

Healthy News

Newsletter of
**Healthy Schools Project &
Healthy Hawks**



Spring is just around the corner! Why not clean out your cabinets?

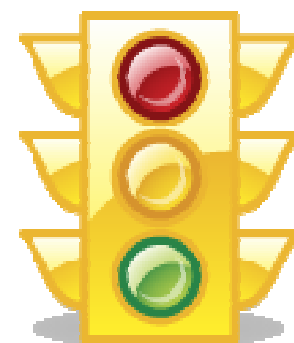
By: Ann McGrath Davis, PhD

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Well, we've had a long, hard winter and it seems that spring is finally here! The snow and ice have gone (mostly) and the spring flowers are starting to peek up and the buds on the trees are visible.

At this time of year, many people like to do a spring cleaning of their home. So, I thought we might add a suggestion to your spring cleaning list: A Kitchen Cabinet Clean Up. This type of clean up could help all of your family members be more successful in meeting their health goals. Here are a few steps to make your clean up project successful.

1. **Involve the whole family.** Set aside a rainy day this spring, and work as a family to clean out the cabinets. Everyone can help to empty the cabinets and place items on the kitchen counters and table top. Then, while one of you is actually wiping out and drying the interiors of the cabinets, the rest of the family can work on categorizing your foods.
2. **Categorize your cabinet contents.** As you know, we are strong believers in the stop light diet program, where foods are categorized into Green foods, Yellow Foods, and Red foods. Green (Go) foods are fresh fruits and vegetables, and everyone can eat as many of these as they want. Frozen and canned fruits and vegetables are green too, as long as they do not contain anything but the actual fruit or vegetable (no syrups or sugar). Yellow (Slow) foods are foods that you need to live but for which you have to be cautious about serving size and number of servings per day. Yellow foods include fruit juice, dairy, meats, eggs and whole grains. Red (Stop) foods are foods that you and your family should avoid. Red foods include pop (and other sugar sweetened drinks), candy, cookies, chips, grains that are not whole (like white bread and white rice) and breakfast cereals that contain sugar. A simple rule of thumb is that if a food has more than 7 grams of fat or 12 grams of sugar (per serving) then it is a Red food.



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3. **Get rid of those red foods.** Once you have categorized all of your foods, place all of your red foods into a box. These are foods that you want to get rid of and not replace. You can give them away or go ahead and eat them until they are gone, but you eventually want to have an empty red food box. Although eating red foods is ok once in awhile, we recommend you do not keep them in your house.
4. **Placement matters.** Place yellow and green foods strategically throughout your kitchen. Keep your green foods displayed in a pretty bowl on your counter or table (when appropriate) and be sure to have lots of them chopped and ready to go in the front of the refrigerator - easy access for everyone when they're on the go. For the yellow foods, consider putting a yellow sticker on them to remind yourself that you are eating a yellow food - so you can be cautious about portion size and number of servings per day.

I hope you find these tips helpful, and that you all enjoy the Spring Kitchen Cabinet Clean Up. Simple steps like this really can make for significantly improved health over time. You'll see other fun ideas in future volumes of this newsletter. As always, if you have any questions, please feel free to get in touch with anyone from our program.



Breakfast Recipe of the Month

By: Healthy Hawks Dietitian, Rebecca Batson, RD, LD

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Eating breakfast every day is one of the most important things you can do to stay healthy. Breakfast kick-starts your body to be able to do everything from running and playing to thinking and reading! It's important to have a breakfast that is a good source of fiber and protein - this recipe has them all!

Banana Berry Blast

Serves: 2

Ingredients:

- 2 cups (16 oz) vanilla fat-free yogurt
- 1 cup frozen strawberries (no sugar added)
- $\frac{1}{2}$ large banana
- $\frac{3}{4}$ c skim or 1% milk

Combine all ingredients in a blender. Blend until smooth. Pour into glass and enjoy!

Nutrition Information: Calories: 305, Fat: 0.5 g, Saturated fat: .4 g, Carbohydrates: 60 g, Fiber: 4 g, Protein: 16 g, Cholesterol: 6 mg, Sodium: 200 mg

If you would like the recipe in Spanish please call/Si le gustaría tener la receta en español por favor llama a, Martha: 913-945-6708



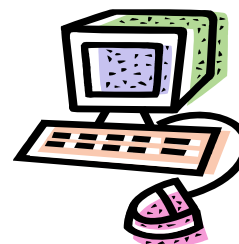


WEBSITE HIGHLIGHT

By: Yasuko Landrum, PhD

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WWW.MYPYRAMID.GOV



This wonderful website is developed and maintained by the United States Department of Agriculture (USDA). People of any age can visit this site and get great information about diet and physical activities. It offers personalized eating plans and interactive tools to help you plan and assess your diet. You can also learn how to make smart food choices, find your balance between food and physical activity, get the most nutrition out of your calories, and stay within your daily calorie needs.

You can find the following interactive tools on this website:

MyPyramid Plan: It helps you choose food for your mypyramid goals.

MyPyramid Menu Planner: You can get an estimate of what and how much you need to eat

MyPyramid Tracker: You can get an in-depth assessment of your diet quality and physical activity status.

Inside the Pyramid: You can get information on major food groups.

Tips & Resources: You can get useful suggestions that can help start towards a healthy diet.

For Kids Only! ---You can play the **My Pyramid Blastoff game on this website. You can reach Planet Power by fueling your rocket with food and physical activity. Can you reach Planet Power? The pilot needs your help!**



COMING SOON IN OUR NEXT EDITION!

Participant Highlight

In future editions, Healthy News would like to highlight a participant who has done exceptionally well in their efforts to live a healthy lifestyle. This will serve as a way for us to highlight successes and keep everyone up-to-date with what is going on with each other. We hope that you check this section out in future editions to see if you or your friends have been highlighted in this section!

Family Exercise Activity Highlight!
By Shanna Felts, Healthy Hawks Coordinator
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Scavenger Hunt Race

This game is fun for the whole family. It can be played anywhere - inside or outside, which makes it a great game for the changing seasons. Also, it can easily be changed up to make each time a new and fun experience!

Prepare...

To prepare for this game, the first thing that should be established is a "base." This can be in any area in the house and will serve as the meeting place and the place where the items will all be placed. Next, each family member makes a list of small things that are commonly found around their house (or neighborhood if you are going to play outside!). **Here is an example of such a list:**

- Pencil
- Bowl
- Pillow
- Spoon
- Remote control
- Shoe
- Banana
- Book



The length of the lists can be as long or as short as you wish the game to be, but should include at least 5 items and should all be the same length. Then, the family members should fold the lists and put them in the pile. Each family member will then draw a list out of the pile.

Action!

Now, at the same time, the family members should unfold their lists and begin trying to find the items on their list. They need to find one item at a time and run it back to the "base" before finding the next item on the list. The first one to find all the items on the list is the winner.



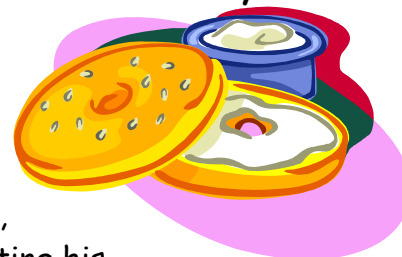
QUIZ & FUN FACTS

By: Martha Gonzalez, Research Assistant

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Do You Know How Food Portions Have Changed in 20 Years?

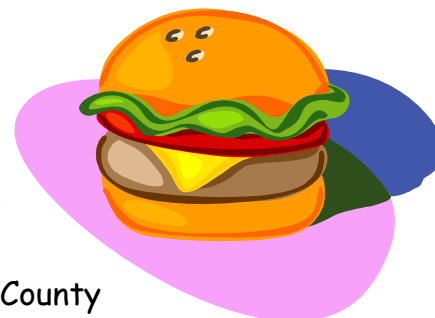
A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel? 350 250 150



DID YOU KNOW? Bagels are boiled before they are baked. That's what gives the bagel its unique texture and the crust its characteristic shine. Legend has it that in 1683 in Vienna, Austria, a local Jewish baker wanted to thank the king of Poland for protecting his countrymen from Turkish invaders. He made a special hard roll in the shape of a riding stirrup-
Bugel in German - commemorating the king's favorite pastime and giving the bagel its distinct shape. From Einstien Bros. Bagel Shop in New York.

<http://www.kitchenproject.com/history/bagels/bagels.htm>

A cheeseburger 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger? 590 620 700



DID YOU KNOW? The biggest hamburger ever served weighed 8,266 lbs. It was cooked in 2001 at the Burger Fest in Seymour, Wisconsin. Hungry hamburger fans can visit Seymour, the "Home of the Hamburger" and site of the Hamburger Hall of Fame, paying tribute to hamburger inventor Charles Nagreen. According to local legend, Nagreen served the first burger in 1885 at the Outagamie County Fair. <http://www.usda.gov/wps/portal/usdahome>

QUIZ RULES:

If you would like to participate in the monthly quiz please:

- Answer all questions on the newsletter and submit your answers via email (mgonzalez@kumc.edu) or mail before May 25, 2008.
- Please put your name, phone# & mailing address so we can contact you in case you win
- A selected winner will then be randomly drawn from those that submitted completed quizzes.
- If you are our winner look forward to hearing from our team and get a FREE PRIZE!

For more information about
Healthy Schools & Healthy
Hawks please call:

913-588-2452

Toll Free: 1-877-588-3775

Visit our website at:

<http://www2.kumc.edu/kids/HealthyHawksProgram.htm>

Please contact us if any of
your contact information has
changed so we can continue to
send you our newsletters.

If you would like to be taken
off of our mailing list please
let us know.

**THANK YOU & STAY
HEALTHY!**

Calendar of Events:

- As of Wed., 04/01/08 Healthy Hawks Clinic Hours begin scheduling morning appointments. Call 913-588-6381 for an appointment.**
- Mon., 04/07/08-Healthy Hawks Group Meetings Begin, 5pm-7pm.**
- Mon., 05/26/08 Holiday-Memorial Day NO Healthy Hawks Group Meetings**
- Mon., 06/30/08- Healthy Hawks Group Meetings End/Graduation Ceremony, 5pm-7pm.**
- REMINDER-All Healthy Schools participants will do their second round of diet recalls beginning in April-May.**



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