

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



Healthy Eating on the Run

Are you always on the run? You and your family may eat out a lot - many Americans do. People are looking for fast, easy, and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, cafeteria, or sit-down restaurant, there are smart choices everywhere. Here are tips to help you eat healthy when ordering out.

- ◆ Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
- ◆ Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
- ◆ Review and compare nutrition information if it's available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
- ◆ Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
- ◆ 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.
- ◆ Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
- ◆ 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.
- ◆ Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
- ◆ Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
- ◆ Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
- ◆ Choose a salad with grilled chicken or seafood as your main course.
- ◆ It's okay 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.
- ◆ Ask for dressings, sauces, and toppings to be served "on the side". Then you can control how much you eat.
- ◆ Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
- ◆ Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
- ◆ All you-can-eat specials, buffets, and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.

Smart Tips for Successful Meals continued

- ◆ If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.
- ◆ 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 fruit as your dessert.
- ◆ Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken, or shrimp.
- ◆ Enjoy a variety of healthful food from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood, or beans.
- ◆ Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
- ◆ 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.
- ◆ Boost the nutrition in all types of sandwiches by adding tomatoes, lettuce, peppers, and other vegetables.
- ◆ Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
- ◆ In place of fries or chips, choose a side salad, fruit, or baked potato. Or, share a regular order of fries with a friend.
- ◆ 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.
- ◆ Be size-wise about muffins, bagels, croissants, and biscuits. A jumbo muffin has more than twice the calories of the regular size.
- ◆ Try a smoothie made with 100% juice, fruit, and low-fat yogurt for a light meal or snack.
- ◆ For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.
- ◆ Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
- ◆ 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, salad, and fresh fruit.
- ◆ Always eating on the go? Tuck portable, non-perishable 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 fruit, trail mix, single serve packages of whole grain crackers.



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How to Manage Your Time Wasters

Reduce or eliminate time spent in these frequent activities that waste your time by implementing the simple tips that follow.

Handheld Devices

- Take any necessary action immediately following a call.
- Impose screen time limits and regularly monitor your digital wellness.
- Schedule breaks from your devices.
- Avoid small talk. Stay focused.

Email

- Set aside a specific time to view and respond to email, but don't let it accumulate to the point it becomes overwhelming to sort.

- Handle each item only once if possible.
- Immediately delete or unsubscribe from junk email.

Unexpected Visitors

- Schedule time for face-to-face visits.
- Inform visitors of your time constraints and politely offer to reschedule.
- Set a mutually agreeable time limit for the visit.
- When someone come to the door, stand up and have your meeting standing to help keep it brief.

In-person and Virtual Meetings

- Know the purpose of the meeting in advance.

- Arrive early.
- Start and end the meeting on time.
- Prepare an agenda and stick to it.
- Don't schedule meetings unless they are necessary and have a specific purpose or agenda.
- Use recording software or designate a note-taker.

Family Obligations

- Make each family member responsible for consulting the master calendar for potential conflicts.
- Create a central area or agreed upon app for posting communications such as appointment reminders, announcements, and messages.