



Kinship Link

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Eat Right with MyPlate

Pro Kinship for Kids

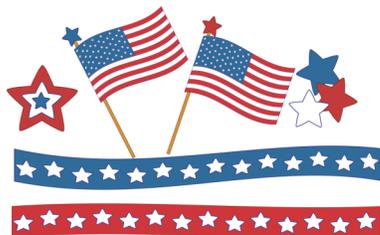
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Pro Kinship for Kids
Lower level Our Saviors
Lutheran Church
1400 S. State Street
P.O. Box 666
New Ulm, MN 56073
Phone 359-2445 or
1-800-642-5779
Website:
www.prokinship.org

Newsletter by
Kari Beran, Director



Simply start with small changes to your lifestyle to make healthier choices and eat right as you can, and enjoy. Here is the plan:

Make half your plate fruits and vegetables: Focus on whole fruits and vary your veggies.

- Choose whole fruits - fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.
- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Make half your grains whole grains.

- Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks such as cakes, cookies, and

pastries.

Vary your protein routine.

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

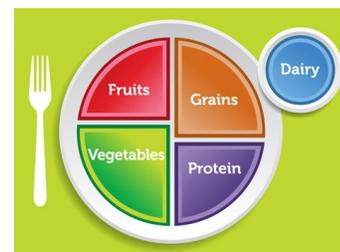
Drink and eat less sodium, saturated fat, and added sugars.

- Use the nutrition fact label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.
- For a salt-free boost of flavor in foods try a Mexican Spice Blend. Combine the following ingredients and store in a tightly covered jar. Rub or sprinkle on foods for

added flavor. Mix together 1/4 cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and red pepper, and 1/2 teaspoon cinnamon.

Move to low-fat or fat-free milk or yogurt.

- Choose fat-free milk, yogurt, and fortified soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



Eating Right for a Healthy Weight

Are you ready to make changes in your lifestyle and move towards a healthier weight? Here are some tips to get you started:

Start with a plan for lifelong health. Focus on the big picture - achieving overall good health - not just short-term weight loss.

Set healthy, realistic goals. You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

Get a personalized eating plan. This will give you the amounts of each food group you need daily.

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch, or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with a variety of foods. Half your plate should be filled with fruits and vegetables, about one fourth with lean meat, poultry or fish, and one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt, or cheese.

Start your meal with low calorie foods like fruits, vegetables, and salads. These foods are packed with nutrients your body needs.

Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one may help you feel satisfied with reduced portions.

Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters - slow down and give your brain a chance to get the word.

Get plenty of fiber from fruits, vegetables, beans, and whole grains. Fiber can help you feel full longer and lower your risk for heart diseases and type 2 diabetes.

Watch portion sizes to manage your calorie intake. This is the key to an effective weight plan.

Snack smart. Include snacks as part of your daily calorie allowance and limit portions to one serving. Plan for nutritious snacks to

prevent between meal hunger. Keep portable, healthy snacks in your desk, backpack, or car.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness - plus, it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases. Pick activities you like and do each for at least 10 minutes at a time. Aim for a total of 2 hours and 30 minutes or more each week of moderate activity such as brisk walking.

Is it right for you?

Make sure your weight plan is right for you. Does it include:

- ◆ Foods from all five food groups?
- ◆ The right number of servings from each group?
- ◆ Food you will enjoy eating for the rest of your life?
- ◆ Foods you can buy at the supermarket?
- ◆ Some of your favorite foods?
- ◆ Foods that fit your budget and lifestyle?
- ◆ Regular physical activity or exercise?

If the answer is "yes" to all the questions, your weight plan is right for you.

Keys to Making and Keeping Friends

1. Take a genuine interest in others. Listen and talk to people you are around.
2. Be a giver, not a taker. A good friend is better at giving and helping you than in taking from you.
3. Be loyal. Be true to the other person and stick with them in the good, the bad, and the ugly.
4. Be a positive person. People will want to hang around more if you laugh and have fun together.
5. Appreciate the differences in others. We are all unique so take the time to learn from each other and what is different.
6. Build on common interests. What brought you together in the first place is what you should focus on to keep you together.
7. Be open, honest, and real. Be ready to hear what the other has to say and be honest with your feelings.
8. Repair mistakes. You are familiar with your friends strengths and weaknesses, so you know how to tear them down better than any others. No one is perfect.
9. Make time and show appreciation. Familiarity and comfort with someone can leave us forgetting to show gratitude. Don't let the relationship become one-sided and only focused on yourself.
10. Don't make assumptions. Don't assume what your friends are thinking, check it out instead.