

# Healthy Living Guide for Families







# What is keeping you and your family from a healthier lifestyle?

Is it the time commitment? The food? The boredom of exercise? The cost?

Most would agree on the benefits of living healthy, but these concerns keep many of us from taking the next step. The good news is that adopting a healthy lifestyle around eating well and staying physically active can be easy, fun, and inexpensive.

In this guide are practical tips and recommendations that will make healthier living easy to understand and even easier to do for the entire family. All of the information provided is based upon scientific research and proven best practices, including from the Oasis CATCH Healthy Habits program ([www.catchhealthyhabits.org](http://www.catchhealthyhabits.org)), a national, evidence-based program that unites kids with caring adults, age 50+, to adopt health habits to last a lifetime.

# Let's Get Moving!

Physical activity can be intimidating, but we want to show you that it can actually be easy and fun. It is something that the whole family can participate in and the benefits will last long after you finish your activities. Let's dive in and get moving!

## WHY get moving?

Since the early 1970s, there has been a dramatic increase in overweight and obese children and adults in the United States. The percentage of overweight or obese children ages 2 to 11 years has doubled and the percentage of overweight or obese 12 to 19 year olds has tripled. Children who are overweight or obese have more health problems and are at a higher risk of developing chronic diseases such as diabetes and heart disease. Add to these trends the increased access to digital entertainment that involves little or no physical activity, and the need for staying physically active becomes clear.

Here are just a few benefits of physical activity:

- Improves general health: people who exercise regularly are sick less often
- Reduces stress and tension

- Improves concentration: a benefit that applies to home AND school
- Increases strength and stamina
- Improves sleep
- Strengthens your heart

We hope that just as we encourage you to get moving, you will encourage each other!

## HOW can we get moving?

The goal is to make becoming and staying active easy, convenient and fun! Included in this guide are some simple, fun physical activities to help you and your family reach this goal.

### Type of activity

We recommend focusing on what we call GO Activities. These are physical activities that:

- You do for more than just a few minutes
- Make your heart beat faster



- Make you breathe harder

We also encourage variety. This will keep your physical activity interesting and fun. The three main types of physical activity are:

- Aerobic activities (walking and running)
- Muscle strengthening activities (push-ups)
- Bone strengthening activities (jumping rope or running)

Mix it up and have a good time!

### Duration of activity

The CDC recommends that adults get 30 minutes of physical activity on most days of the week and that kids get 60 minutes of moderate or vigorous physical activities every day. You can break it up into smaller chunks of time during the day, as long as you're doing physical activity for at least 10 minutes at a time.



### WHERE can we get moving?

Physical activity is not limited to an outdoor setting when the weather is nice. Every day, you are surrounded by opportunities to get moving: indoors, outdoors, mornings, afternoon, evening, and everything in between. Think outside the “outdoor” box!

Here are some fun and easy suggestions that will help you start thinking about WHERE you can get moving.

#### Outdoors

- Go on an outing that involves walking, like going to the zoo, a museum, or the park for a picnic
- Go on a nature hike or rock climbing in nearby woods or park
- Go on a scavenger hunt that requires walking around your neighborhood to find items
- Take your dog or a neighbor's dog for a walk or jog
- Go bike riding, rollerblading or skateboarding together
- Make a family project out of gardening or working in the yard
- Play a sport together like ping-pong, basketball, baseball or tennis
- Go swimming in a nearby pool
- Throw a frisbee or ball to each other
- Play on playground equipment in a park



- Play hopscotch at a playground or make your own with chalk
- Play tag or hide and seek

### Indoors

- Dance
- Yoga
- Sit-ups
- Climbing stairs
- Stretches
- Jump-rope
- Sweeping floors
- Lifting small weights
- Aerobic exercise routines

## TIPS and TRICKS for getting moving

Here are some of our best tips and tricks to help you integrate GO activities into your daily and weekly routines.

### Be intentional

- Make a list of the benefits you hope to gain from doing GO activities as a family and post it where everyone can see it
- Write a list of excuses your family might make for not doing GO activities and the ways you can overcome them
- At the beginning of every week, write down the dates and times you'll do GO

## Know Your Exercise Intensity

To measure how physically active you are:

- Assign a number for 0 to 10 where no effort is a 0 and the greatest effort is a 10, or
- Measure your heart rate

### Vigorous intensity

- Between 7 and 8 on the scale
- Heart rate more than 170 beats per minute
- Breathing much harder than normal

Goal

### Moderate intensity

- Between 5 and 6 on the scale
- Heart rate between 120 and 150 beats per minute.
- Breathing a little harder than normal

Goal

### Low intensity

- Between 0 and 4 on the scale
- Heart rate less than 120 beats per minute.



activities, what you'll do, and who will do them with you

- Participate in GO activities as a family. It is easier to stick to a routine when you have others participating with you and providing encouragement

### Be creative

It can be difficult to find time in your day to exercise or be active, but remember that simple tasks and chores count. Here

are some simple ways to add exercise to your day:

- Sweep the house or rake the yard
- Do sit-ups or aerobic exercises while watching TV
- Take the stairs instead of the elevator or escalator
- Bike or walk to school or work
- Form a walking group at your job or at school, and schedule walks before or after work or school, or during lunch



## Know your limits

As you participate in GO activities, your body will begin to respond in natural ways.

These responses are natural, normal, healthy things you feel while doing GO activities.

**Sweating:** You may begin to sweat because



this helps cool your body down

**Breathing harder:** Your body needs more oxygen for all the muscles you're using.

**Warm face:** Your face feels warm because being active makes your body temperature rise

**Faster heartbeat:** Your heart is pumping more blood to all the muscles you are using



There are some responses that you should be aware of that signal that you are pushing your body too hard. These include:

**Shortness of breath or having trouble catching your breath**

**Feeling dizzy, nauseous, or faint**



**Sore muscles or joints after 24 to 72 hours after being active**

**Not feeling completely recovered after 30 minutes of rest**



It is important to push yourself physically, but at your own pace. Pay attention to the way your body responds, which will help you avoid injury and make your exercise healthy AND safe.

# Fun Games the Whole Family Can Enjoy!

Get your heart pumping with these fun group games from the Oasis CATCH Healthy Habits program!

## Dragon's Tail

**Equipment:** 1 scarf, bandana, or fabric strip per person

**Skills emphasized:** Running, dodging

### How to play:

- 1.) Players are scattered in an activity area, about 50 x 50 feet.
- 2.) Each person has a scarf or piece of cloth.
- 3.) Players become a "dragon" by tucking a small portion of their tail (scarf) into the back of their pants. Shirrtails should also be tucked in.
- 4.) On a signal, dragons skip throughout the activity area attempting to pull the tails of other dragons.
- 5.) Dragons are not allowed to:
  - Hold on to their own tail
  - Fall down, dive, or sit on their tail
  - Contact others while pulling tails or prevent their own from being pulled
  - Pull tails if their tail is missing
- 6.) Players who pull a tail must say "(Name), I got your tail!" and then place the tail on the ground.

- 7.) Dragons who lose their tails must first pick up their tails and then do 5 jumping jacks outside the activity area before returning to the game.

**Tips:** For safety, continue playing at a slow speed until everyone is able to move around without running into each other

**Variations:** Change the re-entry task for dragons that have lost their tails, such as jump rope, dribble a ball, push-ups, or sit-ups

## Pass the Hat

**Equipment:** 6-10 items to pass (beanbags, flying discs, tennis balls, scarves) on 1/8th mile course.

**Skill emphasized:** Jogging

### How to play:

- 1.) Mark start and finish locations with any objects.
- 2.) Divide everyone into groups of 4-5 people.
- 3.) Have each group form a single file line at the start position.





- 4.) The last person in each group/line has an object to pass.
- 5.) After someone says “Go!” each group begins walking or jogging forward with the last person in line holding the item moving to the front of the line.
- 6.) The object is passed back down the line until it reaches the last person. This person then goes to the front and the process continues until one group reaches the finish line.

**TIP: Encourage groups who tire of jogging to walk briskly until they can jog again**

#### **Tips:**

- Have each group practice “passing the hat” while standing still
- Progress to “passing the hat” while walking and then running
- When everyone begins to jog and pass, emphasize that the lead runner must jog slowly to keep the line together (“move like a train”)
- For younger children, play with one line

#### **Variations:**

- Change the movement to skipping, galloping, or some other style of moving forward
- Have each group pass 2 objects, one in each hand



## See Ya Later Alligator

**Equipment:** 1 plastic hoop per group of 3 people (or chalk to draw circles on pavement), 8-10 jump ropes, 2-3 scarves or bandanas

**Skill emphasized:** Dodging, tagging, body control

### Organization:

- 1.) Players and hoops are scattered in a designated activity area, about 50 x 50 feet.
- 2.) Jump ropes are placed outside of the activity area.

### How to Play:

- 1.) Designate 3 players to be “It” and give each a scarf or bandana to hold.
- 2.) On a signal, the other players skip throughout the activity area attempting to avoid the “It” players.
- 3.) Tagged players must jump rope 10 times before rejoining the activity.
- 4.) Players may stand inside a plastic hoop or drawn circle on the ground to avoid getting tagged. However, only 1 person is allowed inside a hoop or circle at any given time.
- 5.) A player may enter a hoop or circle that is already occupied by standing inside the hoop/circle and saying to the person who is there, “See ya later alligator!”
- 6.) Upon hearing “See ya later alligator,” the person who was there must immediately leave the hoop/circle; he/she has the option of moving to another hoop/circle or moving around the activity area. A player may not go back to the same hoop/circle that he/she just occupied.

### Tips:

- For safety, play at a slow speed until everyone is able to move without running into each other
- Increase the distance between hoops/circles to promote more activity

- Use fewer hoops/circles to make tagging easier, more to make tagging more difficult

#### **Variations:**

- Chase using a variety of movements
- Change the re-entry task, such as dribble a basketball or doing jumping jacks, push-ups or sit-ups
- Have both taggers and players dribble a basketball

### **Throw for Distance**

**Equipment:** 1 soft object (ball, bean bag, rolled-up sock) per player

**Skills emphasized:** Throwing, various aerobic or body movements

#### **How to Play:**

- 1.) Players line up on one end of an activity area (about 50 x 50 feet).
- 2.) On a signal, each player tosses their object (ball, bean bag, rolled-up sock) as far as they can toward the far line.
- 3.) Call out a body movement, such as a brisk walk, slow jog, skip, or hop. Players then retrieve their thrown object and return to the starting point doing that body movement. Start with slower speeds for warm-up and then have the players pick-up their pace.

#### **Tips:**

- For safety, all players should throw and retrieve their objects at the same time

## **Gradually push yourself**

Once you feel comfortable with your level of physical activity, we recommend gradually pushing yourself. This will help you with your strength, endurance, and overall physical health. You can push yourself by increasing the levels in three areas.

**Frequency:**  
Increasing  
how often  
you are



active; aim to be active  
for at least 3 days a  
week, working up to 5  
days a week.



**Intensity:**  
How hard your  
body is working  
while being  
active; aim to  
do moderate or  
vigorous physical  
activities.

**Time:**

How much time you  
spend being active at  
one time, throughout  
the day, or  
during  
the week.





- Players shouldn't worry about which object they retrieve

### **Variations:**

- Repeat the activity, but have players throw with their non-dominant hand
- Designate the type of throw, such as overhand or underhand
- Place distance markers for players to try to work at throwing their object farther

### **Non-Elimination “Simon Says”**

**Skills emphasized:** Various aerobic movements, walking, hopping, jumping jacks, coordination

### **Organization:**

- 1.) Divide the players into 2-4 groups.
- 2.) Assign a leader to each group.
- 3.) Space groups around the room or activity space.
- 4.) Designate an aerobic or body movement to be used when changing to a new group.

### **How to Play:**

- 1.) Each leader performs various aerobic or body movements or exercises, such as jumping jacks or stretches, and says “Simon Says” to cue the other players in his or her group to imitate the same movement.
- 2.) If the leader does not say “Simon Says” before saying the aerobic or



body movement and any player imitated that movement, he or she goes to a different group.

- 3.) After a designated time, rotate the leaders and change the designated aerobic or body movements.

**Tip:** Challenge players to use movements that (a) involve the whole body and (b) require minimal traveling

### **Suggested movements**

- Walk, jog or march in place
- Dance in place
- Jump forward, backwards, to the right or to the left
- Hop on 1 foot
- Stand up, sit down
- Jumping jacks
- Little and/or big arm circles
- Do the twist
- March in place, slapping hands to knees

## **Sock It to Me**

**Equipment:** 1 soft object (ball, bean bag, rolled-up sock) or crumpled piece of paper per player

**Skills emphasized:** Throwing, catching

### **Organization:**

- 1.) Set up a rectangular or square activity area with a center line.
- 2.) Divide the group into two teams.

- 3.) Each team spreads out on their side of the activity area and stands facing the center line.

### **How to Play:**

- 1.) On a signal, players throw their soft objects onto the other team's side of the line.
- 2.) The objects may be picked up from the floor and thrown as often as desired.
- 3.) Before throwing a sock, the player must perform an aerobic activity, such as 2 push-ups or 4.) bent knee sit-ups.
- 5.) The game continues for a specified time limit. When time is called, the team with the least socks on their side earns a point.

### **Tips:**

- Be sure that the area is free from equipment and/or obstacles before the soft objects are thrown
- The object is to have as few thrown soft objects remaining on your team's side when time runs out
- The object is not to throw socks directly at the opposing team members

### **Variations:**

- Increase the number or variety of aerobic activities
- Have players perform the aerobic activity with a partner

# Good Food that's Good for You!

A nutritious diet is an important part of a healthy lifestyle. The food you eat provides the fuel your body needs to grow and function properly. Since your stomach can only hold a certain amount of food each day, it is important to fill it with a variety of healthy foods. No food is bad for you. The goal is to eat healthier foods more often and those excessive salt, sugar, or unhealthy forms of fat less often.

## GO, SLOW, and WHOA

GO, SLOW, and WHOA is a simple and effective way to help your family choose healthier foods and beverages. As a part of the CATCH approach, including the Oasis CATCH Healthy Habits program, the goal is to eat more GO (always foods) than WHOA (sometimes foods).



**WHOA** foods have significant amounts of salt, sugar, or unhealthy fats, and are often heavily processed. WHOA foods should be eaten less often. They are considered “sometimes foods.”

**SLOW** foods may be slightly processed and may have small amounts of salt, unhealthy kinds of fat, or sugar. Most of the ingredients are nutritious. SLOW foods should be eaten less than GO foods, but more often than WHOA foods.

**GO** foods are whole grains, unprocessed fruits and vegetables, those lowest in fat, contain no added sugar, and can be eaten daily. They are considered “always foods.”



## Identifying GO, SLOW, and WHOA foods

The easiest way to identify a GO, SLOW, or WHOA food is to read its label. All packaged foods must have labels that tell us what's in the food and how nutritious it is. Below are the recommended daily amounts of certain food components.

### Recommended Daily Amounts

#### Fat

- Per serving: less than 3 grams and no more than 5% Daily Value
- Daily amount: 40-80 grams for kids and 44-77 grams for adults

#### Salt

- Per serving: 140 mg or less
- Daily amount: 1,200-2,400 mg or less for kids and 1,500-2,300 mg or less for adults

#### Fiber

- Per serving: 3-5 grams. Can be more.
- Daily amount: 25 grams. Can be more.

#### Protein

- Daily amount: 20-35 grams for kids and 50 for adults

#### Sugar

- Daily amount: less than 20 grams for kids and 24-36 grams for adults

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
			% Daily Value*
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- 1 Start Here
- 2 Limit these nutrients
- 3 Get enough of these nutrients
- 4 Quick Guide to % Daily Value
  - 5% or less is Low
  - 20% or more is high

## Tips for Eating Healthy on a Budget

- 1** Drink lots of water and invest in a water filter if needed
- 2** Buy frozen vegetables and fruits, because they retain nutrients more than the canned versions
- 3** Prepare your own snacks when you leave the house, so you are not tempted to buy food
- 4** Buy calorie dense whole foods – potatoes, rice, oats, grains, whole milk
- 5** Cook meals for the week and freeze in small containers so you have meals ready to eat for dinner and take for lunch
- 6** Eat out less often and prepare your own meals



## Fruits and Vegetables



All fruits and vegetables are GO foods.

They are mostly low in calories and contain healthy fats, so you can eat as many servings as you like. They also have the following health benefits:

- They are great sources of fiber, which helps to prevent certain cancers and may help lower blood cholesterol
- They are high in vitamins, which fight illness and boost your immune system
- Fruits keep your eyes, skin and hair healthy and help heal cuts and bruises

Remember: Adding salt, unhealthy fats or sugar to fruits and vegetables turns them from GO into WHOA foods.

### Classic Vinaigrette Dressing



#### Makes one serving

#### Ingredients

- 1 tsp Dijon mustard
- 1 tsp honey
- 1 tsp minced
- Fresh garlic
- 3 tbsp vinegar
- 1/2 cup olive oil
- 1 (10 ounce) bag salad greens
- Kosher salt & freshly ground black pepper (to taste)
- 1 (10 ounce) bag spinach (optional)

#### Instructions

1. In a small bowl, whisk together the mustard, honey, garlic, vinegar, 1 teaspoon salt, and ½ teaspoon pepper. While whisking, slowly add the olive oil until the vinaigrette is emulsified.

2. Place the salad greens in a medium bowl and add enough dressing to moisten. Sprinkle with a little extra salt and pepper, if desired, and serve immediately.

#### Variations

- Try different types of vinegar
- Try different types of oils
- Substitute 1/4 tsp dry garlic powder for fresh garlic

#### Nutritional Information

Calories: 182; Protein: 2g; Carbs: 4g; Fiber: 2g; Sugars: 1g; Total Fat: 18g; Saturated Fat: 3g; Cholesterol: 0mg; Sodium: 60mg



Low Sodium



High Fiber



Low Fat

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17

## Yogurt Parfait



### Ingredients

- 1 cup fresh berries, washed and sliced if needed
- Strawberries
- Blueberries
- Raspberries
- Your favorite berries
- Low-fat flavored yogurt (preferably fruit-juice sweetened)
- Cinnamon (optional)

### Instructions

1. Wash and slice berries.

2. Put yogurt in a cup, preferably glass or clear plastic (to see the layers of the parfait).
3. Put berries on top of yogurt.
4. Layer yogurt and berries until desired height.
5. Sprinkle cinnamon on the yogurt (optional).

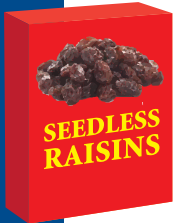
### Nutritional Information

Calories: 258; Protein: 9g; Carbs: 54g; Fiber: 4g; Sugars: 47g; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 7mg; Calcium: 267mg; Potassium: 445mg; Sodium: 100mg



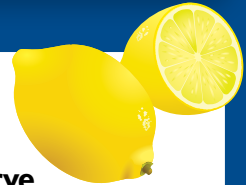


## Tips for Eating More Fruits and Vegetables



Keep a bowl of fruit or boxes of raisins or other dried fruit on the kitchen counter or table

Increase serving sizes when you serve fruits and vegetables and season them with herbs, spices, and/or lemon



Try a fruit or vegetable you've never had before

Top your favorite cereal with your favorite fruit



When eating out, ask for an extra side of vegetables or side salad instead of a fried side dish

Eat a variety of fruits and vegetables each day



Take a piece of fruit or some cut-up vegetables to work or school to eat at lunch or snack time



Low Sodium



High Fiber



Low Fat

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## Fiber

Fiber is an essential piece of a healthy diet. It helps to keep your digestive system healthy and lowers your risk of diseases, including of the colon. Fiber is found only in plant foods, including fruits, vegetables, and whole grains. The more a food looks like it did when it was grown on a tree or in the ground, the more fiber it contains. Fiber is never found in foods that come from animals, including dairy products.



### Ants on a Log



#### Makes 2 or more servings

#### Ingredients

- Fat-free, unflavored cream cheese
- Celery (about 8"-10" stalks)
- 1 tbsp unsweetened raisins or other dried fruit, like raisins

#### Instructions

1. Wash and clean a celery stalk.
2. Cut the celery stalk into 2 pieces.
3. Spread the cream cheese in the center of each piece of celery.

4. Press 1 tablespoon of raisins into the cream cheese in a line along the celery.

#### Nutritional Information

Calories: 49; Protein: 3g; Carbs: 9g; Fiber: 1g; Sugars: 7g; Total Fat: 0g Saturated Fat: 0g; Cholesterol: 2mg; Calcium: 39mg; Potassium: 73mg; Sodium: 138mg

#### Variation

- Use hummus instead of cream cheese



## Tips for eating more fiber and whole grains

- Look for foods with 3 to 5 grams of fiber or more per serving
- Eat more beans high in fiber, such as black and kidney beans, chickpeas and black-eyed peas
- Look for the words “100% whole grain” or “100% whole wheat,” including on bread and breakfast cereals
- Prepare brown rice instead of white



Whole grains provide more nutrients, like fiber zinc, magnesium, B vitamins, than refined grains.

## Snacking Time on the Trail



**Makes 1 serving**

### Ingredients

- Whole grain cereal
  - Examples: whole-wheat, corn or rice squares cereal, toasted oat cereal, or any whole grain cereal or snack (popcorn or graham crackers for example).
- Raisin, dates or other dried fruit
- Nuts (optional)

### Instructions

1. Measure 1/2 cup of each cereal, and 2 tablespoons of dried fruit into a bowl.
2. Mix carefully.

### Nutritional Information

Calories: 373; Protein: 11g; Carbs: 84g; Fiber: 11g; Sugars: 13g; Total Fat: 2g; Saturated Fat: 0g; Cholesterol: 0mg; Calcium: 72mg; Potassium: 417mg; Sodium: 207mg



Low Sodium



High Fiber



Low Fat

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21

## Forming new habits

### Make a plan together as a family

Have each person in the family list their favorite fruits, vegetables, whole grain foods and snacks

### Stick to the list

Create a shopping list for all the items you need and stick to it to not be tempted by processed foods

### Search for coupons

Newspaper inserts  
Grocery store fliers  
Online



### Search for sales

Buy food items in bulk

Compare store instead of name brand products

### Make one and done

Make more of favorite, healthier foods and freeze leftovers for another time. Homemade meals cost less than eating out

### Buy in season

Buying fruits and vegetables in season are often cheaper and taste better; some are affordable year round, like beans, carrots, apples and bananas







## Potassium

Potassium is another healthy food component and has the potential to lower your blood pressure. Potassium is often removed from many processed foods. However, it can be found in fruits, vegetables, dairy products, and some fish products.

## Unsalted Popcorn



### Makes one serving

#### Ingredients

- 1/2 cup of popcorn kernels
- 1 brown paper lunch bag

#### Instructions

1. Place 1/2 cup unpopped kernels in a brown paper lunch bag.
2. Fold the top over tightly a few times and microwave on high for about about 2 minutes, or until popping slows.

#### Nutritional Information

Calories: 203; Protein: 4g; Carbs: 33g; Fiber: 3g; Sugars: 0g; Total Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Calcium: 4mg; Potassium: 126mg; Sodium: 0mg

## Flying Saucers



### Makes one serving

#### Ingredients

- Unsalted whole grain rice cakes

- 2 tbsp of fat free
- Unflavored cream cheese
- 1/4 cup of sliced fruit, such as strawberries, blueberries, peaches, or pears

#### Instructions

1. Wash and slice the fruit into appropriate sizes.
2. Spread cream cheese onto the rice cake and top with fruit.

#### Nutritional Information

Calories: 79; Protein: 6g; Carbs: 12g; Fiber: 1g; Sugars: 4g; Total Fat: 1g; Saturated Fat: 0g; Cholesterol: 4mg; Calcium: 116mg; Potassium: 116mg; Sodium: 222mg



Low Sodium



High Fiber



Low Fat

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23

## Sugar



The American Heart Association recommends that women consume up to 6 tsp of sugar each day and that men consume up to 9 tsp, but no more than 10 tsp each day. However, the average American consumes about 20 tsp of sugar each day.

When sugar is consumed in high amounts, it can cause health problems like cavities, weight gain, diabetes and heart disease. Added sugars are different from natural sugars. Natural sugars are found in foods like milk, fruits and 100% fruit juices.

### Frozen Fruit Favorites



#### Makes one tray of ice cubes

##### Ingredients

- 2 cups orange juice or water
- 12 bite-size pieces of fruit (like bananas, strawberries, grapes, and/or pineapple)

**TIP: Play Detective in Your Kitchen!**  
Join your kids as Food Detectives, inspecting the list of ingredients and nutrients on food packages in your kitchen. You may be surprised!



#### Instructions

1. Put a bite-size piece of fruit in each section of an ice cube tray.
2. Pour the orange juice or water into the tray.
3. Carefully place the tray in the freezer.
4. Wait at least an hour until the cubes harden.
5. Add the cubes to a glass of fruit juice or eat them plain.

#### Nutritional Information

Calories: 255; Protein: 4g; Carbs: 60g; Fiber: 2g; Sugars: 47g; Total Fat: 1g; Saturated Fat: 0g; Cholesterol: 0mg; Calcium: 66mg; Potassium: 1116mg; Sodium: 6mg



# Tips for reducing sugar in your diet



Add fruit to your foods when baking, like raisins or applesauce



Drink water instead of soda, energy or sports drinks

Drink Skim (non-fat) or 1% milk rather than full-fat milk



Choose freshly prepared foods and treats instead of processed foods



Sweeten your foods with fruit

Eat foods and drink beverages with few added sugars



Low Sodium



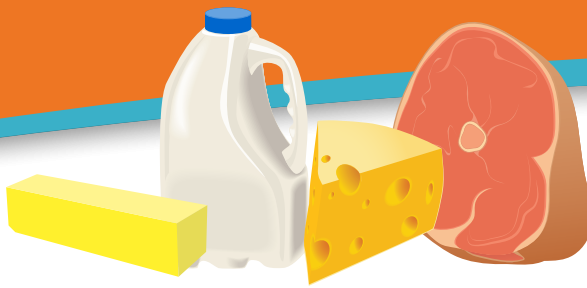
High Fiber



Low Fat

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25



## Fat

According to Health.gov, adults should consume 44-77 grams of fat each day. Too much unhealthy fat in a diet can lead to gaining weight and being at higher risk for chronic diseases such as obesity, heart disease and diabetes.

### Healthy Tuna Salad



**Makes 4 servings**

#### Ingredients

- 2 cans (5 ounces each) chunk light tuna in water, drained
- 2 medium stalks celery, chopped
- 1 medium carrot, shredded, about 1/2 cup
- 1/2 medium (4- to 6-ounce) red pepper, chopped
- 1/4 cup fat-free mayonnaise
- 3 tbsp nonfat plain yogurt
- 1 tbsp fresh lemon juice
- Pepper

#### Instructions

1. In medium bowl, combine tuna, celery, carrot, red pepper, mayonnaise, yogurt, lemon juice, and 1/4 teaspoon freshly ground black pepper.
2. Makes about 2 1/2 cups.

Suggestion: Try serving it on lettuce, spinach or other green

#### Nutritional Information

Calories: 117; Protein: 10g; Carbs: 15g; Fiber: 1g; Sugars: 5g; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 21mg; Calcium: 469mg; Potassium: 217mg; Sodium: 489mg

### Garlicky Baked Crispy Chicken



**Makes 4 servings**

#### Ingredients

- 1/2 cup low-fat yogurt
- 1/2 cup low-fat milk
- 3 cloves minced garlic or 3 tsp garlic powder
- 1/2 tsp dry sage
- 1/2 tsp salt
- 1/2 tsp pepper





## Healthy v. Unhealthy Fats

- 1/4 tsp cayenne pepper
- 2 lb bone-in skinless chicken pieces
- 2.5 cups cornflakes

### Instructions

1. In large bowl, mix together yogurt, milk, garlic, sage, salt, pepper and cayenne; add chicken, turning to coat. Refrigerate, stirring occasionally, for 30 minutes or up to 6 hours.
2. In food processor, pulse cornflakes into crumbs. Lift chicken pieces from marinade, letting excess drip off (discard marinade), and roll in crumbs to coat. Place on rack over baking sheet.
3. Bake in center of 400F/200C oven until crispy and golden brown, about 40 minutes.

### Nutritional Information

Calories: 117; Protein: 10g; Carbs: 15g;  
Fiber: 1g; Sugars: 5g; Total Fat: 2g;  
Saturated Fat: 1g; Cholesterol: 21mg;  
Calcium: 469mg; Potassium: 217mg;  
Sodium: 489mg

- It's best to use liquid oils from plant sources rather than solid fats from animal sources
- Fats that are liquid at room temperature are healthy fats (olive oil), while fats that are solid at room temperature are unhealthy (palm oil, chicken fat)



Low Sodium



High Fiber



Low Fat

[www.catchhealthyhabits.org](http://www.catchhealthyhabits.org)

## Tips to reduce fat in your diet, and increase healthy fats

- 1** When a restaurant serves you a large portion, split it with a friend or save half of it for leftovers
- 2** Instead of using shortening, butter or margarine for cooking, use a healthier fat such as olive, canola or corn oil
- 3** Replace some of the higher fat foods from animal sources with fruits and vegetables, beans and nuts
- 4** Choose tomato-based sauces instead of cheese-based or cream-based sauces
- 5** Choose a fruit salad, low-fat ice cream, or low-fat frozen yogurt, instead of a high-fat, high-sugar dessert
- 6** Bake, broil, grill or microwave foods rather than fry them
- 7** Choose lean meats, fish, chicken and turkey
- 8** Drink skim or 1% low-fat milk
- 9** When you eat a higher-fat food, eat a smaller serving of it

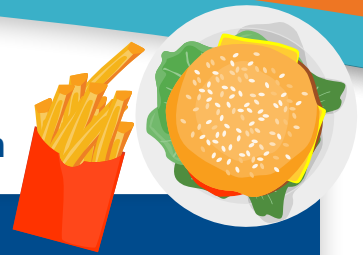
## Salt

One ingredient of salt is sodium, which your body needs to regulate fluids and manage your blood pressure, among other benefits. However, too much sodium can cause high blood pressure in kids and adults.

Your body needs only 500 milligrams of sodium a day to function well, but up to 1,500-2,300 mg (less than one teaspoon) is still considered a healthy daily amount. This includes all the sodium you eat: what is naturally in foods; the salt added to foods by food manufacturers; the salt that is added to foods during cooking; and the salt you add just before eating them.

According to the American Heart Association, the average American consumes 3400 mg, or over 1½ teaspoons each day. This is well over the recommended amount and could lead to health problems like high blood pressure, stroke, heart failure and kidney disease.

### Hidden sources of sodium



- **Frozen, processed and junk food**
- **Fast food and restaurants**
- **Canned vegetables and soups**
- **Sauces, dressings and dips**

### Tips for eating less sodium:

- Check food labels and choose items low in sodium (140 mg per serving or less)
- Enjoy home-prepared foods where the amount of salt can be controlled
- Do not add table salt to foods - try keeping the salt shaker off the table
- Rinse canned vegetables before preparing food
- Instead of salt to flavor food, try garlic, onion powder, or pepper, lemon juice or different types of vinegar
- Eat more whole foods, which contain much less or no sodium compared with processed foods
- Fruits and vegetables are naturally low in sodium, so they are a good way to fill up a plate

## Additional resources

### Active Living

#### National Park Service

<http://www.nps.gov/findapark/index.htm>

#### Trail Link

<http://www.traillink.com/>

#### CDC - Guide to Strategies to Increase Physical Activity in the Community

[http://www.cdc.gov/obesity/downloads/pa\\_2011\\_web.pdf](http://www.cdc.gov/obesity/downloads/pa_2011_web.pdf)

#### Healthy Weight Commitment Foundation – Service Locator

<http://www.healthyweightcommit.org/ywa/index.php/locator>

#### Let's Move

<http://www.letsmove.gov/get-active>

#### Together Counts

<http://www.togethercounts.com/>

### Healthy Eating

#### Child and Adult Care Food Program (CACFP)

<http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

#### Commodity Supplemental Food Program

<http://www.fns.usda.gov/csfp/commodity-supplemental-food-program-csfp>

#### Emergency Food Assistance Program

<http://www.fns.usda.gov/tefap/emergency-food-assistance-program-tefap>

#### Supplemental Nutritional Assistance Program (SNAP)

<http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

#### American Diabetes Association

<http://www.diabetes.org/mfa-recipes/recipes/>

#### CDC – Healthy Recipes

[http://www.cdc.gov/healthyweight/healthy\\_eating/recipes.html](http://www.cdc.gov/healthyweight/healthy_eating/recipes.html)

#### Let's Move – Recipes for Success

<http://www.letsmove.gov/recipes-success>

### Guide Sources

#### American Heart Association

<http://www.heart.org/>

#### CATCH USA

<http://catchusa.org/>

#### ExRx

[www.exrx.net/](http://www.exrx.net/)

#### Helpguide.org

[http://www.helpguide.org/life/senior\\_fitness\\_sports.htm](http://www.helpguide.org/life/senior_fitness_sports.htm)

#### NIH Senior Health

<http://nihseniorhealth.gov/>

#### Oasis CATCH Healthy Habits Program

[www.catchhealthyhabits.org](http://www.catchhealthyhabits.org)

#### University of Texas-School of Public Health, Michael & Susan Dell Center for Healthy Living

<https://sph.uth.edu/research/centers/dell/#campusBar>

#### USDA MyPlate

<http://www.choosemyplate.gov/>



# Change a Life: One Child at a Time



**Are you living and loving an active lifestyle? Share that love with kids!**

Consider volunteering for CATCH Healthy Habits, a summer and after-school program that connects teams of adults age 50+ with kids grades K-5 to learn about good eating habits and to play active games.

**You stay healthy. Kids get healthy.**

Obesity rates have more than tripled among kids ages 6-11. Your participation in CATCH Healthy Habits helps you and kids stay active, fight obesity and have fun!

**Learn more! Go to [catchhealthyhabits.org](http://catchhealthyhabits.org) to locate a program near you.**





## Oasis: Connecting people and experience

Oasis is a national nonprofit organization that promotes healthy aging through lifelong learning, health programs and volunteer engagement. Oasis connects people age 50-plus with opportunities to learn and serve their communities.

Founded in 1982, Oasis has a national membership of more than 360,000 adults and serves 52,000 adults and children annually through partnerships across the country.

Our programs promote vibrant, healthy, productive lives

- Evidence-based health programs help make lasting lifestyle changes for the better.
- Oasis Tutors provide individual attention to help children in grades K to 4 build confidence and success in school.
- Oasis Connections provides curriculum for adults learning to use today's technology.
- Oasis CATCH Healthy Habits engages volunteer teams with children in grades K to 5 to combat obesity by promoting healthy eating and physical activity.
- Peers for Productive Aging trains peer leaders to facilitate community-based discussion groups that provide social support for older adults.

**To learn more about Oasis programs, please visit [www.oasisnet.org](http://www.oasisnet.org).**



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