



# Kinship Link

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## Pro Kinship for Kids

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Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving.

Make snacking a smart habit by:

- **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to weight gain.
- **Having snacks planned and portioned out ahead of time.** Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- **Practicing food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.
- **Make snacking simple** by substituting different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned (in 100% juice), or dried

## Smart Snacking

varieties are all good options.

- **Keep your snacking lively** by including snacks that contain grains, especially whole grains, lean protein, and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.
- **Eating different combinations of foods** can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Ways to make your own convenient and ready-to-eat snacks at home:

- ♦ Make your own trail mix by combining whole grain cereals, nuts or seeds, and dried fruit. (Hint: portion into 1/4 cup servings)
- ♦ Blend your own smoothie by adding 1 cup fat-free milk and frozen fruit to a blender.
- ♦ Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- ♦ Bake vegetable chips, like kale or beets.
- ♦ Roast chickpeas (or garbanzo beans) and

season with spices.

- ♦ Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables.
- ♦ Mash an avocado with salsa and eat with low-fat baked tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy.
- ♦ Cut up fruit to make kabobs and serve with low-fat yogurt dip.
- ♦ Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- ♦ Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- ♦ Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt.
- ♦ Cut a whole wheat pita into wedges and serve with 2 tablespoons of hummus or bean dip.
- ♦ Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, 1/2 cup diced fresh veggies, and 1 ounce low-fat mozzarella cheese.

## Smart Snacking Continued

- ◆ Create a scrumptious yogurt parfait by layering 6 ounces of fat-free yogurt with 1/2 cup fresh or frozen fruit, then sprinkle 1/4 cup (or less) low-fat granola on top.
- ◆ Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and 1/4 cup dried fruit.
- ◆ Dress up a salad with a hard cooked egg or edamame, tomato, and 2 tablespoons reduced-fat dressing.
- ◆ Whip up a quesadilla in the microwave using a whole wheat tortilla, 1/4 cup black beans, 1-2 tablespoons low-fat cheese, and 1 ounce of salsa.
- ◆ Build veggie skewers with cherry or grape tomatoes, and cubes of low-fat cheese, or cooked tortellini and lean luncheon meat.
- ◆ Make a tuna apple sandwich using a 5-6 ounce can of tuna packed in water, 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, then spread it on 2 slices of whole wheat bread.

## Healthy Eating on the Run: A Month of Tips

You probably eat out a lot - most Americans do. People are looking for fast, easy, and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria, or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurants menus may have a special section for "healthier" choices.
3. Menu terms that can mean less fat and calories are: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Menu terms that can mean more fat and calories are: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these food only occasionally and in small portions.
5. Order the regular or child-size portion. For a lighter meal, order an appetizer in place of a main course.
6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
10. Order one dessert with enough forks for everyone at the table to have a bite.
11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers, or other vegetables.
13. A baked potato offers more fiber, fewer calories, and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.
14. At the sandwich shop, choose lean beef, ham, turkey, or chicken on whole grain bread. Ask for mustard, ketchup, salsa, or low-fat spreads. And, don't forget the veggies.
15. In place of fries or chips, choose a side salad, fruit, or baked potato. Or, share a regular order of fries with a friend.
16. Enjoy ethnic foods such as Chinese stirfry, vegetable-stuffed pita or Mexican fajitas. Go easy on the sour cream, cheese, and guacamole.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers, and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruits as your dessert.
18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.
19. Ask for sauces, dressings, and toppings to be served "on the side". Then you control how much you eat.
20. Pass up all-you-can-eat specials, buffets, and unlimited salad bars if you tend to eat too much.
21. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
22. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken, or shrimp.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.
24. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
25. Be size-wise about muffins, bagels, croissants, and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.
26. Try a smoothie made with juice, fruit, and yogurt for a light lunch or snack.
27. Refrigerate carry-out or leftovers if the foods won't be eaten right away. Toss foods kept at room temperature for more than two hours.
28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag, and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad, and fresh fruit.
29. Tuck portable nonperishable foods in your purse, tote, briefcase, or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
30. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.