



Caddo/Kiowa County

Weight Loss Challenge Newsletter

VOLUME 2 ISSUE 1

JUNE 10, 2013

SPECIAL POINTS OF INTEREST:

- 4 Tips for losing weight
- Dear Dr. Stephens
- SuperTracker your way
- Watermelon Breakfast Parfait Recipe
- Weight loss Comic



Family and Consumer Sciences



Kids seeing parents making healthy eating choices helps them do the same

Dining in more than you dine out is easier on the waistline, not to mention the wallet. But when special occasions roll around or schedules get too hectic, is it possible for the family to eat out and stick to those healthy habits you all worked so hard to instill? Absolutely. “When you can, plan your meals, grocery shop ahead of time and eat at home. But, sometimes that’s just not possible,” said Deana Hildebrand, Oklahoma State University Cooperative Extension nutrition specialist. “In those cases, go to restaurants where you know healthier options are available for kids as well as adults.”

There are some effective strategies families can use to make sure everyone, including the young ones, stay on a healthy track while eating out, Hildebrand said.

For instance, when ordering at the restaurant, point out the healthier menu items and encourage the kids to pick from those options. Positive choices could include grilled instead of breaded and fried meats, a side salad, fresh vegetables, some fruit, low-fat milk or water. Or, since most children’s meals come with an entrée, side item and beverage, give kids a chance to pick two healthy items and one that is less nutritious. For example, they could choose a hamburger, apple slices and a small soda or a grilled chicken sandwich, small fries and low-fat milk.

“You can even take this a step further and set a goal with your kids to eventually make all three choices healthy,” Hildebrand said. “The real key to making these strategies work is parents role modeling good choices when eating out.”

These positive strategies become even more

important in light of a report released earlier this year by the nonprofit Center for Science in the Public Interest (CSPI) dingling some of the nation’s top chain restaurants for offering kids’ menu items lacking in nutritional value.

In the report, CSPI found the majority of restaurants’ offerings had too many calories, too much salt or fat or not enough fruits and vegetables. The organization reviewed almost 3,500 meal possibilities from chain restaurants such as Applebee’s, Denny’s, Dairy Queen and Subway, and 97 percent fell well short of CSPI nutrition standards for 4 to 8 year olds.

Watching the calories and making good nutritional choices hit close to home in Oklahoma, with about one in three youth and two out of every three adults in the state being overweight or obese.

Children who are obese after age 6 are 50 percent more likely to be obese adults, and that likelihood jumps to 80 percent if kids remain obese into adolescence.

Besides health concerns such as increased risk for Type 2 diabetes, people who are obese generally spend nearly \$1,500 more a year on health care costs compared to a person maintaining a healthy weight.

“For these reasons, it’s critically important we help kids learn to make healthy food choices early in life,” Hildebrand said. “One way you can encourage your kids is to expose them to healthy foods and role model healthy behaviors as soon as older infants and toddlers move from breast milk or formula to solid foods.”

For more information on healthy eating options and nutrition classes, contact the local Extension office and visit

www.choosemyplate.gov.

Top 4 tips for losing weight and keeping it off



Staying physically active can help you arrive and stay at a healthy weight.



You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes and certain cancers? And staying at a healthy weight can make you feel better. Now, that's something to look forward to! Losing weight and keeping it off take dedication. Yet, you can do this.

Tip 1: Set a weight goal and learn your BMI

Talk to your doctor and set a weight goal together.

Write down your reasons for wanting to reach (and stay at) a healthy weight:

Tip 2: Eat less-you decide how!

You know you need to eat less to lose weight. Some people give up sugary desserts to help lower calories. Other find measuring their foods and watching portions is the key. Often, making just a few changes can help with weight loss.

Tips to eating fewer calories:

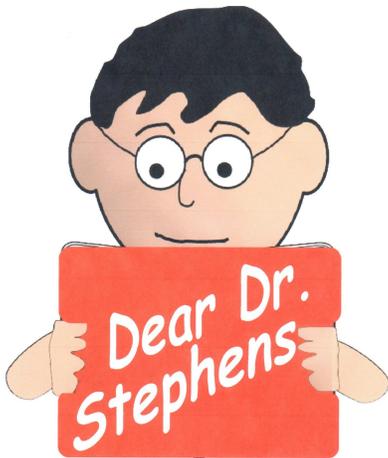
- Limit high-calorie snacks.
- Skip or share sugary and high-fat desserts.
- Cut back on high-calories beverages.
- Eat smaller portions.

Tip 3: Keep track of what you are eating

Studies show that tracking all your meals, snacks, and drinks can help weight loss. Keeping track will give you an idea of your eating patterns. It also can help you see areas where you are doing well and areas where you could improve.

Tip 4: Add activity! It burns calories

Staying physically active can help you arrive and stay at a healthy weight. It makes sense-staying active helps you burn up some of the calories from foods. Most of us don't get enough activity to make up for what we eat.



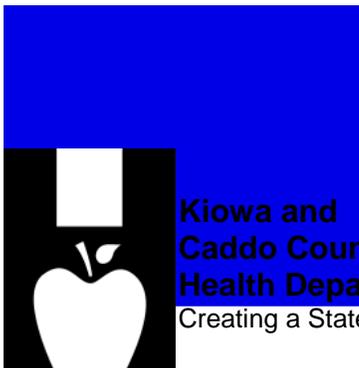
Dear Dr. Stephens,

My kids love power drinks, and they contain caffeine, right?

Should I be worried about this? **Mistrusting Mama**

Dear Mistrusting Mama,

Energy drinks such as Monster, Red Bull, Rock Star and countless others have become widely popular in recent years. Like other types of caffeinated beverages (Coke, Pepsi, Mountain Dew, etc.) these drinks contain A LOT of empty calories (calories that do not provide the body any useable nutrients for support or health) and can put children on the path to increased weight gain and obesity. If that wasn't bad enough, the increased caffeine found in these energy drinks is bad news, especially for our little ones. Next time you see one of these cans, take a look at the warning label. It should state that it is NOT recommended for children, pregnant women or new mothers that are breast feeding. Caffeine is a diuretic, which is a fancy way of saying that it causes the body to eliminate water which can lead to dehydration, especially in the hot summer months of Oklahoma. Caffeine is a drug because of its effect on the central nervous system and in higher amounts (such as that seen in energy drinks) can cause: headaches, trouble concentrating, upset stomach, nervousness, difficulty sleeping at night, increased heart rate and increased blood pressure. These energy drinks are designed for full-grown healthy adults to consume, and even then, only in moderation. To answer your question, you have every right to be worried. Energy drinks are NOT for children. As the caregiver for your child, always remember, YOU control what is available for your child to eat and drink. Healthy choices now lead to healthy lives and habits in the future.



**Kiowa and
Caddo County
Health Department**

Creating a State of Health

10 tips
Nutrition
Education Series

use SuperTracker your way



10 tips to get started

SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.

1 create a profile

Enter information about yourself on the Create Profile page to get a personal calorie limit and food plan; register to save your data and access it any time.

2 compare foods

Check out Food-A-Pedia to look up nutrition info for over 8,000 foods and compare foods side by side.



3 get your plan

View My Plan to see your daily food group targets—what and how much to eat within your calorie allowance.

4 track your foods and activities

Use Food Tracker and Physical Activity Tracker to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.

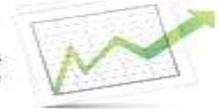


5 build a combo

Try My Combo to link and save foods that you typically eat together, so you can add them to meals with one click.

6 run a report

Go to My Reports to measure progress; choose from six reports that range from a simple meal summary to an in-depth analysis of food group and nutrient intakes over time.



7 set a goal

Explore My Top 5 Goals to choose up to five personal goals that you want to achieve. Sign up for My Coach Center to get tips and support as you work toward your goals.



8 track your weight

Visit My Weight Manager to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.



9 record a journal entry

Use My Journal to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.

10 refer a friend!

Tell your friends and family about SuperTracker; help them get started today.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 17
December 2011
USDA is an equal opportunity provider and employer.

Watermelon Breakfast Parfait



- 1/4 cup low fat granola
 - 1/2 cup watermelon cubes or balls
 - 6 ounces low fat vanilla yogurt
 - Get out a tall glass or to-go container
 - Layer the ingredient into the glass as follows: 1/2 the granola, 1/2 the watermelon, 1/2 the yogurt
- Repeat layers

Nutrition Information: Servings 1, Calories 275, Calories from fat 35,

Don't Forget to **enroll on the OKC Million website:**
www.thiscityisgoingonadiet.com

1. Go to the website listed above and click on "Get Started"
2. Once you are enrolled, you can log in anytime with your username & password
3. After you log in click on "Groups" and enter "Kiowa County" or "Caddo County", then click on "Join"
4. Your name or weight will NOT be displayed in the group – just the total group weight loss and number of group members.
5. You will be responsible for entering your own data on this website.



"Do you promise to love, honor, cherish, get plenty of fiber in your diet, walk for 30 to 60 minutes every day, limit your intake of sugar, fat and alcohol..."

Kiowa and Caddo County Coalitions

Nutrition & Physical Activity **LIVE!** Committee
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