

# Community Health Newsletter

Week Five



## E: Eat Less, Move More



While fast food and electronics are often blamed for the epidemic of overweight Americans, moving less and eating more will cause the dial on the scale to creep higher.

Eat less and move more to stay on track for physical fitness and good health.

- Vary the foods you eat. Increase intake of fruits, vegetables, and whole grains.

- Watch portion size. Try using a smaller plate.
- Decrease sweet treats and drinks.
- Make half your plate fruits and veggies.
- Eat at a leisurely pace sitting down at a table. Mealtime should be family time and exclude TV.

Thirty minutes or more of movement are recommended for adults and 60 minutes for children... every day. Build activity into your family's daily life with household chores. If necessary, break up activity throughout the day.

## Food Of The Week: Pumpkin

Pumpkins are for eating not just carving. Pumpkins are a fruit, and they are 90% water.

Pumpkin is nutritious and low in calories when eaten in its natural state. It is a good source of beta-carotene/vitamin A, vitamin C, potassium, and fiber.

Pumpkin is one of the only canned foods that has no salt or sugar added. Canned pumpkin differs from pumpkin pie filling.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers

protection against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.

## Recipe: Pumpkin Pancakes

1 cup	whole wheat flour
2 tsp	baking powder
½ tsp	ground cinnamon
1 ¼ cup	low-fat milk
2 Tbsp	unsweetened applesauce
1	egg
1	can pumpkin puree
½ cup	low-fat vanilla yogurt

## ACTIVITY TIP

Move more for physical fitness and good health. (Notice the recommendation is to move more. It does not say exercise.)

- Try to spend at least an hour a week outdoors. There is a correlation between fitness levels and the amount of time spent outdoors. Weed and rake by hand.
- Limit recreational screen time (TV, computer, and video games) for ALL family members to less than two hours per day.
- Don't just stand and brush your teeth or do the dishes. Move! Lift your heels and rise onto the balls of your feet. Hold for two seconds, and then drop your heels to the floor. Repeat.
- Walk more and faster.

1. Mix dry ingredients
2. In a separate bowl, mix wet ingredients
3. Add wet ingredients to dry and stir until moist.
4. Lightly coat griddle or skillet with cooking spray before placing on medium heat.
5. Pour about 2 Tbsp of batter for each pancake. Cook until bubbles burst, flip and cook until golden on both sides.

Makes 16 pancakes. Top with low-fat yogurt and raisins or walnuts.

