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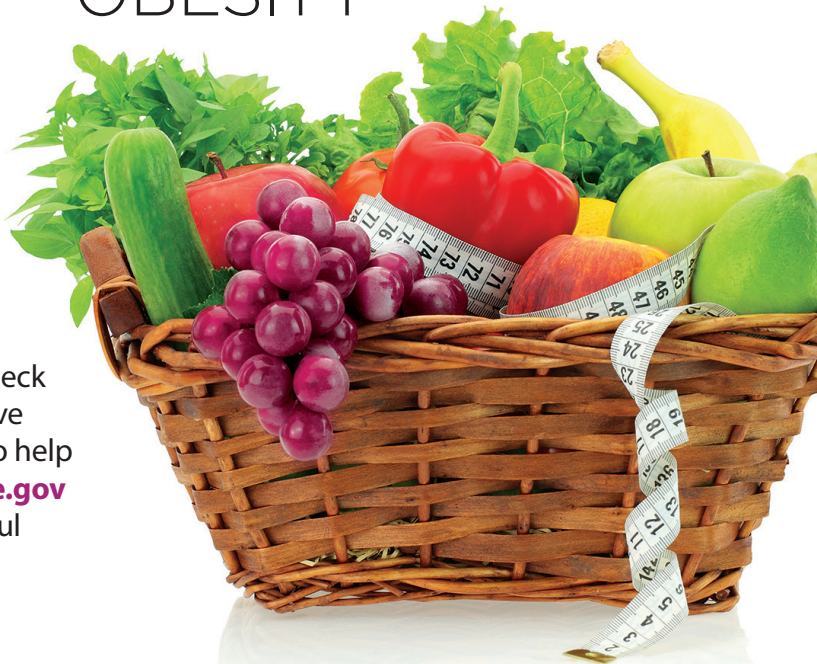
# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### TOPIC

## OBESITY

**W**e all have choices when it comes to food. What we choose, in a large part, decides our health. Let's all strive to become healthier and eat foods that are good for our body. If you need help in getting started, check with your local Cooperative Extension Office on tips to help you. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for a wide variety of helpful nutrition tips.



### INSIDE

- Basic Budget Bites
- Food Facts: Obesity
- Recipe: A Simple Mexican Salad
- Recipe: Chicken Club Salad
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## PARENT'S POW-WOW

Obesity is a topic that is in the news these days. Try to be the right role model for your children to keep your child from being obese. Start small. Research has shown that only losing 10 percent of your body weight can have a major impact on your total health. Set real goals such as eating more fruits and veggies, not skipping meals, and reducing soda in your diet. Once you have reached these goals, set a few more simple goals. Slow weight loss, at half to 1 pound a week is a good goal.



## BASIC BUDGET BITES

- Drink water instead of sugary drinks
- Switch to fat-free or low-fat (1%) milk. It has the same amount of calcium, but fewer calories and saturated fat.
- Instead of cakes and cookies for dessert, try a baked apple topped with cinnamon.



## FOOD FACTS OBESITY

**O**besity is the most common nutritional problem in the United States. It is connected to increased risk of many health issues, including diabetes, coronary artery disease, raised cholesterol levels, high blood pressure, liver and gall bladder disease, osteo-arthritis, complications in surgery, some cancers, and respiratory problems. But, despite weighing too much, some people may still suffer from under-nutrition of a precise nutrient.

Obesity is a health issue characterized by too much body fat due to the body not being able to balance caloric intake with energy output. As stated by NHANES, 33 percent of U.S. adults are obese. Obesity-linked medical illnesses are the second-leading cause of death in the United States with 300,000 lives lost each year. The predicted yearly health care cost due to U.S. obesity is close to 70 billion dollars.

At any one time, about 25 percent of men and 45 percent of women are trying to lose weight. People in the United States spend more than 33 billion dollars each year on weight control products and care, yet these efforts seem to have no effect on slowing the growing prevalence of obesity.

Maybe we are focusing on the wrong idea. Maybe we need to stress exercise.

Only one-fifth of the people get plenty of exercise to positively change health and weight. Many seem to have given up their weight-loss efforts because of not being able to reach an unreasonable goal weight. But if we focus on staying active, weight loss may be an added bonus. Current research has shown the payback of exercise and physical activity no matter what weight or size.

SOURCE:  
COLORADO STATE UNIVERSITY  
COOPERATIVE EXTENSION,  
DEPARTMENT OF FOOD  
SCIENCE & HUMAN  
NUTRITION



## COOKING WITH KIDS

### A SIMPLE MEXICAN SALAD

- **2 cucumbers**
- **2 oranges**
- **1 lemon or lime (the juice)**
- **½ teaspoon chili powder**
- **½ teaspoon salt**

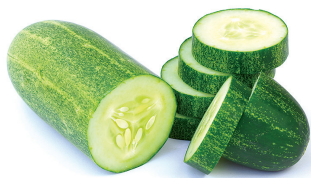
- 1.** Wash the cucumbers, oranges, and lemon or lime under cold running water.
- 2.** Slice the cucumbers. Peel and cut the oranges into small pieces.

- 3.** Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice, and salt.

**Nutrition Facts per serving:** 50 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 300 mg sodium, 12 g total carbohydrate, 3 g fiber, 8 g sugars, 1 g protein

**Yield:** 4 servings

SOURCE: USDA RECIPE FINDER



## RECIPE

### CHICKEN CLUB SALAD

- **1 cup pasta (uncooked whole wheat, small, such as macaroni or rotelle)**
- **6 cups romaine lettuce (well-washed and torn, or spinach)**
- **2 cups vegetables (fresh green pepper, celery, cauliflower florets, cucumber, carrots, chopped)**
- **2 cups chopped tomatoes**
- **1½ cups cubed cooked skinless chicken (one-half pound skinless, boneless poultry)**
- **½ cup low-fat Italian dressing**
- **1 egg (hard cooked, optional)**
- **¼ cup cheese (shredded or cheese crumbles)**

- 1.** Wash hands.
- 2.** Cook pasta according to package directions; drain and cool.

- 3.** Place 1½ cups of the romaine in each of 4 large bowls or plates.
- 4.** Combine chopped vegetables, chicken, and pasta.
- 5.** Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
- 6.** Top each serving with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.

**Nutrition Facts per serving:** 270 calories, 6 g total fat, 1.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 380 mg sodium, 29 g total carbohydrate, 6 g dietary fiber, 6 g sugars, 24 g protein

**Yield:** 4 servings

SOURCE: USDA RECIPE FINDER



## LOCAL EVENTS

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### SMART TIPS:

#### MAKE GROCERY SHOPPING WITH KIDS FUN

- 1.** Pick a smart time to shop. Shop when everybody is well-rested and well-fed. Use a shopping list, and stick to it. Steer clear of snack aisles.
- 2.** Explore colors, shapes, numbers, and letters. Grocery stores are filled with lots of chances to help children learn. Pick something that your child has been learning and focus on those items in the store.
- 3.** Put nutrition into their hands. Children can learn to put food into groupings. Children can pick out new foods they want to try. As children get older, they can help plan the menu at home and pick out the foods at the grocery store.
- 4.** Talk of where the food comes from. Adults can help children learn how and where food grows by reading about it at home and talking about it at the store. Even better, take children to the farmers market.

SOURCE: EAT SMART, MOVE MORE, NC



**If you are interested in nutrition classes, contact your extension office.**

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