



# Family Life

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## Stay Active this Winter!

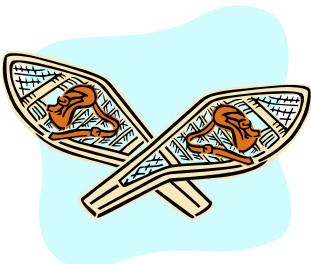
Winter in Western New York can be tough. It's snowy, windy, cold and often times grey. The winter weather does not motivate most of us to get outside and take part in winter activities. But, being physically active during the winter (and all year round!) can help to keep our minds and bodies healthy.

Physical activity that increases your heart and breathing rate help to build endurance and keep you strong to do the tasks you need to do each day. Just getting outside can boost your mood and there are many winter activities that burn lots of calories.

Many activities, like walking, shoveling snow or sledding, are free. For only a few dollar per person (the cost of renting the equipment), often you can snowshoe, cross country ski and ice skate. Check out what is available in your area. You may be surprised at just how inexpensive it can be to try a new winter time activity. Here is a short list of how many calories a 150 pound woman can burn doing these winter time activities for 30 minutes:



- \* *Snowshoeing 250*
- \* *Cross country skiing 250*
- \* *Ice skating 180*
- \* *Sledding 180*
- \* *Shoveling snow 150*



### What equals 250 calories?

One cup of Cheerios with  $\frac{1}{2}$  cup of fat free milk and a medium banana is 245 calories. You can see that these activities are a good way to burn calories and they are a great way to get your family off the couch and outdoors this winter!



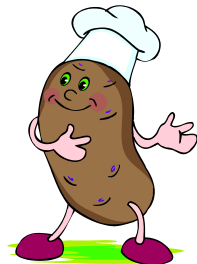
# FABULOUS HIGH FIBER RECIPES

## MEXICAN POTATO

Serving size: 1 potato  
Yield: 4 servings

### Ingredients:

- 1-15 ounce can black beans, drained and rinsed
- 1 cup green pepper, diced
- 4 medium sized baking potatoes, baked (oven or microwave)
- 1 cup low-fat cottage cheese
- 1 cup salsa
- 1/4 cup grated reduced fat cheddar cheese



### Directions:

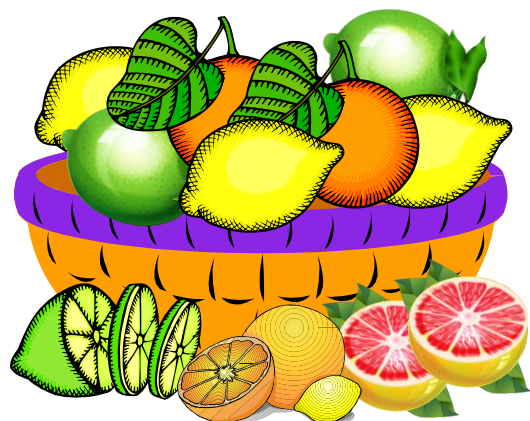
1. Combine rinsed beans and green pepper.
2. Layer each hot, split baked potato with 1/2 cup bean-pepper mixture; 1/4 cup cottage cheese, 1/4 cup salsa and 1 Tablespoon cheddar cheese.
3. Microwave or broil until hot.

\*\*Nutrition Facts: Serving Size - 1 potato, 270 Calories, 15 Calories from Fat, 1.5g Total Fat, 6% Calories from Fat, 0.5g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 750mg Sodium, 47g Total Carbohydrate, 7g Dietary Fiber, 5g Sugars, 17g Protein, 4% Vitamin A, 10% Calcium, 100% Vitamin C, 15% Iron

Source: Iowa State University Extension,  
Food for Fun and Fitness newsletter, February 2009

## Citrus Fruits

are in season in January. Look for good buys at the supermarket on oranges, grapefruits, tangerines, Clementines, lemons, limes, kumquats, pummels and Ugli fruit.



## One Pan Spaghetti

Serving size: 1 cup Yield: 10 servings

### Ingredients:

- 1/2 pound lean ground beef
- 1 medium onion, chopped
- 3 1/2 cups water
- 1 can (15-ounce) tomato sauce
- 2 teaspoons dried oregano
- 1/2 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon rosemary
- 1/4 teaspoon pepper
- 2 cups (12 ounces) broken whole wheat spaghetti
- 1 cup (4 ounces) grated parmesan cheese



### Directions:

1. Brown meat and onions in a large skillet over medium-high heat. Drain fat. Pour meat and onion mixture into a colander and rinse with hot water. Pour back into skillet.
2. Add water, tomato sauce, oregano, sugar, garlic powder, rosemary and pepper to meat and onion mixture. Stir well. Bring to a boil.
3. Add spaghetti and stir. Cover pan and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese. Serve.

Source: Oregon State University Extension Service

\*\*Nutrition Facts: Serving Size - 1 cup, 210 Calories, 40 Calories from Fat, 4.5g Total Fat, 19% Calories from Fat, 2g Saturated Fat, 0g Trans Fat, 20mg Cholesterol, 440mg Sodium, 30g Total Carbohydrate, 5g Dietary Fiber, 4g Sugars, 15g Protein, 4% Vitamin A, 20% Calcium, 8% Vitamin C, 10% Iron

## Bean Tamale Pie

Makes 4 servings Serving Size: 1 cup

### Ingredients:

- $\frac{1}{2}$  green pepper, chopped
- $\frac{1}{4}$  onion, chopped
- 2 teaspoons oil
- 1- 15 ounce can kidney beans, drained
- 1 cup tomato puree
- 2 cups frozen whole-kernel corn
- 3 teaspoons chili powder
- $\frac{2}{3}$  cup yellow cornmeal
- $1 \frac{1}{2}$  cups water



\*\*Nutrition Facts: Serving Size - 1 cup, 250 Calories, 30 Calories from Fat, 3.5g Total Fat, 12% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 160mg Sodium, 48g Total Carbohydrate, 9g Dietary Fiber, 6g Sugars, 10g Protein, 25% Vitamin A, 2% Calcium, 45% Vitamin C, 15% Iron

### Directions:

1. Cook green pepper and onion in oil in a small skillet until tender.
2. Stir in beans, tomato puree, corn and chili powder.
3. Cover and cook over low heat until flavors are blended, about 15 minutes.
4. While the bean mixture is cooking, mix cornmeal and water in a small saucepan.
5. Cook over low heat, stirring constantly, until very thick, about 3 minutes.
6. Spread cornmeal mixture over bean mixture to form a crust.
7. Cook over low heat, with lid ajar, until topping is set, about 7 minutes.

Source: From the University of Maine Cooperative Extension, Thrifty meals for Small Families

## Folic Acid Awareness Week

Did you know that getting enough folic acid in your diet can help to prevent birth defects of the brain and spine? **Folic Acid Awareness Week** is the **first week of January**. If you are of child bearing age, make sure you get enough folic acid in your diet. Folic acid is a **B-vitamin** that is used to help the body make cells. When you are pregnant, your baby is making new cells at a fast rate, so having enough folic acid in your diet can help to make sure your baby is healthy.

All enriched grain foods and cereal in the United States are now fortified with folic acid, but that may not be enough to meet your needs. You can also find folic acid in dark, leafy vegetables, eggs, beans, sunflower seeds, strawberries, cantaloupe and other melons and oranges. If you do not regularly eat a variety of these foods, talk to your doctor about taking a multi-vitamin that includes folic acid.



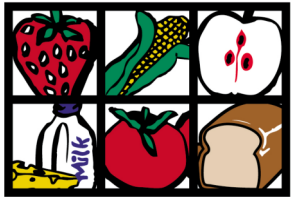
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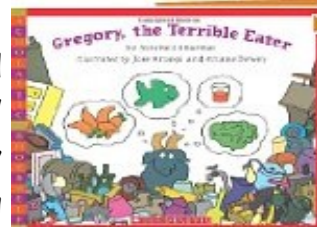
**START NOW!**

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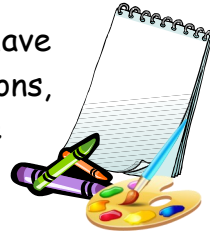
# KORNER

## BOOKS

Head to the library with your child and borrow "Gregory, the Terrible Eater" by Mitchell Sharmat. It's a funny story about a goat, who eats all the wrong things, like fruits and vegetables, and what his parents do to help him eat a healthy diet of old shoes and tires. This mixed up story is sure to get a laugh from your child.



When you have finished reading the book, have your child make a book mark from paper, crayons, markers or paints that shows his/her favorite part of the book.



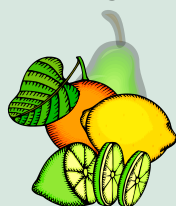
## January is National Fiber Focus Month

What is dietary fiber and why is it important to include in a healthy diet? **Dietary fiber** is the part of plant that we eat that we cannot digest. Because we cannot digest fiber, it has no calories.

There are two types of fiber - soluble and insoluble. **Soluble fiber** is believed to help lower LDL (bad) cholesterol and to help regulate blood sugar. Soluble fiber is called soluble because it absorbs water in the intestines. Oats have the most soluble fiber of any plant food. Other plant sources of soluble fiber include barley, legumes, peas and citrus fruits. **Insoluble fiber** helps you feel full faster which in turn helps you to eat less. Insoluble fiber also adds bulk to stools, helping you to stay regular. Good sources of insoluble fiber are whole wheat bread, cereals, barley, rice, cabbage, carrots, cauliflower and apple skins.



Slowly add more fiber to your diet so that your body has time to adjust to the fiber increase. Make sure to drink lots of water and include a wide variety of fiber containing foods. The daily fiber goal for adults is 25 grams per day. Sound like a lot? Here's an example of what foods to eat to get 25 grams of fiber in one day.



- 1 cup oatmeal - 4 grams
- 1 raw pear with the skin - 5.5 grams
- 1 cup cooked whole wheat spaghetti - 6 grams
- 1 cup cooked broccoli - 5 grams
- 3 cups air popped popcorn - 3 grams
- 1 medium orange - 3 grams

Grand total - 26.5 grams of fiber!



BUDGETING

COOKING

EATING HEALTHY

MAKING TASTY MEALS

KEEPING IN SHAPE

SAVING MONEY ON FOOD