

Healthy Living Starts Now



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Nutrition Friendly Schools and Communities Wellness Update

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Nutrition Note: Healthy Recipe Substitutions

Give your recipes a makeover – transform your favorite “guilty-pleasure” recipes to “guilt-free” ones by using some simple substitutions and healthier cooking methods.

Inside this issue:

- Nutrition Note: Healthy Recipe Substitutions* **1,3**
- Fit Tip: Exercise* **2**
- Don't Stress It: Meditation and* **2**
- UCLA Brings You* **3**
- NFSC Spotlight on Wellness:* **3**
- Local Fitness* **4**
- Healthy Recipe* **4**

| Ingredient | Substitution | Calories Saved | Fat Saved |
|---|---|----------------|-------------------|
| Fats & Oils | | | |
| ½ cup oil (for baking) 977 calories, 109 g fat | ½ cup applesauce OR ¼ cup applesauce + ¼ cup butter milk | 925 922 | 109 g 108 g |
| ½ cup oil (for marinades or salad dressings) 977 calories, 109 g fat | ½ cup low fat or nonfat chicken broth OR ½ cup unsweetened pineapple juice | 945 894 | 109 g 109 g |
| ½ cup butter (for icings) 791 calories, 90 g fat | ½ cup marshmallow crème | 392 | 90 g |
| 1 Tbsp regular mayonnaise 100 calories, 11 g fat | 1 Tbsp light mayonnaise OR 1 Tbsp fat-free plain yogurt | 50 83 | 6 g 11 g |
| Dairy Products | | | |
| 1 cup whole milk 156 calories, 8 g fat | 1 cup fat-free milk | 64 | 8 g |
| 1 cup sour cream 492 calories, 48 g fat | 1 cup fat-free sour cream OR 1 cup fat-free plain yogurt | 168 360 | 48g 48 g |
| 4 oz. cheddar cheese 458 calories, 38 g fat | 4 oz. reduced-fat cheddar cheese (less than 5 g fat/oz) | 258 | 32 g |
| Meat, Poultry, Eggs | | | |
| 1 whole egg 83 calories, 6 g fat | 2 egg whites OR ¼ cup egg substitute | 50 30 | 6 g 4 g |
| 1 pound ground beef (80% lean) 1,202 calories, 96 g fat | 1 pound lean ground beef (95% lean) OR 1 pound ground turkey breast (99% fat-free) | 350 356 | 27 g 54 g |
| 3 slices pork bacon (¾ oz total) 123 calories, 11 g fat | 3 slices turkey bacon (¾ oz total) OR 1 Tbsp bacon bits OR 2 slices lean Canadian bacon | 42 80 70 | 5 g 8 g 7 g |
| 2 oz. roasted chicken thigh (with skin) 223 calories, 17 g fat | 3 oz roasted chicken breast (without skin) | 70 | 10 g |

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Fit Tip: Exercise and Bone Health



Weight-bearing exercise such as walking and dancing can improve bone health.

By Nancy M. Ryan, M.S., R.D.,
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Medical Nutrition Therapist

Have you ever heard the phrase, "Use it or lose it" when people talk about exercise?

Usually what is "lost" is muscle strength and endurance. While this is true, many of us forget that **bone** is lost also.

Our bones are constantly changing with calcium going in and coming out. When we are growing, we are depositing more calcium and minerals in our bones than is being removed.

By our mid-twenties, the balance shifts so that we are losing slightly more calcium from our bones than we are keeping.

With each decade we tend to lose more calcium. This occurs in men and women. For women, menopause is a time of significantly increased calcium loss. Over time, this loss can lead to osteoporosis, a major cause of fractures of the hip, spine and wrist.

So, what can we do to keep our bones as strong as possible? In addition to consuming sufficient calcium throughout our lifetime, **weight-bearing exercise** is critical for keeping our bones healthy. (Weight-bearing exercise forces you to work against gravity.) For example, while swimming and biking are terrific for heart health, they do

not appear to improve bone strength.

Bone Healthy Exercises:

Walking, jogging, lifting light weights, resistance exercises using machines or a band, stair climbing, cross-country skiing.

Consult your physician before starting any exercise program.

Directly modified from article appearing at:
<http://www.spineuniverse.com/displayarticle.php/article2375.html>

Additional information from NIH Osteoporosis and Related Bone Diseases; available at: :
http://www.niams.nih.gov/bone/bone_health.htm



Don't Stress it: Meditation and Relaxation

David G. Danskin; Kansas State University

Meditation helps muscles relax, reduces anxiety, helps with focus and concentration, reduces irritability, and reduces stress headaches.

General Directions: Be seated, eyes closed, feet flat on the floor or crossed at the ankles and hands resting comfortably in the lap. Begin each exercise with a deep breath that you let out gently. After the exercise, slowly and gently activate by breathing a little more deeply, wiggling your fingers and toes, and opening your eyes at your own rate.

Breathing Concentrate on breaths in and out. Count your breaths using the numbers 0 to 9. Visualize images of the numbers changing with each breath.

Tense-Relax Clench your fists. While keeping them clenched, pull your forearms tightly up against your upper arms. While keeping those muscles

tense, tense all the muscles in your legs.

While keeping all those tense, clench your jaws and shut your eyes fairly tight - not too tightly. Now, while holding all those tense, take a deep breath and hold it for 5 seconds. Then, let everything go all at once. Feel yourself letting go of all your tensions.

A Favorite Scene, Place, or Person

As you're sitting quietly, recall, in your mind, the most relaxing thought you can. Perhaps it's a favorite place (a vacation spot or favorite retreat of some sort; or it might be a person with whom you feel at peace, or some scene - a meadow). Take a few seconds to get that in mind. Now, see or imagine that in your mind. Be sure to feel those good feelings you have when you are in that place. Just let them take over your whole awareness.

Ideal Relaxation With your eyes closed create, in your mind's eye, an ideal spot for relaxation. You can make it any place real or imagined and furnish it any

way that you want. Wear the clothes you are most comfortable in. Feel at ease and mellow as you lounge in your ideal place for relaxation.

Final notes: It is important to keep your attention focused. If external thoughts or distractions wander in, let them drift out. If necessary, visualize attaching the thoughts to objects and then move the objects out of your attention. If you find that your attention keeps breaking as you worry that time is running out, set an alarm to go off when you should stop meditating. You will find that as you practice meditation your attention will improve.

Directly modified from article on the Texas Woman's University Counseling Center website found at: <http://www.twu.edu/ols/counseling/SelfHelp039.html>

"If you don't take care of your body, where are you going to live?" ~ Author unknown

UCLA Brings You

Big Prizes

As promised, UCLA is holding a competition among the 8 NFSC schools that starts Oct 1, 2006 and goes through April 30, 2007. The winning school will be chosen based on the percent of staff participating in onsite Wellness Activities as well as the diversity of the staff that participates (e.g. custodians, office staff, teachers). The school will receive a prize of it's choice - for example, exercise equipment, additional physical activity classes - worth up to \$2,500. One staff member out

of the 8 schools will be rewarded for having the highest participation rate in his/her school. That prize will be the choice of a gym membership or a fitness or cooking class series, worth up to \$500. To make sure all schools have a chance at winning, it is important that the **Wellness Committees keep sign-in sheets and turn them in to UCLA.** The game is on, so if you want to win, start moving....

An End to the Nutrition Confusion

Let's face it, many of us are

confused about what to eat, how much, and why. The media doesn't make it any easier, giving us confusing and sometimes contradictory headlines. To help you sort through all the mixed messages, UCLA will offer a series of health talks at your school. The first talk, "ENDING THE NUTRITION CONFUSION" can be scheduled during lunch or after school. To arrange a talk, please ask your Wellness Committee to contact Sonia Kim, at 310-267-2946.

The winning school will receive a prize of it's choice worth up to \$2,500. The overall winning staff member will receive a prize worth up to \$500.

Healthy Recipe Substitutions (cont)

Cooking tips:

- Nonstick skillet usually require very little fat for cooking.
- Bake, broil, or grill meat, fish, and poultry.
- Avoid frying and pan frying. Most recipes can be adapted by baking items instead or using less fat.
- De-fat gravy by using a special cup or chilling so fat rises and hardens at the top. Then

remove the fat..

- Measure before you pour oils.

Modified from:
"How to Cook a Better Weigh"
available at
www.foodandhealth.com



Salsa is just one of the many activities offered at Woodlawn

NFSC Spotlight on Wellness: Woodlawn Elementary

The Wellness Committee at Woodlawn began their school year in July with a mission to make wellness a priority among the staff. By all accounts, they have succeeded.

The Committee started with inspirational testimonials by 2 teachers and the Principal at a faculty meeting. One teacher talked about his successful weight loss through Weight Watchers and exercise. His efforts helped him bring his

diabetes under control.

Inspired by 1st Street Elementary School's success, Woodlawn recently kicked off "Walk Across America" on a Friday morning, with 30 staff members attending. The principal even delayed classes, so participants could take a 25 minute walk around school grounds. Woodlawn is in the middle of its 2nd Weight Watchers session. Salsa classes have been offered over the last

month, with over 20 people attending.

When asked about the impact of the Wellness Program, Anne Schnee, the Assistant Principal said, "We have so many more people talking about exercising and eating well that even some of the more hard core nay-sayers are on board, especially with the Walk Across America...Snacks at most meeting are healthier and very weight conscious friendly."

"We have so many more people talking about exercising and eating well that even the more hard core nay-sayers are on board..."

Anne Schnee, Assistant Principal, Woodlawn Elementary School

"You don't drown by falling in the water. You drown by staying there." ~ Author Unknown

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Local Fitness Activities

Fundraising Walkathons:

2006 Los Angeles County 5K Heart Walk at Exposition Park - Sat, Sept 30, 2006, 9am
For information: (213) 291-7105; susie.alejandre@heart.org;
<http://heartwalkla.kintera.org/faf/home/default.asp?ievent=149315>

AIDS Walk Los Angeles - 10K Walkathon in West Hollywood on Sun, Oct 15
For information: (213) 201-WALK; <http://www.aidswalk.net/losangeles/index.html>

Twilight Hikes

Stoner Recreation Center - 1835 Stoner Ave., Westwood
Hike along the trails in the Santa Monica Mountains. Meet at the east end of the center's parking lot.
Open End. **Fridays: 6:30 p.m.**
Price: Free.
Box office: (310) 253-9840

Beach Clean-Up and Native Garden Workdays

Cabrillo
Marine Aquarium, 3720 Stephen White Drive, San Pedro
Volunteers can make a difference by cleaning and weeding along the shoreline. Learn about shoreline habitats, coastal sage brush and animal inhabitants.
Open End. **1st Saturday of every**

month: 9am-11am

Information: (310) 548-7562

22nd Annual Run The Beach Long Beach International City Bank Marathon, Half Marathon, 5K and Bike Tour

Shoreline Drive in Long Beach
Sun, Oct 15, 7:30am

A loop course winding through shoreline communities, downtown area, Queen Mary & parks finishing at the Beach Party Finish Line Festival. No Race Day Registration.
Website: www.runlongbeach.com
For information: International City Racing (562) 728-8829x227; sembretson@runicr.com



The Pumpkin Run/Walk 5K and Kids 1/2 mile Fun Run

Whittier Narrows Park in South El Monte. Take 60 Fwy to Santa Anita Ave., go south into the Park lot on right side.

Sat, Oct 28, 8:00 am

Pumpkins will be given to all runners & walkers. Register online at active.com

For information: Try-us Events (323) 779-4149

Runner_tyrus@yahoo.com

For more events, visit:

www.calendarlive.com/family/
and www.raceplace.com/crunla.shtml

Healthy Recipe: Green Chile-Chicken Casserole



Meal idea: serve this casserole with steamed broccoli

From *Cooking Light*, Nov 2003

Ingredients

- 1 1/3 cups fat-free, less-sodium chicken broth
- 1 cup canned chopped green chiles, drained
- 1 cup chopped onion
- 1 cup fat-free sour cream
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 2 (10 1/2-ounce) cans condensed 98% fat-free cream of chicken soup, undiluted (such as Campbell's)
- 1 garlic clove, minced
- Cooking spray

24 (6-inch) corn tortillas

4 cups shredded cooked chicken breast (about 1 pound)

2 cups (8 ounces) finely shredded sharp cheddar cheese

Directions

Preheat oven to 350°.

Combine the first 9 ingredients in a large saucepan, stirring with a whisk. Bring to a boil, stirring constantly. Remove from heat.

Spread 1 cup soup mixture in a 13 x 9-inch baking dish coated with cooking spray. Arrange 6 tortillas over the soup mixture, and top with 1 cup chicken and 1/2 cup

cheese. Repeat layers, ending with the cheese. Spread remaining soup mixture over cheese. Bake at 350° for 30 minutes or until bubbly.

Yield: 12 servings (serving size: about 3/4 cup)

NUTRITION PER SERVING

Calories: 335 (29% from fat)
Fat: 10.8g (sat 5.9g, mono 2.7g, poly 1.2g)
Protein: 23.9g
Cholesterol: 66mg
Calcium: 270mg
Sodium: 693mg
Fiber: 3.2g
Iron: 1.5mg
Carbohydrate: 34.3g