

Find A Balance:

School Nutrition Program • February 2011



The reports are mounting; the charts and graphs are rising. The numbers are in and the figures are larger than ever. All the data returns two underlying factors; Americans eat more and move less. We are gaining weight at record rates and slowing down to a snail's pace. Our computers are downloading at warp speed and we are uploading in **SUPER SIZE** portions! During National Heart Month, let's remember what our heart is really hungry for... Eat Wise and Exercise!

Sizing Up Portions:

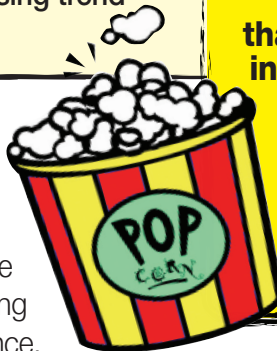
According to the National Heart, Lung, and Blood Institute, food portions have grown larger and so have our waistlines over the last twenty years. Increased portion sizes encourage us to eat more, which increases the amount of calories and fat we consume. Along with an increasing prevalence of sedentary lifestyles, our nation is quickly decreasing its quality of life. Portion distortion is a culprit in the fight against this rising trend of weight gain and inactivity.

Then	Add	Now
	+ 210 calories	
	+ 257 calories	
	+ 525 calories	
	+ 400 calories	
	+ 165 calories	
	+ 500 calories	

It All Adds Up

Lots of families are too busy to schedule a 60 minute block of time to exercise! But, if you can find 4, 15 minute blocks during the day, you can reap the benefits of one long workout! Exercise doesn't have to be done all at once. Encourage your family to be active throughout the whole day. In fact, evaluating how your family spends its time could be quite eye-opening.

- 1) **Stretch:** Roll out of bed and settle down on the floor. Stretch, reach, and lunge.
- 2) **Step Up:** Make a habit of finding the nearest flight of stairs.
- 3) **Walk About:** Take a brisk walk with the kids.
- 4) **Do a Little Dance:** Put on some fast moving music and dance with the kids.
- 5) **Push the Pedals:** Hit the trails for a bike ride and roll with the kids.
- 6) **Just Play:** Play tag or basketball with your kids or join them for jump rope.



Studies indicate that when given food in larger containers, people will consume more.

<-- Popcorn Tub: 630 calories

32 oz Soft Drink: --> 388 calories



February is National Heart Month! Give your Valentine the gift of good health!

Q: What did the pencil say to the paper?

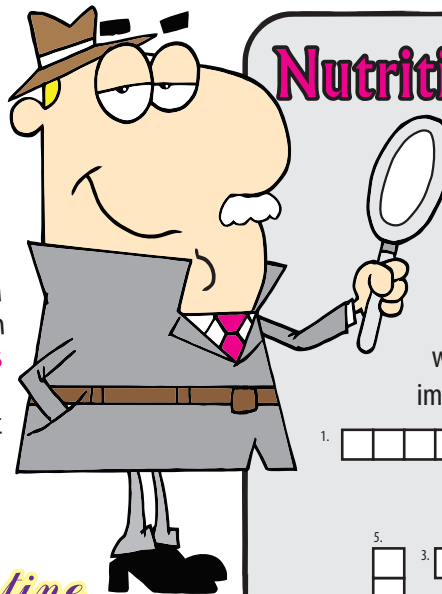
A: I dot my i's on you!



Believable But Bogus

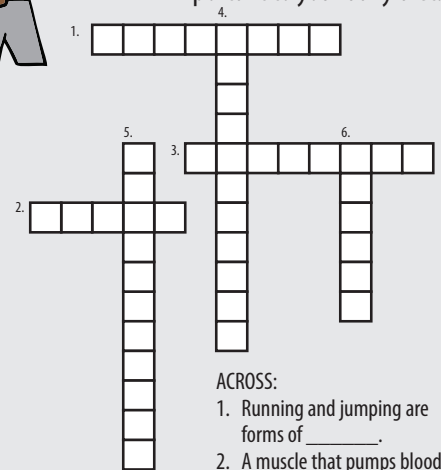
FOODS THAT ARE "CHOLESTEROL-FREE" ARE HEART HEALTHY.

Cholesterol and heart disease are common terms that are often mentioned together. However, dietary cholesterol (consumed through eating) is not as dangerous as the intake of saturated and trans fats. "Cholesterol-free" is a marketing phrase and does not necessarily communicate the whole truth about the product's level of healthiness. **When deciding if a product is truly heart healthy, look at the nutrition label.** If saturated and trans fats are low, in addition to being cholesterol-free, then the product could be considered a good choice. An added bonus would also be low sodium and high fiber!



Nutrition Mission

Make it your mission to decode the messages below! Look back through the newsletter to remember why each of these words is important to your daily diet.



DOWN:

4. Can build up in your arteries
5. A specific amount of food
6. The opposite of non-active

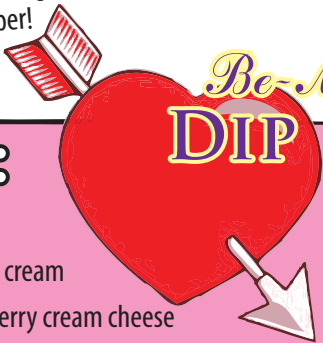
ACROSS:

1. Running and jumping are forms of _____.
2. A muscle that pumps blood
3. National Heart Month

1. Exercise, 2. Heart, 3. February, 4. Cholesterol, 5. Portion size, 6. Active

Recipe

Rescue:



Be-My-Valentine DIP DELIGHT

Ingredients:

1 jar marshmallow cream

1 container strawberry cream cheese

1/4 cup strawberry preserves

Pretzels, cookies, crackers

Rescue with:

1 cup light strawberry yogurt

2 cups strawberry whipped topping

1/4 cup strawberry preserves

Strawberries, pineapple, kiwi

Directions: Fold together yogurt, whipped topping, and preserves. Refrigerate for several hours before serving with prepared fruit.

© 2011 Brazeal Consulting LLC , All Rights Reserved



For more information, please contact us or visit our website.

<http://www.hcbe.net/nutrition/>

Jeannine Hill, Director, jeannine.hill@hcbe.net • Meredith Potter, Dietitian, meredith.potter@hcbe.net