

HEALTHY FAMILIES

A Middle School Program for Diabetes Prevention

Volume 3, Winter 2008

HEALTHY Holidays

Dear HEALTHY Families,

Did you know that watching TV more than 2 hours each day may be hazardous to your health and lead to obesity?

Most of us enjoy TV or video games, but too much sitting is not healthy. The hours watching TV, playing video games or writing friends online often lead to less physical activity, overeating and a greater chance to become overweight. To help your children decrease screen time and increase active time, we suggest these **tips for parents**:

- 1 Be a good role model by limiting the amount of time you watch TV.
- 2 Limit TV and other screen time (web surfing, video games, instant messaging) to no more than 2 hours per day. You can do this by keeping TVs out of bedrooms, limiting viewing to specific days or times, watching only favorite shows, and not watching TV during meals or homework time.
- 3 Have screen-free days where the TV and videogames are turned off for the entire day.
- 4 Help your children enjoy their screen-free time by suggesting, or participating with them in other activities.

A goal of HEALTHY is to help families replace screen time with more active time. In order to help, HEALTHY will send a package home that will include fitness DVDs, recipes, tips for being active and more! Use the TV screen decal and plan a day for the entire family to take the TV Turnoff Challenge. We hope you will enjoy the materials in this package over the break.



HEALTHY Program Update:

During this school term, your child participated in several HEALTHY activities:

- Ten FLASH lessons where they learned about balancing food and physical activity.
- Four "HEALTHY Olympic Challenges" for eating healthy and being active.
- Games and activities to keep students interested and active during PE.

Talk to your child about choosing healthy foods and staying active over winter break. You can help by offering fruits and vegetables at meals and for snacks and by taking family walks.

This newsletter is brought to you by HEALTHY, a program that teaches students to be more active and make healthy food choices.

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Cauliflower Mashed Potatoes

Makes 6 Servings
Serving size: ½ cup
Cook/Prep Time: 30 minutes

Ingredients:

- 2 ½ cups (2 medium) baking potatoes, peeled and cut into ½ inch cubes
- 4 ½ cups (1 ¼ lbs) fresh or frozen cauliflower, cut in 1-inch pieces
- ⅓ cup low fat sour cream
- 1 tablespoon chives
- ½ teaspoon salt
- ½ teaspoon black pepper

1. Combine cauliflower and potatoes in a large saucepan and cover with water.
2. Bring to a boil. Reduce heat and simmer about 10-12 minutes until vegetables are soft.
3. Drain. Add sour cream, chives, salt, and pepper to saucepan. Using a potato masher, mash until blended.

Nutrition Per Serving:
78 Calories, 1 g Fat, 235 mg Sodium,
3 g Fiber, 15 g Total Carbohydrate,
3 g Protein

Recipe Secrets

Using vegetables and buying low fat or fat-free dairy products are great ways to save fat and lower calories in traditional holiday recipes.

Green Bean Casserole

Makes 6 servings
Serving size: ¾ cup
Cook/Prep Time: 50 minutes

Ingredients:

- One can (10 ¾ ounces) reduced-fat cream of mushroom soup
- ¼ cup low fat sour cream
- ¼ cup fat-free milk
- 1 ¼ pounds fresh green beans, cut into 1 ½ inch pieces, cooked until crisp-tender
- ¼ cup slivered almonds

1. Mix soup, sour cream, and milk in a 2 quart casserole.
2. Stir in green beans and bake, uncovered at 350 degrees until mixture is bubbly (about 45 minutes).
3. Sprinkle almonds on top during last five minutes of baking time.

Nutrition Per Serving:
110 Calories, 5 g Fat, 218 mg Sodium,
4 g Fiber, 15 g Total Carbohydrate,
5 g Protein



Tips for Physical Activity in Your Daily Life

- Work in the yard or clean the area outside of your house.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30-60 minutes a day.
- Walk or bike places instead of driving.
- When walking, challenge yourself to walk faster or up stairs or hills.
- When watching TV, try doing physical activities like walking in place, pedaling a stationary bike, sit-ups or lifting weights at the same time.
- Stand while talking on the telephone.
- Walk the dog. If you don't have a dog maybe you can walk your neighbor's dog.
- Park farther away when you go shopping.

These ideas and more were developed by the American Heart Association at www.americanheart.org.