



# HCSF Newsletter

May  
2011



**Mother's Day** is on May 8<sup>th</sup>! Grab the kids and head to the kitchen; we've got a colorful and healthy meal the whole family can help prepare and that mom is sure to love. Celebrate **National Bike Month** with a family bike ride now that the weather has warmed up! Have some fun making mom her very own **bouquet of flowers**. Now's the time to start thinking about digging in the dirt outside too – break out those gardening gloves and get planting!

## Mythbusters



### Myth:

I'm physically active, so I can eat whatever I want!

### Truth:

Many people believe that if they are physically active, especially if they are working out a lot, that they can eat whatever they want. **Oh, how we wish that were true, but unfortunately, it's not.**

No getting around it - what you eat and how much you eat matters! *Even when we are physically active we still need to watch the types of foods that we eat and how big our portion sizes are at each meal.*

The sad truth is that if you eat whatever you please every day, your workout routine won't be able to catch up to the amount of calories you're eating. You can still gain weight while working out regularly if you overeat, instead of occasionally indulging.

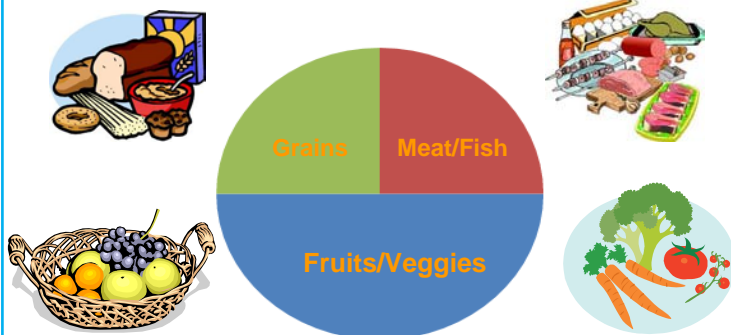
**For example**, if your typical lunch is a 1,200 calorie fast food meal of a hamburger, fries and soda, you'll need to briskly walk 12 miles to burn off those calories *each time you have that meal*. For most of us, that's not something we can realistically do every day, especially since we will also eat breakfast and dinner too!

**However**, if you eat a small hamburger, a salad (going easy on the dressing and extra toppings) and water – your body will be able to use those calories and burn off any extras when you stick to a routine of being physically active for at least 30 minutes most days of the week and regularly eating healthy meals and snacks.

**Bottom line** - we need to eat to fuel our bodies and provide a variety of nutrients to meet our body's energy needs – but not to excess.

What to do instead of eating everything in sight? Eat a wide variety of fruits, vegetables, whole grains, low fat dairy, proteins and small amounts of fats. Make sure you're watching your portion sizes too!

Fill your plate like this:



## Mother's Day Bouquet



Use colored cupcake liners to make beautiful paper flowers for Mom.

### Materials:

- Multi-colored paper cupcake liners
- Crayons/markers/paint
- Glue/glue stick
- Glitter (optional)
- Green construction paper or popsicle sticks
- Cotton ball puffs (optional)

### Directions:

Have each child select several colored paper cupcake liners to make their bouquets. These are the flowers. Have them use crayons, markers or paint to create colorful designs on the inside of the flowers. Optional - use glitter to make your flowers sparkle. Once each flower is decorated, you may also use glue to place a cotton ball puff in the center of the flower, if desired.

If using construction paper, cut stems and leaves for each cupcake liner flower. If using popsicle sticks, have the kids color or paint them green. Next, attach the entire flower bloom to the top of the stem with glue and allow the flowers to dry. Help each child to write a message to Mom on the stem wishing her a happy Mother's Day.

## Eat Fresh! Fruits and veggies at their best this month:

artichokes  
asparagus  
broccoli  
cherries  
lettuce

mangoes  
pineapple  
rhubarb  
spring peas  
spring onions



# C WITH YOUR KIDS

# BOOK



This meal will work to serve mom for breakfast in bed or as a light lunch later in the day. All hands on deck - older kids can be in charge of preparing ingredients and younger ones can combine ingredients and help stir! Everyone gets to help serve mom her special meal!

## RAINBOW FRUIT SALAD WITH HONEY-ORANGE SAUCE

### Ingredients:

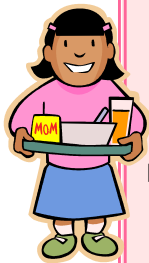
- 1 large **banana**, sliced
- 2 cups **strawberries**, sliced
- 2 cups **blueberries**
- 2 cups **pineapple chunks**
- 2-3 **kiwi fruit**, peeled and sliced
- 2 cups **cantaloupe**, cubed or balled
- 2 cups seedless **red grapes**



### Honey-Orange Sauce:

- ¼ cup **orange juice**
- 2 Tablespoons **lemon**, **lime** or extra **orange juice**
- 1 Tablespoon **honey**
- Dash of **cinnamon**

**Directions:** Have the kids prepare the fruit (wash, peel, slice) and place it into a serving bowl. If using frozen or canned fruit, thaw and/or drain before using. Combine all ingredients for the sauce in another small bowl, mix well, then pour over prepared fruit and stir to combine.



## SPINACH-MUSHROOM QUICHE aka "Eggy Pie"

### Ingredients:

- 1 ½ cups cooked brown rice
- 1 cup egg substitute (separated into ¼ cup and ¾ cup)
- 1 teaspoon low-sodium soy sauce
- 16-ounce package frozen chopped spinach, thawed and drained
- 1 package mushrooms, cooked with cooking spray until mushrooms are tender
- 1 whole egg, lightly beaten
- 1 ½ cups half-and-half
- ½ cup shredded low fat swiss cheese
- ½ cup shredded low fat cheddar cheese
- Dash black pepper



### Directions:

Preheat oven to 350 degrees. Spray 9-or 10-inch pie plate with cooking spray. Combine cooked rice, ¼ cup egg substitute and soy sauce in medium bowl and mix well. Spread mixture onto bottom of pie plate and press it to create a crust. Bake this mixture for 10 to 12 minutes.

Next, combine spinach, cooked mushrooms, remaining egg substitute, whole beaten egg, half-and-half and pepper in bowl and mix well. Spoon mixture over crust; top with cheese. Bake for 40 to 45 minutes until eggs are set.

## Contact Me!

If you've got a topic you'd like to see us cover in the newsletter, or you have a story about healthy changes your family has made that you'd like to share, email me at [kate.cronin@fammed.wisc.edu](mailto:kate.cronin@fammed.wisc.edu)