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Volume 10 Issue 2

ALIVE!

Wake Up to the Latest in Nutrition & Physical Activity!

Durham County Health Department/Nutrition Division

Do you want to be healthier?

Do you want to lose weight? Have more energy? Feel better?

If your answer to any of these questions is yes, then this newsletter is for you. Eating better and being more physically active are two important ways to stay healthy. But where should you start? Read on to find out!



Get Started Today!

1. Make your health important today.
2. Make small goals that you can reach. For example, if you never eat breakfast, set a goal of eating breakfast two days a week. Then when you reach this goal, make another one! Keep working and you will become a healthier you.
3. Write down your goals and what you are doing to reach them. Writing down your goals helps you stay on track and be more successful.
4. Do you know that it takes about 30 tries before something becomes a habit? Don't give up! If you get off track, simply start over the next day.
5. Ask for help from family and friends. They can help you stick to your plan. Ask a family member or friend to get healthier with you. Start a friendly competition to make it fun!
6. Celebrate every success. Reward yourself for small steps and for jobs well-done.

Read on for more healthy tips.

"The first wealth is health"

- Emerson

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Durham's Innovative Nutrition Education for Lasting Improvements in Fitness and Eating

Eat Better, Eat Together

Today families are busier than ever, and it's sometimes hard to eat meals together. Even so, there are a lot of reasons to make eating regular meals with your family an important part of your day. Eating regular family meals is a great way to keep your family healthy. Children who eat family meals are:

- ✓ **More** likely to perform better in school and work.
- ✓ **More** likely to eat fruits and vegetables.
- ✓ **More** likely to be at a healthy weight.
- ✓ **Less** likely to snack on unhealthy food.
- ✓ **Less** likely to use drugs or alcohol.



Eating Regular Meals and Snacks

Eating regular meals and snacks is a healthy choice for you and your family. Eating regular meals means eating 3 meals and 1 or 2 snacks each day. Let your body tell you what you need—eat only when you are hungry.

Making Healthy Changes that Last a Lifetime

Start small to make lasting changes. Aim to add one or two more family meals a week to your busy schedule. Keep meals simple to save time.

- ✓ Cook on weekends.
- ✓ Double a favorite recipe. Freeze half for later.
- ✓ A sandwich with a piece of fruit can make a nutritious meal.
- ✓ A bowl of low sugar cereal with milk and a banana can be a nutritious breakfast.

Make Meal Times Count!

No matter how simple the meal, take the time to sit down and enjoy it with your family.

- ✓ Sit down together.
- ✓ Turn off the TV, computer, and phone.
- ✓ Talk to each other. Listen to everyone. Ask questions.
- ✓ Let your children talk about things they are interested in.
- ✓ Keep conversations positive so mealtimes are happy times. Try not to argue.

Time spent eating with friends and family will help your children create healthy habits and family memories that will last a lifetime. You may be surprised by what you learn about your friends and family!

Turkey Skillet Casserole

Total Time: 20 minutes

Servings: 4



Ingredients

- 4 ounces small elbow macaroni
- 1 pound ground turkey, or other ground meat
- 1 14 ounce can diced tomatoes, undrained
- 1 14 ounce can no salt added corn, undrained
- 1 package 40% less sodium taco seasoning mix
- 1/2 cup shredded cheese

Directions:

1. Cook pasta according to package directions.
2. While pasta cooks, coat a large nonstick skillet with cooking spray. Place over medium high heat until hot.
3. Add meat. Cook stirring constantly until done.
4. Drain fat from meat.
5. Stir in drained pasta, tomatoes, corn and taco seasoning.
6. Cook 5 minutes, stirring occasionally.
7. Remove from heat. Sprinkle cheese on top. Cover until cheese is just melted.



Tips for Eating Family Meals on a Budget



- ✓ Plan your meals and snacks for a week or two weeks at a time. This will allow you to shop sales and use coupons. It will also help you make a grocery list to help you stick to your budget.
- ✓ Eat more meals at home. You can spend two to three times more money eating out than you would if you cooked similar food at home.
- ✓ Buy large bags of frozen vegetables. Seal tightly in the freezer between uses. Frozen vegetables are just as healthy for you as fresh ones!
- ✓ Look for bargains on day old bread. It costs less but still tastes great.
- ✓ Avoid pre-bagged salad mixes. Buy a head of lettuce and tear it up yourself. Or better yet, have your child tear it up for you! The bagged lettuce is usually more expensive and spoils faster.

Quick Fajitas



Servings: 6

Serving size: 1 tortilla

Total Time: 20 minutes

Ingredients

1 pound thinly sliced chicken, pork or beef
 1 tablespoon fajita seasoning
 2 teaspoons vegetable oil
 1 bag frozen peppers and onions stir fry mix
 6 flour tortillas, warmed
 Salsa

Directions:

1. Toss meat with fajita seasonings.
2. Heat oil in a large skillet until very hot.
3. Reduce heat to medium high. Stir fry meat for 5 minutes.
4. Put vegetables in a bowl. Warm in microwave until vegetables are just thawed, about 2 minutes.
5. Add vegetables and stir fry for 5 more minutes or until meat is cooked.
6. Warm tortillas in microwave for 10—20 seconds.
7. Spoon meat and vegetables into tortillas. Top with salsa.
8. Enjoy!

Smart Snacking Ideas

- * Cheese and whole wheat crackers
- * Carrots with low fat dip
- * An apple with peanut butter
- * Mini pizzas made with English muffins, cheese and tomato sauce
- * Toast with peanut butter
- * Trail mix (recipe on next page)
- * Frozen grapes, banana slices, or popsicles made from 100% fruit juice
- * Popcorn or pretzels
- * Fresh, canned, frozen or dried fruits and veggies
- * Tortilla with beans, low fat cheese, lettuce and salsa
- * Vegetable and noodle soup
- * A bowl of cereal with low fat or skim milk
- * Half a turkey and cheese sandwich
- * Pudding made with low fat or skim milk
- * String cheese
- * Graham crackers with low fat or skim milk
- * Low fat frozen or regular yogurt topped with fruit

To keep your smile beautiful, brush your teeth or rinse your mouth with water after every meal and snack!

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Quick Tip! Make your own trail mix and have a healthy snack for weeks! Mix together 2 cups pretzels, 2 cups peanuts, 2 cups raisins, and 6 cups cereal together. Put 1/2 cup servings into snack bags and seal bags. Makes 24 servings.

Kids Corner!

The younger children learn to eat healthy and be active, the better chance they will be healthier adults! Teach your children healthy habits and make your life easier by getting your children to help you in the kitchen.

2-3 year olds can:	4-6 year olds can:	7-12 year olds can:
<ul style="list-style-type: none"> ✓ Clean vegetables or fruits ✓ Tear large pieces of lettuce ✓ Stir ✓ Pour with help ✓ Sort ingredients ✓ Clean the table 	<ul style="list-style-type: none"> ✓ Do everything a 2-3 year old can ✓ Pour ✓ Mix ✓ Peel eggs, oranges, bananas ✓ Crack eggs ✓ Set the table ✓ Cut soft foods with plastic knife with adults watching 	<ul style="list-style-type: none"> ✓ Do everything a 4-6 year old can ✓ Write your shopping list ✓ Read and follow recipes ✓ Measure ingredients ✓ Beat eggs ✓ Wash dishes ✓ Cut with a sharper knife with adults watching 