Mark A. Hackel
County Executive

MICHIGAN STATE UNIVERSITY | Extension

Healthy Bites

Winter 2011 Volume 2

Information To Improve the Selection and Use Of Foods In Your Home

Winter Workout Fun

When the temperature drops, it's tempting to curl up indoors with a good book or movie instead of exercising. While these are enjoyable activities, don't forget to maintain your activity level by exercising for 30 minutes per day. Here are some ideas to help get the body moving when it's below freezing outside.

· Check out a workout video from the library, such as aerobics, dance, or yoga. Kids' workout videos can be fun at any age.

· Walk laps inside the local shopping mall, where it's always a comfortable temperature and never snowing.

· Cleaning burns calories. This could be a great time to go through items that your family no longer needs or clothing the children have outgrown.

· While shoveling snow is certainly a workout and creates a much-needed path to get out, it's important not to over-exert yourself. Take breaks frequently; don't become one of the news headlines of someone having a heart attack from too much shoveling.

· If you & your family have a bad case of cabin fever, then bundle everyone up and go for a winter stroll during the day. Even just a little sunshine and fresh air can lift your spirits and your heart rate.

Healthful Eating … Food Labels Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The food label can help you. It's easy to use, even when your shopping trip is hectic.

Nutrition Facts on food labels tell you the calories and nutrients in one serving of food inside the package.

Look for the nutrition information in the store, near fresh fruit, vegetables, meat, poultry, or fish, too.

How many servings are you eating?

Calories in one serving
For two servings, double the calories. Pay attention to choose foods for a healthy weight.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A	4%	• Vitamin C	2%
Calcium	20%	• Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

% Daily Value (DV)
Is the amount of a nutrient in one serving compared to dietary recommendations.

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

Healthy Vegetable Soup

Ingredients:

- 4 cups water
- 4 cups broth/vegetable or beef broth
- 1 onion
- 2 cups spaghetti sauce
- 3 carrots, chopped
- 2 stalks celery, chopped
- 1 cup frozen corn
- 1/4 head cabbage, shredded
- 1 cup frozen green beans
- 1 cup sweet pepper, chopped
- 1 can (15 oz) black beans
- 1 can (15 oz.) kidney beans
- Salt & pepper to taste
- 1 Bay leaf
- 1 tbls. Basil
- 1 tbls. Oregano
- 1 tsp. Garlic powder
- 1 cup cooked pasta

Directions: In a large soup pot combine water, broth, spaghetti sauce, vegetables and seasoning. Bring to a boil and reduce heat; simmer for 15 minutes or until tender. If possible use fresh vegetables and herbs from the garden. Before serving add cooked pasta.

Recipe yields 8 to 10 servings.

Just for Kids! Winter Wonderland Word Search

In the word search below, circle 10 ways to stay active when it's cold outside. Words can be forwards, backwards, up, down, or diagonal. After you're done, try one or more activities get moving, and HAVE FUN!

G L X H P Y B W W N J R D W W
Y N T B E W V T I A J I J O G
M Q I K R K K P N M P L G N S
Q A C D C F Z H T W P O W S N
H O L A D G Z O E O R K P G O
H R U L Z E N N R N V K U N W
D S U U W X L J W S B G W I A
R O T N K A O S A M P D L L N
U G V W G X L U L N D Z P E G
Z Y Z S U Q A K K L J B T V E
E D I S N I G N I C N A D O L
P S K L J D K G N N C Y D H S
S T X R W H Q P G Z G O G S X
D S N O W B A L L T O S S F G
G N I T A K S E C I D R A Z X

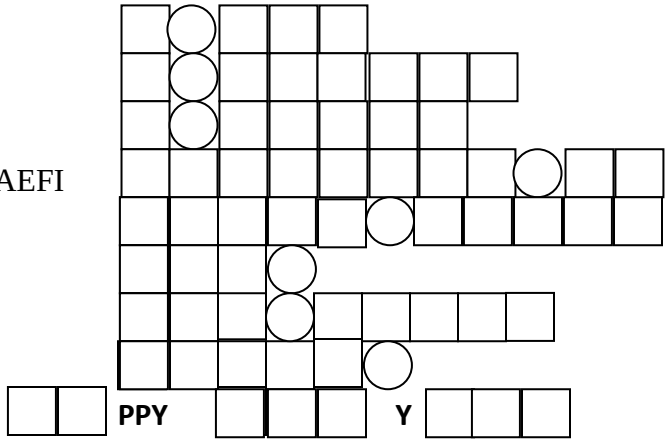
DANCING INSIDE
SHOVELING SNOW
SNOWBALL TOSS
HOCKEY
SLEDDING
SNOWMAN
SNOW ANGELS
WINTER WALKING
MALL WALKING
ICE SKATING

Cold Weather Fruits and Vegetables

What's that? There's fresh produce around when it's freezing outside? YES! Some fruits and vegetables actually taste better in the colder months. Unscramble the letters of each word to make a winter fruit or vegetable. Then, use the circled letters to make a final phrase about a winter celebration. Word choices Include: ***kale, clementines, broccoli, beets, squash, cauliflower, rutabagas and cabbage.***

TEBSE
CCBORIOL
GEBCABA
WORLUCLAEFI

NESNILCEMT
EKAL
ATURGASBA
SAQUHS



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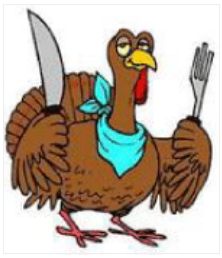

Visit our website @*macombcountymi.gov/msuextension* to download "Turkey Talk" and the USDA "Food Keeper" publications to help you keep food safe.

A new resource at SNAP-Ed Connection! <u>Nutrition Through the Seasons</u> is a unique new resource that highlights nutrition education materials and resources through out the year http://snap.nal.usda.gov/

MSU EXTENSION *"Six Weeks to a Healthier You!"*

<u>Free Nutrition Course</u>

Dates & Times: Wednesdays—1:30 p.m. to 3:00 p.m. and Thursdays—9:00 a.m. to 10:30 a.m.

Place: 21885 Dunham Rd, Verkuilen Bldg, Assembly Room "A"

Register: By phone at 586-469-6432

Cookbook and MSUE certificate issued after successfully completing all 6 classes.