



HCSF Newsletter

January 2011

At this time of year, it can seem like every magazine article and website is shouting about major lifestyle changes....**Lose weight! Eat right! Exercise! Get Healthy!** We think all of these are great goals, but sometimes it's easier to start with small changes as you work toward your own healthy lifestyle goals. The best part is that even making small changes can lead to big results! Need some ideas? We've got you covered. We've also got more **Winter Fitness Tips**, and a fun **Cook With Your Kids** fruit salad recipe that brings the tropics right to your table.

Small Changes...Big Impact!

Instead of...Lucky Charms, Fruity Pebbles, Trix, Cocoa Puffs or Pop Tarts

Try...higher fiber and lower sugar alternatives such as: Multi-grain Cheerios, Multi-bran Chex, oatmeal with fruit or whole grain waffles, like Egg-O Nutrigrain waffles, topped with fruit.



Try... fruit on the bottom yogurts like Dannon, or plain yogurt that you add frozen berries and a little honey. Or, try no-sugar added applesauce cups instead.



Instead of...Sodas, Kool-Aid, Sunny D

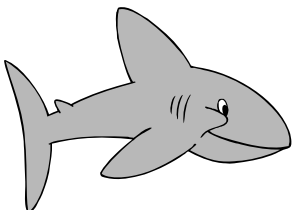
Do away...with soda and other sugary drinks that pack on the calories, and offer few nutrients. Offer water or low fat milk instead. **Want to jazz up your water?** Try putting a few slices of fruit (**oranges, lemons** or **limes**) in a water pitcher you keep in the fridge! You can also try adding a small amount of juice to seltzer or tonic water to make your own "soda". Encourage everyone to drink water by providing cool water bottles that are just for them!



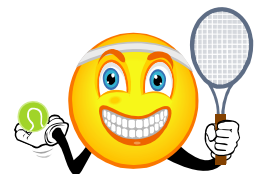
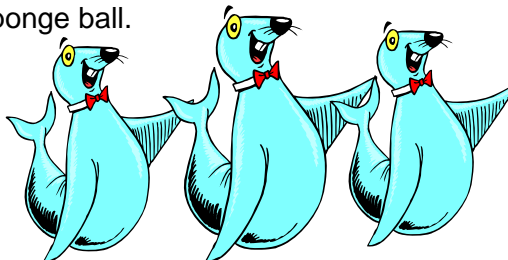
Winter Fitness Tips - January



Bring summer inside, and set-up an easy **volleyball net**. Spread out two kitchen chairs about 6 feet apart, tape masking tape to each end of the chair and use a balloon as the volleyball. To prevent arguments over who was 'out of bounds' make a court out of tape. **Have older kids looking for a challenge?** Have them crawl like crabs (face up, leaning back on their hands and feet) and use their feet to send the balloon over the net. Use this set-up for **tennis** by adding mini-rackets and a sponge ball.



vs.



"**Shark vs. Seals**" Makes a "sea" of pillows on the floor and designate one child as the shark who has to hunt the seal players by wriggling through the pillows. Seals try to avoid being dinner by hopping onto the safe zones of the floating pillow "icebergs" or on furniture designated as the shore.

Need more ideas for active winter fun for the whole family? Hit an **indoor pool** (if you don't have a gym or community center membership, check hotels—they sometimes sell day passes), find an **ice** or **roller** rink with 'free skate' hours, or hit the **bowling alley**. See if there are any **climbing walls** in your area, or play space with **giant inflatables** where the kids can blow off steam. When the weather permits, **sledding, snow shoeing, walking** and **hiking** are all great options!

COOK WITH YOUR KIDS



Beat the Winter Blues Tropical Fruit Salad

Has winter fruit fatigue set in? Dying for something other than the same old apples and oranges? Here's a *super easy* fruit salad with some fresh new tastes...and the kids will love helping put this one together. Once you read the directions you'll see why!

Never had a **mango**, and not sure how to prepare it? Don't let that stop you! See our step-by-step directions below. Mangos are a sweet tropical fruit that have a hard seed in the center that needs to be cut around. If you can't find a fresh mango, check the fruit section for jarred mango slices.

Ingredients

- 1 mango



OR



- 1 cup blueberries



- 1 pomegranate



- 1 lime



Directions: Cut the mango as shown below.



Step 1: Place the mango with one flat side resting on the cutting board. Slice the mango lengthwise along the flat side next to the seed. Turn mango over and repeat on the other side. You should have two halves of mango pulp in the skin.



Step 2: Carefully cut a cross-hatch pattern through the mango pulp down to the skin, being careful not to cut through the skin.



Step 3: Pick up the cross-cut mango half. Place your thumbs gently on either end. Place your fingers underneath in the center. Gently push upward with your fingers while pressing down with your thumbs to turn the diced pulp inside out in the skin.



Step 4: Carefully slice out the diced pulp by cutting between the cubed mango pulp and the skin. Discard skin and repeat steps 2 - 4 with the other half of the mango.

Place diced mango into a bowl. Add in the blueberries. Next, cut the pomegranate in half. **Call the kids and let the fun begin** – have them use a wooden spoon to bash out the pomegranate seeds with a wooden spoon over the mango. When all the seeds are out, squeeze out any remaining juice from the pomegranate over the salad. Finally cut the lime in half and squeeze the lime juice over the salad. **Mix well, serve and feel the tropical breezes!**

Contact Me!

If you've got a topic you'd like to see us cover in the newsletter, or you have a success story you'd like to share, email me at kate.cronin@fammed.wisc.edu