



On the Track to Better Health July 2016 BLT Newsletter Rethinking Snacks

Summer brings many images to mind. Among them are children running, jumping, and playing. Summer is time for families to spend leisure time together at the ballpark or an amusement park.

As any parent knows, active kids are constantly looking for a snack. The problem is that many kids will reach for a bag of chips, a candy bar, or other options that offer poor nutritional value. Attending a ballgame or going to a theme park can be great fun, but trying to find nutritious snacks at the concessions stand can be a real challenge.

The good news is that, as a parent, you can control the snack options available to your kids, no matter where you are. Many snack options are both nutritious and delicious. Consuming such snack items will leave you and your kids satisfied with their snack choices.

One of the best things about making a healthy snack is that you don't really need a recipe. All you need is a good imagination and some healthy ingredients in your pantry. From there, it's up to you to create and serve!

Popular ingredients to get started on creating your unique snack are:

- Banana chips
- Tropical dried fruit mix
- Whole grain cereals

- Chocolate chips
- Pretzels
- Raisins
- Dried cranberries
- Sunflower seeds
- Popcorn
- Fresh vegetables (carrot sticks, celery)
- Whole grain crackers
- Nuts

When creating your snack, it is a good idea to include a variety of flavors, colors, and sizes. This will make the snack more appealing to the eye and will expose you and your kids to more nutrients.

Safety tip: If you bring a snack to a sporting event or amusement park, pack any perishable items (i.e. sandwiches and dips) in a cooler with ice.

It is a good idea to eat ballpark snacks within 2 hours or place any leftovers in a cooler.

Local Events

What is Physical Activity?

It's simply the movement of your body to use energy. It is an important factor of a healthy lifestyle to help burn the calories from foods.

Remember to maintain a balance, the calories in must equal the calories out. An extra 100 calories a day every day for a year equals 10 extra pounds of weight!

Physical activity is important for immediate and long-term health benefits.

It helps with:

- Maintaining a healthy body weight
- Strengthen your muscles and bones
- Reduces any cardiovascular disease
- Improves sleep

Plus, physical activity releases a “feel good” hormone – endorphins that trigger a positive feeling in your body!

Aim for 30 minutes of moderate intensity activity such as walking briskly or dancing. Young children (2-5 years) can play actively each day while older kids and teens can aim for 60 minutes each day. Adults are recommended 30 minutes of physical activity each day.



You can be active anywhere: at work, at home or on a trip.

At work: Take the stairs instead of the elevators, park a few blocks or parking spaces from your office, get up and walk in place for 10 minutes.

At home: Add any chores to get your body up and moving, walk around the block or use any exercise machine at home

On a trip: Explore new sites, window shop, or pack some hand weights or resistance bands.

Remember: a healthy lifestyle also includes a well-balanced diet. Make sure to stay hydrated and drink plenty of water to avoid dehydration!



Recipes of the month:

Homemade Freezer Pops

Materials

- Paper Cups
- Straws

Ingredients

- Low-fat yogurt or juice
- Fresh fruit

Directions

1. Pour low-fat yogurt or juice into the paper cup
2. Add fresh fruit and place a straw in the middle.
3. Freeze until the “pops” are frozen.
4. To eat, peel back the paper cup and enjoy!



Sweet & Salty Trail Mix

Ingredients

1 1/2 cups oat circles cereal
1 1/2 cups corn squares cereal
1/2 cup whole almonds (chopped)
1/2 cup raisins
1/2 cup small pretzels
1/2 cup chocolate chips

Directions

1. Mix all ingredients in a large bowl.
2. Store mix in an airtight container or re-sealable plastic bag.

