

Fit To Print

Newsletter of the
Weigh Smart®
program

Mt. Washington Pediatric Hospital



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Healthier Back to School Eating!

Back to school means back to the books and back to scheduling exercise and healthy eating in between studying. Here are some ideas for healthier school lunches:

Make your own “lunchable with:

Turkey Rollers

Roll one thin slice house-roasted deli turkey, 1 slice low fat cheese of choice, and 1 carrot stick. Cut in half. Make 3 whole rolls (6 pieces) for a healthy boost of protein.

New Age Deviled Eggs

Hardboil 3 eggs. Peel and cut in half. Discard yolks. Fill centers with your favorite hummus, salsa, or guacamole. Sprinkle with paprika and enjoy!

Peaches & Cream

Combine ¼ cup vanilla or plain low fat yogurt with 2 tbsp skim milk to thin. Add blueberries and chunks of fresh peaches. Great when made the night before and allowed to sit in the fridge so flavors blend.

Or:

Try some of the following quick ideas for low fat entrée items:

- Hummus dip with whole grain pita slices
- Whole wheat tortilla òwrapsò stuffed with lettuce, tomato, fat free cheese, lean roast beef, fat free bologna, turkey breast or other low fat cold-cuts. Also try tuna packed in water mixed with fat-free mayonnaise, celery and onions.

Lean ham slices wrapped around part skim mozzarella cheese slices, cubes or sticks or wrapped around pineapple slices



A healthier option at... California Pizza Kitchen®

Instead of ordering:

Meal:

Avocado club egg rolls (1224 cal, 22g fat)

Crispy thin crust pesto chicken pizza (1036 cal., 15g fat)

Hot Fudge Brownie Sundae (1153 cal., 34 g fat)

TOTAL: 3413 CALORIES, 71 GRAMS OF SAT. FAT!! (More than you need in 2 days)

Even if you split this meal with a friend you will have 1706.5 cal, 35.5 g of fat (approx. the amount of calories needed in one day!)

Switch and save calories:

Meal:

1 cup of barley soup (174 cal, 0g fat.)

CPKids grilled chicken breast with broccoli (275 cal, 1g fat)

Kids fresh fruit (68 cal, 0g fat)

TOTAL: 517 CALORIES, 1 GRAM OF FAT (Much more reasonable!!)

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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. 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 hosting support groups over the summer and may discontinue support groups due to low turnout. If you have ideas on how we can support you other than support groups, please let Ms. Debbie or Ms. Michelle know—we'd love to hear from you!



The 411 on Exercise Games

Hot Lava: Kids love this game of imaginary adventure where players pretend they are escaping an active volcano. Randomly place sheets of paper on the floor (you can substitute pillow cases, towels, or any mats). Work your way across the room jumping and leaping from paper to paper, making sure not to touch the "hot lava" (the floor). You will increase your heart rate as you challenge the kids to see who can cross the room first. This game helps kids develop spatial awareness as they learn to control their body tempo and movement.

Run Wheelbarrow Races: A wheelbarrow race, in which one player "walks" on his hands, while a partner holds his legs, provides multigenerational exercise fun. This classic game offers an upper-body workout for the person "walking" on the ground and challenges the total body strength of the player holding the feet.

Read more: <http://www.grandparents.com/gp/content/activitiesandevents/everyday-activities/article/7-kids-exercise-games.html#ixzz1RS0kEbqE>



Hamburger Buddy Brought to you by eatingwell.com®

Ingredients

- 3 cloves garlic, crushed and peeled
- 2 medium carrots, cut into 2-inch pieces
- 10 ounces white mushrooms, large ones cut in half
- 1 large onion, cut into 2-inch pieces
- 1 pound 90%-lean ground beef
- 2 teaspoons dried thyme
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups water
- 1 14-ounce can reduced-sodium beef broth, divided
- 8 ounces whole-wheat elbow noodles, (2 cups)
- 2 tablespoons Worcestershire sauce
- 2 tablespoons all-purpose flour
- 1/2 cup reduced-fat sour cream
- 1 tablespoon chopped fresh parsley, or chives for garnish

Instructions

1. Fit a food processor with the steel blade attachment. With the motor running, drop garlic through the feed tube and process until minced, then add carrots and mushrooms and process until finely chopped. Turn it off, add onion, and pulse until roughly chopped.
2. [Cook](#) beef in a large straight-sided skillet or Dutch oven over medium-high heat, breaking it up with a wooden spoon, until no longer pink, 3 to 5 minutes. Stir in the chopped vegetables, thyme, salt and pepper and cook, stirring often, until the vegetables start to soften and the mushrooms release their juices, 5 to 7 minutes.
3. Stir in water, 1 1/2 cups broth, noodles and Worcestershire sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8 to 10 minutes.
4. Whisk flour with the remaining 1/4 cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley (or chives), if desired.

Anticipate December's newsletter!