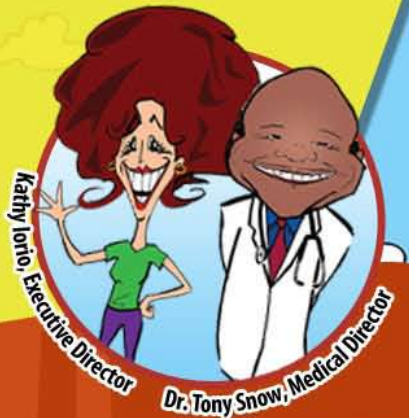


# Wellsville

Get fit and have fun at Wellsville!

We're making healthy choices!



## Eat Well ~ Move More ~ Feel Good

One of the Mantras for the Wellsville Crew is "Eat Well, Move More, Feel Good." It's simple...and you can adopt this as your mantra too. If you want to lose or maintain weight, making small changes over time can make bigger changes in your waistline in the long run!

Here are 6 small tips to help you live that simple truth. Our inspiration is from an article "Lose Weight, Stay Active" in a Consumer Reports February 2011 issue.

- 1** Stop drinking calories. Whether it's cream and sugar in coffee, high calorie lattes, soda, fruit juice, or alcohol, they all add extra calories—sometimes hundreds of them. So, reduce your drinking calories and drink water instead.
- 2** Power up with protein. People who eat more protein tend to eat fewer calories overall. Protein is filling, satisfying and good for you when it's healthy like lean meats, beans, lentils, legumes, soy, tofu, nuts, etc.
- 3** Eat more fiber. Fiber rich foods are inherently nutritious and very filling. Plus fiber is good for your heart and colon. Fruits, veggies, whole grains are loaded with fiber! For adults, shoot for about 25 grams a day, for most kids, add their age plus 5.
- 4** Lead Yourself not into Temptation. Can't eat just one potato chip or cookie? You're not alone: we are inundated with high-calorie, addictive foods. While in the past, it took a lot of shopping and cooking to make a 500-calorie meal, now all it takes is a quick trip to the convenience store or to your cupboard and you can consume the same calories in a minute flat. You obviously can't avoid encountering these foods in your daily life and probably eating them on occasion. But you can keep them out of your house!
- 5** Add 2,000 steps a day (that's about a mile or 20 to 25 minutes and about 100 calories). Walk as much as you can anywhere, everywhere, it adds up over time. Buy a pedometer and watch your steps add up! Over time, these miles will add up to lost pounds and a healthier heart.
- 6** Cut your screen time. According to the CR article, Research shows that the more you sit, the higher your risk of weight

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## Eat Well ~ Move More ~ Feel Good

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gain, type 2 diabetes, and cardiovascular disease, even if you exercise regularly!

The article mentions that "standing upright washing dishes, getting dressed, or filing papers double your metabolic rate compared to sitting." Amazing! So, stand instead of sit, that's it!

Here are a few more tips that may help you with weight management and your health:

✓ Add some strength training – toning and strengthening your muscles will burn more calories throughout your day.

✓ Eat breakfast. People who eat breakfast are less hungry during the day and start their day off right! Studies show that people who lose weight and keep it off tend to eat breakfast every day.

✓ Drink up! Water that is. Drinking water keeps you hydrated and oftentimes when you think you are hungry, you may just be thirsty instead so drink plain, clear water throughout the day.

So, remember eat well, move more, feel good one day at a time, one step at a time! Baby step your way to being healthy and living well every day!

## Fiber for Kids ... It's Easier Than You Think!

As mentioned as the third tip in the previous article, fiber is an important ingredient for adults and children. So, how do you get fiber into your child's diet? According to Registered Dietitian Leah Perrier, writer

for [Healthcastle.com](http://Healthcastle.com), fiber is easy to find in lots of great snack foods as well as meals. It can be found in cereals, breads, fruit, vegetables, and popcorn. Most kids can find something they

like out of the many fiber-laden foods.

Research has shown that children that eat a wide variety of fiber in their daily diet will continue that habit later in life.

### How Much Fiber?

The U.S. Dietary GUIDELINES say that you should have 14g fiber for every 1000 calories consumed...so a typical child eating 1500 calories would need 21g. Adult women eating 1800 calories would need 25g and men eating 2500 calories would need 35g per day.

### Adding Fiber to Your Child's Diet

1. The skins of fruits are rich sources of fiber. Serve fruit such as apples and pears with the skins on. Cut these fruits up into easy-to-eat wedges. Serve your child nectar (which contains pulp) rather than fiberless plain juice. Better yet, serve the whole fruit rather than its juice.
2. A bowl full of high-fiber cereal is a great start to meeting your child's daily needs. Read the label...find cereals that provide at least 3 grams of fiber per serving.
3. Beans are loaded with fiber...add them to soups, scrambled eggs, or stews.
4. Substitute whole wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.

*The information in the newsletter is for educational purposes only, and does not make any medical recommendations or claims, nor does it serve as a substitute for medical advice. Please consult your healthcare provider for any health concerns you may have.*





## Eating Well ~ Even For Dessert!

### Crunchy Strawberry Yogurt Dessert

#### Ingredients

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt (fortified with Vitamin D)
- 1 (10-ounce) bag frozen unsweetened strawberries (about 2 1/2 cups)
- 1 cup fat-free sweetened condensed milk
- 1 cup light or fat-free whipped topping (optional)



#### Method

1. Line an 8x8-inch baking pan with foil.
2. Sprinkle cereal evenly on the bottom of the pan; set aside.
3. Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth.
4. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan.
5. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm.
6. After frozen, use edges of foil to loosen and remove from pan.
7. Let recipe thaw for 5 to 10 minutes.
8. Cut into squares, top with whipped topping, if desired, and serve.

Recipe obtained from Super Supers:  
[www.sseriepa.com](http://www.sseriepa.com).

Nutritional Information Per Serving: Calories 200, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 5mg, Sodium 150mg, Carbs 42g, Fiber 2g, Vitamin D: 65IU; Calcium 20% Daily Value.

## Fun Fiber Facts

- Fiber became a household word back in 1970s when Dr. Denis Burkitt, a man nicknamed the Fiber Man, and his colleagues made "the fiber hypothesis" that states that fiber can prevent certain diseases. Through their work in Africa, they discovered that diseases that were common in the Western cultures were not common there.
- Dietary fiber consists of nondigestible carbohydrates and lignin that are intrinsic and intact in plants. This includes plant nonstarch polysaccharides (for example, cellulose, pectin, gums, hemicellulose, and fibers contained in oat and wheat bran), oligosaccharides, lignin, and some resistant starch.
- Soluble fiber dissolves in water to form a gel-like substance (examples include oats, beans, peas, apples, bananas, and berries); Insoluble fiber increases the movement of material through your digestive tract (examples are whole wheat foods, bran, nuts, seeds, and the skin of some fruits and vegetables).

