can get fit ANYWHERE - ANYTIME of day!

WHY make physical activity part of your day?

- 🚴 **ENJOY** the pleasure that comes from getting stronger and healthier.
- 🚴 **BOOST** your brainpower and your energy levels all day long.
- 🚴 **IMPROVE** your strength and endurance (both physical and mental).
- 🚴 **ENHANCE** your natural good looks from the inside out.
- 🚴 **PROTECT** yourself from the pain of heart disease, cancer and osteoporosis.

WHAT activities are the healthiest choices?

For overall health, your best bet is to enjoy a wide variety of physical activities. Just follow the 30-10-5 rule: at least 30 minutes of physical activity a day, at least 10 minutes at a time, at least 5 days a week. For best results, give your body what it deserves.

- 🚴 **Fun activities** - because they are the ones that you'll stick with!
- 🚴 **Aerobic activities** - that get your heart pumping, like brisk walking or dancing.
- 🚴 **Body-shaping activities** - to maintain muscles, like lifting weights or groceries.
- 🚴 **Stretching activities** - for flexibility and tone, like water aerobics or gardening.
- 🚴 **Balance activities** - to strengthen bones and prevent falls, like yoga or bike riding.

HOW can I make activity part of every day?

With a few simple guidelines, you can make physical activity an integral part of your day even with a hectic schedule. Look for all the easy ways to fit fitness into your life.

- 🚴 **Play more:** Feel like a kid again by skating, swinging, playing ball or flying a kite.
- 🚴 **Use leg power:** Walk the dog; walk to the store; walk around the mall; just walk.
- 🚴 **Hide the remote:** Change the channels the old-fashioned way - by getting up!
- 🚴 **Practice inefficiency:** Make multiple trips on the stairs or to the car for groceries.
- 🚴 **Pick up the pace:** Use a longer stride when you walk - everywhere, all the time.



Eating Well - in the Morning!!

Skipping breakfast is a no-brainer - literally. Skip breakfast and your brain and body suffer all day. Eat well in the morning and get on the nutrition fast track for a healthy day. Breakfast is easy (and essential) ANYWHERE - home, school, work or drive-thru.

WHY eat in the morning?

- 101 **RE-FUEL** your body after a long overnight fast.
- 101 **REV UP** your metabolism for healthy weight.
- 101 **KICK-START** your brain for school or work.
- 101 **IMPROVE** your mood and get rid of grumpy!

WHAT foods make a power breakfast?

- 101 **Carbohydrate:** A high-energy carbohydrate energizes your body and brain for a busy day. Think cereal (hot or cold), bread, muffins, rolls, tortillas or rice. Choose whole grains for an extra nutrition punch - more fiber and phytonutrients.
- 101 **Protein:** This is the missing link in most morning meals. Protein is what you need to go strong until lunch. Think lean - a slice or two of Canadian bacon, an egg, a slice of lean deli meat or cheese, a container of yogurt, a scoop of cottage cheese or leftover meat.
- 101 **Fruit:** Breakfast is a great way to start on the 5 to 9 daily servings of produce your body needs for optimal health. Think fresh, frozen, canned or dried fruit (and vegetables) - like pears, apples, mangoes, berries, bananas, oranges, grapefruit, kiwi or pineapple.

HOW can I fit breakfast in my morning?

For most people, time is the biggest obstacle to eating in the morning. Fortunately, there are lots of easy ways to beat the breakfast rush hour. Here are three tried-and-true tips.

- 101 **Get it ready the night before:** Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Slice up some fruit and cheese.
- 101 **Keep it real simple:** Fancy breakfasts are wonderful when you have the time. On busy days, a sandwich, a slice of leftover pizza or a yogurt with fruit work just fine.
- 101 **Pack it to-go:** If there's no time to eat at home, take your nutrition to-go. Save time (and money) by packing both a brown-bag breakfast and lunch the night before.



Being Active - in the Morning!!

Talk to one of those cheerful "morning people" and they'll tell you how great it feels to get up and get going early in the day. Whether you do 5 minutes or 45 minutes of activity in the morning, the benefits can make a big difference in your whole day.

WHY be active in the morning?

- 🚴 **ENERGIZE** your body for the busy day ahead.
- 🚴 **FOCUS** your brain for tasks at work or school.
- 🚴 **FLEX** your muscles for all-day strength.
- 🚴 **STRETCH** your body and your mind for new challenges.

WHAT activities fit best into the morning?

Any physical activity can fit into the morning hours. If you go outside when it is still dark, just make sure to put safety at the top of your fitness list with reflective clothing and shoes. In terms of physical activity, it's always better to be safe than sorry.

- 🚴 **Stretching activities:** Slow and gentle stretches, like yoga, are a wonderful way to warm up your muscles, tendons and ligaments.
- 🚴 **Balance activities:** Try a Tai Chi tape or one of the new exercise balls to improve your balance and make a healthy mind-body connection.
- 🚴 **Fun activities:** For a new outlook on life, start your day with something that makes you smile, like a salsa dance video or a splashy water aerobics class.

HOW can I fit fitness into my morning?

- 🚴 **Get up 5 or 10 minutes early:** If you're not a morning person, start small and set the alarm just a little earlier. Remember, you don't have to get all your activity at one time. Even 10-minute "sparks" of fitness can get you onto a fast track to health.
- 🚴 **Get clothes, shoes and equipment ready the night before:** Take a few minutes before bedtime to get yourself organized for an early walk or trip to the gym. It's one more way to make physical activity a normal part of your morning routine.
- 🚴 **Get together with friends or family:** Making a commitment to someone else can motivate you when sleeping in seems tempting. Walking kids to school is a triple fitness play - activity for you, activity for them and quality family time too!



Eating Well - at Lunchtime!!

The noon "hour" has disappeared for many Americans. Hectic schedules often mean less time to eat and more time to run errands or continue working. Wherever you eat - home, school, work or drive-thru - lunch is a tasty time to harness the power of nutrition.

WHY eat in the middle of the day?

- 101 **RE-FUEL** your body for work, sports or play.
- 101 **MAINTAIN** your metabolism for healthy weight.
- 101 **FOCUS** your brain for afternoon activities.
- 101 **NOURISH** yourself inside and out!

WHAT foods make a power lunch?

- 101 **Carbohydrates:** High-energy carbohydrates, especially whole grains, are essential for a power lunch. The goal is to get the energy you need without going overboard on amounts. Stick with a slice or two of bread, a small roll or a handful of crackers.
- 101 **Protein:** One key to weight control is to enjoy high-quality protein every time you eat. Protein helps build and maintain muscle. It also provides long-lasting satiety (satisfaction). Go for lean meat, fish, poultry and low-fat dairy, like cheese and milk.
- 101 **Vegetables:** Lunch is the right time to load up on vegetables - to get your daily dose of disease-fighting, anti-aging phytonutrients (plant nutrients). Vegetables or fruit - go for bright colors: orange carrots, green broccoli, red tomatoes or black beans.
- 101 **Fruit:** For optimal health and beauty (think skin, hair and eyes), experts suggest 5 to 9 servings of produce a day. Sweet fruit makes a delicious dessert at lunch. Enjoy a fruit salad, a piece of fresh fruit, a bowl of canned fruit or a handful of dried fruit.

HOW can I fit food into my busy lunchtime?

- 101 **Make noontime nutrition a priority:** Plan to eat before you start on errands or work. Reserve at least 15 to 20 minutes for food and you'll feel better all afternoon.
- 101 **Pack it from home:** Brown bag lunches save time and money and they're often a better nutrition deal as well. Make it real easy - just pack up leftovers from dinner.
- 101 **Stock your drawers and cupboards:** Supermarkets offer super easy options for work or home, like freeze-dried bean soups, single-serve fruit cups and trail mix.



Being Active - at Lunchtime!!

Many people find that noontime is the perfect time to fit fitness into their day. Lunchtime provides a natural break in the day. It is also a time when some people have a bit more flexibility. Many fitness centers offer classes specially designed for mid-day activity.

WHY be active at lunchtime?

- 🚴 **RE-ENERGIZE** your brain for afternoon work or school.
- 🚴 **WAKE UP** your body for afternoon and evening fun.
- 🚴 **STRETCH OUT** your muscles after sitting all morning.
- 🚴 **TAKE A WELL-DESERVED BREAK!!**

WHAT activities fit best into lunchtime?

Any physical activity can fit into the middle of the day. It's just a question of what works for your schedule, location and budget. Health clubs are great, plus they offer showers!

- 🚴 **Aerobic activities:** Most clubs and gyms offer a menu of heart-pumping classes designed to firm, tone and burn off extra calories and stress.
- 🚴 **Balance activities:** Yoga, Tai Chi and swim classes can relax and energize at the same time. Experiment with several options to find what suits you best.
- 🚴 **Fun activities:** Focus on fun and you'll be much more likely to stick with activity over the long run. Dancing? Kite flying? Swinging at the playground?

HOW can I fit fitness into my lunchtime?

No gym, no money, no time to shower - walking works wonders too!

- 🚴 **Walk to and from lunch:** Instead of automatically jumping into your car, think about a 15-minute walk (each way) to a local restaurant. In under an hour, you can eat a leisurely lunch and get 30 minutes of physical activity. What a healthy deal!
- 🚴 **Walk (or run) errands:** Keep a pair of walking shoes in your office or car. When you have a long list of things to do, walk to at least some of them. Bad weather? No problem! Head to the mall and use those walking shoes to shop for sales!
- 🚴 **Walk with friends or colleagues:** Walking groups offer a long list of benefits. Walk with colleagues and get some additional work done while you walk and talk. Walk with friends or neighbors and stay connected to the important things in life!



Eating Together for Health and Fitness

Sometimes very simple changes can make a big difference. Increasing the meals that your family eats together can make a big difference in your health, happiness and even your finances. No time to make a meal? No problem; family dinners are easier than you think.

WHY eat together as a family?

- 101 **Families save time, money and hassle.**
- 101 **Children learn skills, values and traditions.**
- 101 **Children have fewer behavior problems.**
- 101 **Children do better in school and on tests.**
- 101 **Children and adults get the nutrients they need.**
- 101 **Everyone treasures mealtime memories.**

HOW can YOU do dinner quickly and easily?

- 101 **Plan a weekly menu:** Make it simple or make it detailed. The key is to have a plan for shopping and cooking. Involve the whole family for less stress for any one person.
- 101 **Cook once, eat twice:** Cut down dramatically on your prep time. Cook and freeze larger batches of key ingredients, like ground beef for tacos and spaghetti sauce.
- 101 **Keep the cupboard stocked:** Pack your pantry (and freezer) with staples like canned beans, tuna and fruit; pasta, rice and baking mixes; and frozen vegetables.
- 101 **Use the sandwich advantage:** Nothing is quicker than a sandwich - breakfast (toaster waffles), lunch (whole grain bread) or dinner (pita pocket or tortilla wrap).

WHAT foods make a perfect family dinner?

- 101 **Grains:** High-energy carbohydrates, especially whole grains, have a place on every dinner table. A bread machine (with a timer) can serve it up hot right on schedule.
- 101 **Meat, fish, poultry, and beans:** High-quality proteins provide "muscle" for healthy meals. Do a combo, like beef and beans in chili, for an extra fiber boost!
- 101 **Vegetables and fruit:** Any meal is perfect for produce. Pack one-third to one-half of your plate with a colorful bonanza of fresh, frozen or canned fruits and vegetables.
- 101 **Dairy:** A glass of cold, refreshing milk (1% or less) is the beverage of choice for healthy families. Cheese, cottage cheese and yogurt are other tasty calcium sources.



Playing Together for Health and Fitness

Being active is one of the best (and easiest) ways for American families to spend time together. With a small investment in time (and maybe a little equipment), your family can enjoy a long list of physical and emotional benefits. What is your family waiting for?

WHY play together as a family?

- 🚲 **A family that plays together, stays together.**
- 🚲 **Regular fun activities lead to physical fitness.**
- 🚲 **Children who are physically fit do better in school.**
- 🚲 **Being active helps maintain a healthy weight.**
- 🚲 **Active play is good for kids – and their parents too!**

WHAT activities work best for families?

Kids need 30 to 60 minutes of daily activity for optimal health. P.E. classes and athletics count. So do sports like Little League and soccer, swim classes and family activities.

- 🚲 **Aerobic activities:** Walk the dog. Bike to the store. Swing at the park. Dance down the sidewalk. Slide at the playground. Fun, fun, fun for everyone!
- 🚲 **Helping activities:** Kids like to help, and "chores" can be fun with the right attitude. Sweep the floor to music. See how quickly you can clean up the yard.
- 🚲 **Fun activities:** Focus on the fun and nobody will feel like they are doing exercise. Kite flying? Chasing bubbles in the wind? Splashing in a pool?

HOW can we fit fitness into a busy schedule?

- 🚲 **Walk to and from school:** If you live near school, start walking, biking, or riding a scooter as often as you can. Go both ways or just one way. After school, spend time at the playground or stop at the park for a game of folf (Frisbee golf) or baseball.
- 🚲 **Create a fun zone at home:** Turn off the TVs, computers and video games. Make a place to play inside (clear a piece of carpet to toss foam balls or dance) and outside (flower or vegetable gardens, basketball hoops or an old-fashioned tree house).
- 🚲 **Join a club:** Sometimes it is safer or warmer to play indoors. Check out the options in your area. Some health clubs and gyms have fun family programs. Boys and Girls Clubs and YMCA/YWCAs often provide free or low-cost family memberships.



Smart Eats for a Healthy Weight

Eating for healthy weight is not about going on (and then off) the latest diet. The best way to achieve - and maintain - a healthy weight is to make small changes that you are willing to do forever. These six smart eating habits can help you reach your health goals.

1. Eat early: Kick-start the day with a power breakfast

- Start with a protein (like yogurt, peanut butter, lean deli-meat or an egg); add a whole grain (like high-fiber cereal, whole-wheat toast or bran muffin); and finish it off with a fabulous fruit treat (like a banana, canned peaches, frozen blueberries or orange juice).

2. Eat regularly: Snack smart to curb the munchies

- Getting over-hungry usually leads to overeating. With power snacks nearby, you won't be tempted by donuts or vending machines. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

3. Eat bright: Fight disease with a rainbow of produce

- The phytonutrients in produce help fight cancer, heart disease, high blood pressure and the effects of aging. They also add great taste and bright colors to every meal. Eat green (broccoli), red (tomato), orange (cantaloupe), yellow (squash) and purple (grapes).

4. Eat whole: Enjoy the nutrient combos in whole foods

- Nature does an amazing job of putting nutrients together. Whole grains have a bundle of fiber, folic acid and B-vitamins for healthy hearts. Dairy foods have calcium, magnesium and protein for strong bones. Lean beef has zinc, iron and protein for muscle power.

5. Eat strong: Put some protein in every meal and snack

- Protein, more than carbohydrate or fat, leads to feelings of fullness and satisfaction. Solid protein (rather than protein in a liquid form, like milk) is more satisfying. Including some protein every time you eat can be a real help in long-term weight management.

6. Eat half: Re-size super-portions to fit your needs

- Today's portions - fast food, restaurant, vending and cookbook - have all been super-sized. Many servings are two to four times what your body needs or wants. One simple solution: cut your food portions in two - eat half and save the rest for another time.



Smart Drinks for a Healthy Weight

Staying well-hydrated can make a difference in your health, your performance and even your attitude. Choosing power drinks like water, milk and juice instead of soft drinks can help you maintain a healthy weight and quench your thirst at the same time.

1. Drink in the AM: Pour a glass of juice or milk

- Start the day out right by drinking at least 8 ounces of refreshing liquids before you leave the house. For an early morning health kick, choose a tall glass of low-fat or fat-free milk; some 100% fruit or vegetable juice; or a creamy fruit and yogurt smoothie.

2. Drink all day: Keep a water bottle handy

- Carry a bottle in the car, to work or at school and fill it with cool water throughout the day. If you enjoy a bubbly beverage, try sparkling water or club soda instead of a sugary soft drink. For a real thirst quencher, add a squeeze of lime, lemon or orange.

3. Drink in the evening: Serve power drinks for dinner

- Skip the soft drinks and pour a power drink for the whole family. Kids of all ages need bone-building calcium and protein to stay strong and tall. Milk (1% or fat-free) is a delicious way to get powerful proteins, vitamins, minerals and fluids all in one glass.

4. Drink before activity: Hydrate yourself with water

- Being well-hydrated enhances your athletic performance and your enjoyment. You'll do better and feel better too! Drink at least 8 to 16 ounces of water a couple of hours before you begin any intense physical activity. Then another 8 ounces right beforehand.

5. Drink during activity: Stay cool with cool fluids

- Try to drink at least eight ounces for every half-hour of strenuous activity. On a brisk walk, you can sweat as much as a quart an hour. Water is best in most situations. Sports drinks may be helpful if your activity lasts over an hour or if the intensity is very high.

6. Drink after activity: Rest, re-fuel, and re-hydrate

- Here's an easy way to tell if you've taken in enough fluid to replace what you lost in sweat. Check your urine. If it is clear to pale yellow and nearly odorless, you're doing great. If not, pour yourself another tall glass of water or 100% fruit juice



Smart Moves for a Healthy Weight

Everyone agrees that physical activity is essential for good health. While any amount of activity is better than none, experts suggest a total of 30 to 60 minutes per day. The ideal combination is a variety of activities to build aerobic capacity, strength and flexibility.

1. Move more: Every step counts toward better health

- When it comes to physical activity, every step has health benefits. The goal is to spend more time moving and less time sitting. Get off the couch and aim for at least 30 minutes of physical activity a day, at least 10 minutes at a time, at least 5 days a week.

2. Move often: Be active throughout the day

- Finding a free hour for physical activity can feel impossible, especially with travel and clean up. Finding 10 to 20 minutes is often more realistic. Short bursts of activity can provide the same health benefits and help reduce daily stress at the same time.

3. Move inside: Walk the stairs, the halls, the malls

- Weather, work and hectic schedules can be obstacles to getting enough activity. The solution is to build more steps into your daily routine. Take the stairs at a power pace, walk around the office when you are on the phone or take an extra lap around the mall.

4. Move outside: Walk, bike, blade, mow, rake, shovel

- Spend as much time outside as possible -- in the yard, in the park or in the wilderness. Gardening is great way to get physical and grow delicious produce at the same time. Always, remember to use sunscreen, wear comfortable shoes and carry a water bottle.

5. Move for fun: Dance, skip, swing, or go fly a kite

- If you hate to exercise, just change the "E" to ENJOYMENT. Dance with someone you love, walk your dog, or be young at heart and play with the kids. Put on your favorite music and rock around the house -- it can make vacuuming a whole lot more fun!

6. Move together: Join a class or walk with friends

- Making a commitment to someone else can make it easier to fit your fitness in. Sign up together for water aerobics, line dancing or yoga. Organize a formal or informal walking group in your neighborhood and check out the local mall walkers.



Tasty Tips for Smarter Snacking

1. Check your HUNGER level

- Are you actually hungry? Or are you tired? Bored? Lonely? Happy? Or did you just see a food commercial on TV? If you aren't hungry, skip the snack until you are.

2. Check your FLUID level

- Are you thirsty rather than hungry? Since it's easy to confuse the signals for hunger and thirst, try drinking a refreshing glass of water before you dig into a snack.

3. Check PORTION SIZES

- Most super-sized snacks are loaded with fat, sugar and calories. If you want a sweet or salty treat, start with a small size or share a biggie size with a friend.

4. Check food labels and FACTS

- What you don't know can come as a surprise to your waistline! 300+ calories in a nutrition bar?! 400+ calories in a latte?! 600+ calories in a fancy cinnamon bun?!

5. Pay ATTENTION to your snack

- It's easy to overeat (and still not feel satisfied) if you eat while driving, reading or watching TV. Slow down and enjoy your snack; you'll eat less and enjoy it more.

6. Pay attention to PROTEIN

- Many snack foods are low in protein, as well as high in sugar and fat. Foods with protein (meat, dairy, nuts and soy) provide more nutrients and have longer staying power.

7. Grab some NUTS

- A small handful of nuts (about an ounce) can satisfy your craving for something salty and provide some super nutrition (vitamins, minerals and protein) at the same time.

8. Grab some VEGETABLES

- Nature's fast food makes an excellent on-the-run snack. Keep sliced vegetables ready to go in the fridge and fill up a small bag whenever you head out the door.

9. Grab some FRUIT

- Feeling like something sweet and flavorful? Fresh, dried or canned - fruit is a luscious treat anytime of day. Keep several single-serving fruit choices at home and the office.

10. Grab a POWER DRINK

- Soft drinks offer little except excess calories and caffeine! Looking for some liquid energy? Try low-fat or fat-free milk, and build some beautiful bones and teeth too!



Ten Easy Ways to Downsize Serving Sizes

Everywhere you eat these days, food portions are bigger than they used to be. In some cases, they are a lot bigger - like double what they were just a few years ago. Fast food meals, quick-serve eateries, elegant restaurants, supermarkets and even cookbooks, they all serve larger portions and contribute to the expanding waistlines of Americans. Experts agree that right-sizing your food portions is one of the easiest ways to reach and maintain a healthy weight at any age. Here are ten simple ways to change how much you eat without giving up any of your favorite foods.

- 1. Think before you order:** Planning ahead is always smart. Think about how hungry you actually are. Think about sharing with a friend. Think about taking half home.
- 2. Just say no:** Fast food "value" meals may sound like a good deal, but they serve up more calories, fat and sugar than you need. So, say "no thanks" to the combo offers.
- 3. Swap super-size for smart size:** Order a regular burger, fries and soft drink and you can enjoy half the calories of the super/biggie/mega-size meal.
- 4. Share a "biggie" size item:** There is a smart way to make mega-portions work for your health (and wallet) - share! Split an order of fries to cut calories and save money.
- 5. Save calories with a kiddie meal:** Here is another simple way to save money and improve drive-thru nutrition (plus you might get a cool toy, too!).
- 6. Order an appetizer as an entrée:** Appetizer portions are often exactly the right size and a lot less expensive than a full meal in fancier restaurants.
- 7. Savor an entrée twice as much:** Eat half your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
- 8. Share a dessert:** Any menu item can be shared - entrées, salads, sandwiches - and, best of all, desserts. With a shared sweet, you can eat your cake and eat healthy too.
- 9. Switch to power beverages:** A simple switch to low-fat milk or water can cut calories quickly. If you choose a soft drink, go with the small plus a large ice water.
- 10. Enjoy new healthful options:** Many chains are responding to consumer demand with new options like combo meals featuring sandwiches, side salads and bottled water.



Ten Ways to Fit Fitness into Every Day

1. Put on some comfortable shoes

- Feet were made for walking. With comfortable shoes on yours, you'll be ready to fit more walking into your life: at least 30 minutes a day, at least 10 minutes at a time.

2. Put on a pedometer

- These tiny step-counters are rapidly becoming today's most important piece of fitness equipment. While there is no "magic" number of steps, 10,000 per day is a great goal.

3. Put on some music

- Hate to exercise? How about dancing? Your favorite tunes - softly on headphones or loudly in the living room - can help you pick up the pace and enjoy moving more.

4. Use your legs – instead of the telephone

- Need to talk with a co-worker down the hall or a neighbor across the street? Hang up the phone and take a short walk to have your talk. Remember, every step counts!

5. Use your legs – instead of the elevator

- Need to go upstairs or downstairs? Forget the crowded elevator or the slow escalator! The stairs are an easy (and free!) way to build beautiful, strong leg muscles.

6. Use your legs – instead of the car

- For short errands, walking can be as fast (or even faster) than driving, waiting and parking. Plan to park in one place and walk to several different stores.

7. Fidget more

- The experts say it's true - fidgeting burns calories. Forget about sitting still at your desk - wiggle, squirm, standup, sit down, move around as much as you can.

8. Lift more

- One easy way to pump up arm muscles is to keep a set of weights (5 to 10 pounds) at your desk, near the TV or under the couch. Lift while you talk, watch or read.

9. Stretch more

- A few good stretches can help relax your body and your mind. You can stretch while working at a computer, watching TV or even driving a car. Just reach out and stretch.

10. Play more.

- Bounce a ball, fly a kite, swing on a swing, chase a child. There is no end to the fun when you play at getting fit. Need some playful ideas? Just ask your favorite kid!!!



Ten Fun Ways to Upgrade Activity Levels

Do you travel for business or pleasure? Find it hard to locate a gym? Hate those cramped hotel fitness centers? Fortunately, it's easy to fit fitness in - anytime, anywhere. All you need is a little creativity and a commitment to daily physical activity. Just imagine the benefits - less stress during the day, improved sleep at night, more energy for everything and a healthier future. There is no better way to invest your time!

- 1. Put activity at the top of your to-do list:** No one has enough time for everything. Make fitness a priority and you'll have more energy for everything else.
- 2. Plan activity in your schedule:** Put fitness on your calendar. It's just as important as (or more important than) those lunches, dinners, meetings and phone calls.
- 3. Wear (or carry) comfortable shoes:** With the right shoes, you can take advantage of every opportunity to be more active like walking up the stairs.
- 4. Walk to your appointments:** Using your legs for transportation is one of the easiest ways to fit fitness into every day. Park in a central location and walk back and forth.
- 5. Wait by walking rather than sitting:** We do lots of waiting and sitting. Instead of sitting, walk around the building, the block or the airport.
- 6. Stand up and stretch:** Stretching is an important part of fitness (along with aerobics, balance and strength training). It's as easy as standing and reaching for the sky.
- 7. Break up your day with fitness:** Ten minutes is all it takes! Just three 10-minute fitness breaks - for a total of 30 minutes per day - can provide big health benefits.
- 8. Sit and be fit:** Do you spend hours sitting at a desk, sitting in the car or sitting on a plane? No sweat! Strengthen your abs by tightening them against the chair back.
- 9. Fidget and squirm:** Research actually shows that fidgeting burns calories. So, get in the habit of wiggling, squirming and moving around wherever you are.
- 10. Explore the neighborhood:** When you are in someplace new, walk or bike around the area (check safety first). You can get your bearings and get fit at the same time.



Tasty Tips for Eating Well at Work

1. Pack food and beverages for the week ahead

- Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

2. Stock up on nutrition

- Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwave-able entrees.

3. Pack lunch while you cook dinner

- You can cook once and eat twice by making "planned-overs" at dinnertime. Make an extra serving or two and pack them to-go as you clean up the evening meal.

4. Take advantage of convenience

- Supermarkets feature an amazing array of single-serve healthy options - perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.

5. Add nutrition to your commute

- It's easy, it's tasty and it's doesn't have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.

6. Pump up with protein power

- Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.

7. Switch to a fruit dish

- Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and raisins.

8. Drink to your health

- Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.

9. Treat yourself well.

- When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.

10. Use the K.I.S.S. principle for candy

- Keep It Small Sweetie! Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss or enjoy a "fun-size" version of your favorite candy treat.



Ten Steps to Moving at Work

1. Walk with a colleague, walk with a client

- Invite a co-worker to join you for a walking break, meeting or appointment. Walking and talking can open up new conversation topics and create strong bonds.

2. Choose a fitness friend

- Being accountable to someone else often makes it easier to fit fitness in. Set up specific times to walk together or to try out new activities like a yoga class.

3. Sit up straight

- Sound too simple? Actually, sitting up straight and tightening your stomach muscles can make a big difference in your posture (and it helps prevent back pain too!).

4. Walk while you wait

- Waiting for the train or the bus? Walk around the station or up and down the block. Waiting for an appointment? Stroll down the hall or around your office.

5. Stretch your body (and your mind)

- A few good stretches can help relax your body and clear your mind. You can stretch while working at a computer, while talking on phone or just for the fun of it!

6. Reward yourself with an activity break

- Take an activity break whenever you can. After working diligently at your desk, take 5-10 minutes to hand-deliver a file, set up a meeting in person or walk to the copier.

7. Plan a regular walking route

- Some people love a routine. Map out a regular route (or routes) inside and/or outside, so you can get up and get moving, without having to think about it at all.

8. Use your legs for errands

- Need to go to the bank, the post office, the dentist or the hairdresser? Need to deliver some papers to a colleague? Use your legs to walk (or bike) there and back.

9. Become a “stair master”

- Think you need a fancy machine for your backside? Think again! Build beautiful legs and thighs for free. Just take the stairs (up and down) whenever you can.

10. Explore your workplace options

- Do you always use the same restroom, the same water fountain and the same route to your office? Enjoy a few extra steps by using facilities that are farther away!



Simple Ways to Promote Wellness at Work

1. Start a fresh fruit snack basket

- Rotate shopping duties (once or twice a week) and charge 25 or 50 cents for a piece of fruit. Make fruit a cheaper and easier option than visiting the vending machine.

2. Take 10 (or 15) while training or meeting

- Five, ten or fifteen minutes of physical activity can pay off during training days and important meetings. Activity helps relieve tension and boosts brainpower, too!

3. Plan to “meet and eat” with health in mind

- Establish easy guidelines for foods and beverages brought or bought for office meetings and celebrations. Invite people to share their best tasting, healthiest recipes.

4. Get a walking group going

- Peer pressure can work in positive ways. People are more likely to get going when they are accountable to someone else. Make it formal, make it informal; just do it!

5. Offer regular office “health day” activities

- Set regular times, like an hour or two a month, to explore healthy options as a staff. Tour a fitness facility, try a new restaurant, visit a farmer's market or play a game.

6. Increase your vending options

- Tired of the same old choices? Visit with the vending company about healthier options like beef jerky, animal crackers, nuts, trail mix or peanut butter crackers.

7. Add art in the stairwells

- Want people to take the stairs instead of the elevator? A few murals (painted by school art classes or talented employees) can really increase stairway traffic.

8. Email motivational messages

- Short, fun tips via computer screens can remind staff to sit up straight, stand and stretch, eat a fruit, drink some water, take a walk or add a vegetable to lunch.

9. Create health-enhancing challenges

- People enjoy a bit of healthy competition, especially with delicious prizes (a fruit and cheese basket!). Challenge staff to increase their daily steps or eat 5 A Day, every day!

10. Put up a basketball hoop

- Put up a real hoop outside or a child-size/foam ball toy inside. Keep a few balls at a reception desk and encourage people to borrow them for breaks or at lunch.



Ten Smart Eating Tips for Hiking Trips

The right stuff makes a big difference on hiking or backpacking trips. Having the right foods and fluids is as important as having the proper equipment and accurate maps. Eating right and staying hydrated helps maximize physical endurance and mental concentration. If you get lost or are stranded, your nutritional status might be a real lifesaver. Here are ten tasty tips for fueling your next backcountry adventure.

- 1. Start the day before:** Drink plenty of water and eat plenty of whole grains the day before a trip. This helps maximize the fluid and energy stored in your muscles.
- 2. Take time to shop for food:** Make a list and shop smart for quality trail food. Last-minute scrounging through your cupboards usually doesn't produce the best options.
- 3. Mix up a batch of trail mix:** Buy a ready-made mix or combine your favorite nuts, sunflower seeds, dried fruit, cereal, small crackers and a few chocolate bits.
- 4. Eat a high-octane breakfast:** Power your body for the day ahead with quick energy (bagels or oatmeal) and long-lasting protein (eggs, Canadian bacon or cheese).
- 5. Drink before you hit the trail:** Carry juice, low-fat milk and hot chocolate for the drive to the trailhead. Drink as much as you comfortably can before you start to hike.
- 6. Bring a backpack full of water:** The new personal hydration systems allow you to carry 70 to 100 ounces of water and to drink all you need without stopping.
- 7. Drink before you feel thirsty:** The thirst mechanism doesn't kick in until you are already partially dehydrated. Drink often and regularly -- 8 to 16 ounces every hour.
- 8. Plan for fluid emergencies:** Always have a way to purify water (pump or pills) along the way. Dehydration can be disorienting, the last thing you want on the trail.
- 9. Keep snacks ready-to-eat:** Keep trail mix or some nuts in your pockets. If you start to feel tired or cranky, don't wait for lunch. Fuel your muscles when they need it.
- 10. Pack extra food:** Difficult situations can become disasters if you don't have enough fuel to think clearly and to keep moving. Always carry an emergency supply of energy bars, nuts and jerky - above and beyond what you need for your current trip.



Ten Fitness Tips for Hiking Trips

Hiking and backpacking adventures can be lots of fun -- or not! Your overall fitness has a big impact on your comfort level during, and after, a hike or backpacking trip. Weekday couch potatoes who try to become weekend warriors often end up injured or completely exhausted. Here are ten sensible tips guaranteed to make your next hiking and backpacking trip safer and more enjoyable for you and those around you.

- 1. Be realistic:** If you've been sitting around for months, planning a 20-mile day hike or a two-week backpacking trip is a recipe for a serious injury, a heart attack or worse.
- 2. Get a professional opinion:** If you already have health problems (like high blood pressure), check with your health care provider before you go on an extended trip.
- 3. Stay in year-round shape:** "Use it or lose it" is more than a clever saying. If you are out of shape, it can take 6 to 8 weeks to build up muscle tone and endurance.
- 4. Practice the activity you want to do:** The best way to get in shape for hiking is to walk up hills - even little hills. Walking up stairs can be a good substitute.
- 5. Focus on your core:** Your back and stomach muscles must be strong and flexible for carrying packs, twisting, starting and stopping. Think crunches!
- 6. Warm up your muscles:** Pushing too hard before your muscles have warmed up is one of the quickest ways to get injured. Start by gently swinging your arms and legs.
- 7. Build up slowly:** No one can get fit overnight. The best way to improve performance is to gradually increase effort. Give yourself time!
- 8. Stretch, stretch and stretch again:** Slow stretching, not bouncing, helps prevent injuries and muscle soreness, especially if you stretch at the end of an activity.
- 9. Know your limits:** A real hero is the one who says it's time to turn back. Learn to gauge your endurance level and start heading home before you are exhausted.
- 10. Pay attention to nutrition:** Food, fluids and fitness go hand-in-hand. Your muscles need the right fuel to train and to perform.



Three Tasty Ways to Eat Well on Road Trips

1. Bring food with you

The best way to have control over food is always to bring your own. Whether it's a simple bag of snacks or a fully stocked cooler, bringing your own food saves money and time and improves your nutrition. Here are some of the tastiest ways to eat well while driving down the highway.

- **Feast on nature's fast food – fruits and vegetables**

Fresh fruits, like apples, bananas and pears, are an obvious choice; so are bite-size vegetables like baby carrots, celery sticks and grape tomatoes. Dried fruits, like cranberries, plums and mangoes, are another deliciously sweet option.

- **Put some protein power into your tank**

Many car snacks (candy, chips and pop) are pure fat and sugar. Adding protein to your fuel mixture will help you feel more satisfied, so you can go longer before the munchies strike again. Slices of meat and cheese, in sandwiches or solo, are great ways to get protein.

2. Stock up at a supermarket

For the best value and variety, make pit stops at a local grocery instead of a fast food restaurant or convenience store. Many supermarkets are only a few blocks from the highway, so shopping can be quick and efficient. Produce stands and farmer's markets can also be nutrition bonanzas!

- **Dine at the deli counter**

Today's deli options are usually extensive and delicious. With careful selection, they can also be nutritious. Choose mixed vegetable salads like coleslaw, broccoli or three-bean, and ask the server to drain off as much of the liquid dressing as possible.

- **Snack at the salad bar**

A quick trip around a well-stocked salad bar can offer much more than a salad. Fill a container with sliced fruit like watermelon, honeydew or cantaloupe. Refresh your vegetable selection with broccoli and cauliflower florets, along with low-fat dressing for dipping.

3. Choose wisely at the gas station

Believe it or not, you can even find some decent food and beverage choices at a truck stop or convenience store. Skip the candy bars and snacks at the counter (designed for impulse buying) and check out the possibilities in the snack aisle and beverage cases.

- **Cool off with water, juice or milk**

Soft drinks are not your only alternative these days. Choose bottled water (plain, sparkling or flavored), juice (100% fruit juices like ruby red grapefruit, orange or grape), or milk (reduced fat in plain, chocolate, vanilla, strawberry or banana!).

- **Go nuts in the snack aisle.**

Nuts and seeds are probably your best bet in most snack aisles. Remember to downsize your portion size. Super-sized bags may tempt you to eat more when the drive gets boring. Buy a small bag or take out a reasonable amount and put the rest out of sight (and out of mind).



Five Fun Ways to Stay Fit on Road Trips

1. Walk around a rest stop

- Many rest stops are in scenic places. Even when the scenery is boring, there are plenty of people to watch. Instead of jumping back into the car after your bathroom break, take ten minutes to stretch your legs. If you have a dog, that's a great reason for both of you to walk around the perimeter a couple of times. No dog? No problem! Take a couple of laps by yourself or with your travel companions. Remember, every step counts!

2. Explore a roadside attraction

- America's highways are lined with interesting and bizarre places to explore, from historical markers to giant sculptures of bears and lumberjacks. On your next trip, plan to take a couple of 30-minute breaks to discover something new along your route. Physical activity helps drivers feel more alert and makes kids less restless. And, who knows, you might create a wonderful family memory along the way!

3. Play in a park

- City parks, county parks, state parks, national parks, slides, swings, climbing structures, swimming pools, sandy beaches, nature trails, guided walks and more -- there are unlimited options for active fun in parks and recreation areas across the country. Many are free and most of the others have reasonable admission fees. All you have to do is get out of the car and walk, run, stretch, swing, roll, climb or paddle your way to fitness.

4. Carry fitness "equipment" in your car

- Bikes, canoes and rafts are great ways to fit your fitness in as you travel. However, sports equipment doesn't need to be big, heavy or expensive in order to be fun and healthy. A bat and baseball, a Frisbee or a boomerang are all small, portable and cheap ways to have fun anywhere. A quick game of catch or Frisbee can be played by everyone, anywhere -- from a rest stop to an empty schoolyard.

5. Try some Commuter Aerobics™

- If you'd like a bit more "serious" car-based workout, check out Commuter Aerobics™ by Cinder at www.commuteraerobics.com. You can read about her specially-designed exercises, including a rest stop series, online or order an audiotape with background music for \$10. The idea is to practice proper posture and strengthen various muscle groups while driving and following Cinder's safety guidelines at all times.



HOT Tips on Keeping Your Cooler COOL

1. Start with a clean cooler

- Before you head out for an extended trip or an afternoon picnic, wash your cooler well with hot soap and water. If it's really dirty, clean it out with bleach.

2. Start with some solid ice

- Ice cubes tend to melt quickly and make a mess. Make your own ice blocks by freezing water in plastic milk jugs or use commercial gel packs or "blue ice" packs.

3. Start with frozen or very cold foods

- Pack foods and drinks directly from refrigerator and freezer to cooler. Freeze as many items (like fresh meat and juice boxes) as possible. They'll help keep other stuff cold.

4. Pack items in order of use

- Place items that you will need last at the bottom of the cooler; first things to be eaten at the top. The less that you move things around, the colder everything will stay.

5. Pack in portion-size, leak-proof containers

- Use containers that hold the amount of food that you will need at one time. Make sure that lids fit tightly, or put containers into zip-lock plastic bags.

6. Pack foods separately

- Cross-contamination between foods increases the risk of food-borne illnesses. Keep cooked and uncooked foods separate. Pack all meat products away from other foods.

7. Keep coolers in the trunk

- The goal is to keep all food and beverages away from heat and direct sun as much as possible. In vans or trucks, keep your cooler covered or under other luggage.

8. Keep coolers in the shade

- Once you arrive at your picnic spot or camping site, place the cooler away from the sun. Cover with a blanket or tarp if there is no natural shade available.

9. Keep coolers closed as much as possible

- Every time you open a cooler, the inside temperature warms up slightly. Close the lid completely after each use; place a heavy object on top if necessary.

10. Clean your cooler thoroughly

- When you get home (or when refilling on long trips), scrub the cooler thoroughly with hot soapy water and a dilute bleach solution (1/4 cup bleach to 1 gallon water).



Ten Tasty Ways to Color Your Holidays Healthy

Fruits and vegetables are the perfect holiday foods. As nature's vitamin pills, they are packed with nutrients that help fight winter's colds and infections. As nature's fast foods, they are perfect to eat on-the-run during the hectic holiday season. As nature's bountiful rainbow, they can brighten any festive table. Unfortunately, only 1 in 4 American adults gets the minimum 5 to 9 daily servings of fruits and veggies for optimal health. Here are ten tasty ways that you can change that and enjoy all the colors of holiday health.

- 1. RED:** Slice a red pepper onto a holiday pizza dinner. Sprinkle dried cranberries into a spinach salad. Stir tomato sauce and diced tomatoes into heart-warming chili.
- 2. GREEN:** Toss a festive salad with baby spinach leaves and lettuce in every shade of green: Romaine lettuce, Boston lettuce, Bibb lettuce and butter lettuce.
- 3. WHITE:** Use a cookie cutter to create turnip, rutabaga or jicama stars for a seasonal vegetable tray. Grab a banana for dashboard or desktop dining opportunities.
- 4. GOLD:** Mash Yukon gold potatoes with light sour cream for a favorite holiday comfort food. Bake acorn or winter squash with a little olive oil and brown sugar.
- 5. YELLOW:** Sauté summer squash and/or yellow peppers into a zesty vegetable medley. Serve canned pineapple slices as a garnish or a naturally sweet dessert.
- 6. ORANGE:** Pour orange juice (calcium-fortified) into a morning juice glass. Peel an orange for a refreshing snack. Stir a can of mandarin oranges into a fruit salad.
- 7. PINK:** Enjoy half a pink grapefruit morning, noon or night. Pour pink grapefruit juice into some apple juice for a layered "mocktail" in sunset hues.
- 8. BLUE:** Sprinkle fresh blueberries into a bowl of cereal. Add dried blueberries into a healthy snack mix. Stir frozen or canned blueberries into vanilla or blueberry yogurt.
- 9. PURPLE:** Put fresh plums or dried plums (lemon, orange or cherry flavored prunes) into a brown bag lunch. Include eggplant in a spicy Asian stir-fry.
- 10. Eat the color way – every day!** For optimal health, keep your eye on the prize: 5 to 9 servings of colorful fruits and vegetables every day of the year.



Ten Ways to “Take 10” for Healthy Holidays

Holidays are stressful. Too much food, too much alcohol, too much shopping, too many parties, too many people and even too much fun. It can all add up to feeling exhausted, overwhelmed and completely stressed out. Fortunately, we can change our reactions to the pressures of the season and keep our brains and our bodies healthy. Here are ten easy ways to take 10 minutes to “de-stress” in the midst of the usual holiday commotion.

- 1. Take a break:** 10 minutes is all it takes. A small break can make a big difference in your attitude. Regular relaxation can also help fight off colds and other infections.
- 2. Take a walk:** Moving for 10 minutes can help you maintain a healthy weight and a healthy attitude. Take three 10-minute walks and your heart will get the benefits too!
- 3. Take a nap:** A good night's sleep is essential for good health, especially when your days are beyond busy. A 10-minute daytime nap can also help boost energy levels.
- 4. Take a bath:** With or without bubbles, running water is relaxing. A 10-minute bath (or shower) can soothe tired muscles and release holiday tensions.
- 5. Take a call:** It does make a difference to “reach out and touch someone.” Connect with a special friend or family member for 10 minutes by phone or in person.
- 6. Take a dog break:** Fresh air is good for humans and animals. Take 10 minutes to throw a few balls and bring some sunshine into your life and the dog's life!
- 7. Take a child break:** Children have the right attitude toward holidays - wonder and joy. Just 10 minutes with a child can help revive anyone's sagging spirits.
- 8. Take a book break:** A good book can give you a healthy rest from the holiday hubbub. Put all your lists aside for 10 minutes and curl up with a book and a cup of tea.
- 9. Take a snack break:** Stress often leads to overeating. Sit down for 10 minutes and eat a nutrient-rich snack, like fruit and cheese, half a sandwich or a handful of nuts.
- 10. Take a music break:** Holiday songs, carols and hymns are a lovely way to take a break, to relax or even to dance. Try a 10-minute sing-a-long as a stress reliever.



Slowing Down to Eat (and Feel) Better

Slow Food is an international movement that started in Italy in the 1980's. It promotes some very important concepts about "how" to eat, like the "protection of the right to taste" and the belief that meals are meant to be enjoyed rather than simply swallowed. Here are some easy, and healthful ways to slow down and eat better.

101 Eat when you are sitting at a table

It's hard to feel satisfied when you quickly eat a bowl of ice cream while standing in front of the refrigerator or toss down a burger and fries while driving down the highway. It's also easy to eat more than your body wants. Eating while sitting at the table allows you to focus on the food in front of you for both pleasure and nutritional value.

101 Prepare more meals for your family

Home cooked meals are generally lower in cost and higher in nutrients and you control the portion size. Think you have no time to cook? Just switch a few minutes of your evening TV time to "assembling" a meal from healthy convenience foods, like whole wheat rolls, microwave chicken breast, frozen vegetables and salad-in-a-bag.

101 Eat when you are hungry

This is a tough one since we are surrounded 24/7 by tempting foods and the ads that tempt us to buy them. It is important to keep in mind, however, because when we eat in the absence of hunger, we tend to eat guiltily and quickly. This usually means high-sugar, high-fat snack foods in larger amounts than we might otherwise eat.

101 Savor whatever you are eating

Taste is the number-one reason why we eat. When we eat quickly, there is no time for our taste buds and sense of smell to get maximum flavors and pleasure from food. By eating slowly and paying attention, we get greater satisfaction from all meals and snacks. And, remember, it takes 20 minutes for your brain to "hear" that you are full!

101 Eat only what you really enjoy.

Although this may seem obvious, it really isn't. We often eat something just because "it's there." Ever eat the last fruit-filled chocolates in the box, when all your favorites were gone? Or how about the last cookie on the tray, even when you don't really like raisins or oatmeal? Eating food you don't like is a waste of calories and enjoyment!

101 Take a stroll before or after a meal

When it comes to health and fitness, nutrition and physical activity go hand-in-hand. Physical activity helps your appetite and hunger signals operate normally. It's really all about healthy self-care. If you move your body regularly, you'll also want to fuel yourself healthfully instead of eating willy-nilly whatever happens to be available.

For more information about the Slow Food philosophy and activities visit:

- Slow Food USA® at: <http://www.slowfoodusa.org>
- Slow Food International® at: <http://www.slowfood.com>



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