



live well, work well

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Choose MyPlate: 10 Tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1. Balance Calories: Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. Enjoy your food, but eat less: Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3. Avoid Oversized Portions: Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. Foods to Eat More Often: Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. Make Half of Your Plate Fruits and Vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. Switch to Fat-Free or Low-Fat (1%) Milk: They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. Make Half of Your Grains Whole Grains: To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. Foods to Eat Less Often: Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. Compare Sodium in Foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

10. Drink Water Instead of Sugary Drinks: Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

For more information, visit www.ChooseMyPlate.gov

Do You Know Your Cholesterol Level?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and you usually receive all you need from the food you eat. However, too much cholesterol is bad; it builds up in arteries, reducing blood flow and increasing the risk for heart disease and stroke.

High cholesterol can affect people from early childhood through old age, while usually not showing any symptoms. Because of this, it's recommended adults have their cholesterol levels checked once every five years, while children as young as two should be checked for high cholesterol if they have elevated risk factors like being overweight or a family history of high cholesterol.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

DID YOU KNOW

Most of the cholesterol in your body is made in your liver, using saturated fat from your diet. The American Heart Association recommends that daily cholesterol intake not exceed 300 mg.



Fall Fitness

Just because summer is over doesn't mean your window for fitness has closed. Here are some great healthy activities you can engage in when the air turns crisp and the days grow short.

Go for a walk. There seems to be no end to the benefits of walking. Several studies over the past few years have found that walking can help you lose weight, relieve back pain and mental fatigue, boost your creativity, improve digestion and even out blood sugar levels.

Start a physical activity class. As the year begins to wind down, many indoor recreational classes are just starting up. Take advantage of gym and studio calendars to start a new fitness program or learn a new active skill.

Rake leaves. Even yard work counts as exercise. It is a great activity for targeting upper body strength while incorporating some cardio and can burn over 200 calories an hour.



Back-to-School Savings

The average family with school-age children will spend more than \$630 dollars on school related items in 2013, according to the National Retail Federation. While that's less than last year, the following list will help your family stay well below the new average as you prepare your kids for the coming school year.

Take Inventory. Before you shop for new clothes, take time to sort through your children's wardrobes and find what can be reused. Make a list that includes all the articles of clothing they have and what they will need.

Set a Budget. Check your credit card receipts from last year for a baseline on spending, then challenge yourself to spend less.

Prioritize. Order items by importance before shopping. Buy essential school supplies first, and then apply your remaining budgeted funds to more flexible items like clothing, lunchboxes and backpacks.

Buy in bulk. Depending on your child's age and class description, he or she will use lots of pens, pencils, paper, notebooks, printer paper, markers and paints. Buying in bulk reduces your cost per item, and the extra items can be used to replenish supplies throughout the school year or carry over to the next grade.

Swap. Host a party with other parents to trade outgrown clothing and extra supplies for "new" items. Websites like SwapMamas.com are available for parents who aren't able to meet up with other people in person.

Asian Mango and Chicken Wraps

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch

Preparation Time: 30 Minutes

Serves: 4

Ingredients:

- 2 ripe mangos, peeled, pitted, and diced
- 1½ cups chopped roasted chicken breast
- 2 green onions, sliced
- 2 tbsp fresh basil, chopped
- ½ red bell pepper, chopped
- 1½ cups shredded Savoy or Napa cabbage
- 2 medium carrots, grated
- 1/3 cup fat-free cream cheese
- 3 tbsp natural creamy peanut butter, unsalted
- 2 tsp low-sodium soy sauce
- 4 whole-wheat tortillas, 8"

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread ¼ of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; holds well overnight

Each serving contains 440 calories, 12g fat, 50mg cholesterol, 570mg sodium, 57g carbohydrates, and 29g protein.

Source: www.ChooseMyPlate.gov