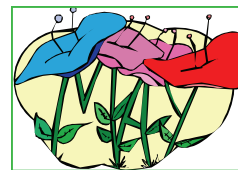




# Fit to Print

Newsletter of the  
Weigh Smart® Program



## 100-calorie Snack Packs: Do good things really come in small packages?

**Portion control:** When the food container is large, people eat more because they eat until they reach the bottom of a bag without even realizing. So smaller portions help us eat less, right? In fact, these smaller snack bags may encourage people to eat nearly twice as much than people who eat from larger packages because they think it's okay to eat more than just one 100-calorie pack. You may think that you are not overeating because of that set 100-calorie limit but this only works when you limit yourself to one package!

**Hunger satisfaction:** Although 100-calorie snacks help with short-term satisfaction, they won't keep you full for long because they often lack hunger-controlling nutrients! This may lead to further snacking and higher-calorie consumption throughout the day because you will not feel full.

**The price of convenience:** While there are many 100-calorie snacks to choose from, these conveniently packed snacks cost three or four times as much as regularly packaged foods! Many dieters choose to purchase 100-calorie snacks because of their limited portion size but you can simply divvy up a larger snack bag into smaller portions yourself and pay less than half the cost!

**Healthy snack alternatives:** low calorie snacks that allow you to stay fuller for longer at a lower price and better nutrition:

- Low-fat cottage cheese (4 oz): 80 cal
- Thin pretzel sticks (48 sticks or 1 oz): 100 cal
- Raisins (50 or about 1 oz): 85 cal
- Baby carrots (10) with hummus (1/4 cup): 150 cal
- Low-fat yogurt (6 oz): 175 cal
- Graham crackers (8 small rectangles): 100 cal
- Skim-milk latte (8 oz): 85 cal
- Raw almonds (a handful or 1 oz): 165 cal

## A healthier option at... Boston Market!



Instead of Ordering:	Consider:
Main Course: Chicken Pot Pie (800)	Main Course: ¼ white Rotisserie Chicken, no skin (240)
Choose up to 3 sides: Macaroni and Cheese (300) Creamed Spinach (280) Mashed Potatoes (270)	Choose up to 3 sides: Caesar side salad w/o dressing (40) Fresh Steamed vegetables (60) Green Beans (60)
Dessert: Chocolate Cake (580)	Dessert: Cornbread (180)
<b>TOTAL: 2,230</b>	<b>TOTAL: 580</b>

**Weigh Smart® Program  
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**We want to hear from you!**

Is there something you'd like to see in the next issue? Would you like to share a recent "yeah" moment or picture with your Weigh Smart® friends? If so, send email to Michelle at [mdemeule@mwph.org](mailto:mdemeule@mwph.org). Send us your e-mail address and we'll add you to our online Weigh Smart® club. You'll receive this journal right away in your e-mail box instead of a few days later in your mailbox. Your e-mail address will be sent out "blind copy," meaning it will be seen only by Michelle or Weigh Smart® staff when the issues go out on e-mail.

**Please Note:**

**We will not be sending out postcards announcing support group anymore but will put details about the following months support group in your newsletters. Live support groups are every other month**



**Join us for a Yoga Marathon in July!**

Please join us on **Saturday July 17th** at 9AM for a fun morning of yoga!

**Where:** Merritt Athletic Club Bare Hills 1422 Clarkview Rd.

**Please RSVP to [acrowell@merrittclubs.com](mailto:acrowell@merrittclubs.com) if you would like to attend. Call April at 410-823-2300 for more info.** This event is a fundraiser for Weigh Smart. A donation will be collected at the door. Suggested donation \$5-10 per person. Kids must be 12 or over to participate. Kids under 16 must be w/ an adult. Child care available. This event will be in lieu of a June support group \*Please bring your own mat & wear comfortable 'working out' clothes!

**What is Yoga?** Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. Each specific pose works different areas of the body! Most yoga sessions end with some type of relaxation exercise.

**Dress appropriately!** Dress comfortably in clothing that allows you to move your body fully. Stretchy shorts or pants and a T-shirt or tank top are best. Yoga is practiced barefoot so you don't have to worry about special shoes.

**Check out some fun yoga DVDs for kids!** *Yogakids 3: Silly to Calm* -Helps kids move from silly to calm. *Yoga for Families* -Have fun w/ your kids while getting a really good workout!

**What's been going on at Weigh Smart?**

**A Walk of Love!** Kaitlyn, Darius, Brianna, and Devin joined MWPH staff for the annual Walk of Love, a fundraiser for MWPH. They had a great time walking the 3.5 mile course, got to catch up with Weigh Smart staff, and won some cool prizes! Thanks to them for their support! Plan on joining us next year for this fun event!



**Fruit and Vegetable Faces**

Fun faces let kids play with their food and get creative in the kitchen. Inspire young imaginations and encourage healthy snacking, too.

**Ingredients**

- 1 ounce Cheddar cheese
- 8 thin wheat crackers
- 2 cherry tomatoes, halved
- 1/4 cup shredded carrot
- 1 orange, peeled and segmented

**Directions**

Cut cheese into shapes: squares, triangles, and circles. Place cheese shapes and cherry tomato halves on crackers. Use these, as well as shredded carrot and orange segments to make a face complete with eyes, nose, ears, mouth, and hair--use your imagination! The kids will love it.

*Preparation Time: 10 min.*

