



# Caddo/Kiowa County

## Weight Loss Challenge Newsletter

VOLUME 2 ISSUE 4

OCTOBER 1, 2013

### SPECIAL POINTS OF INTEREST:

- Recipe
- Dear Dr. Stephens
- Fruits and Vegetables to manage weight
- Weight management apps



## Watching portion sizes encourages good health in adults and kids

When nutrition experts encourage us all to watch the portion sizes, they mean everyone – including the kids. A key to maintaining a healthy weight is balancing how much you eat and how much you move. Considering the obesity rate for preschoolers has more than doubled in the last four decades, it is clear something is out of whack.

One factor contributing to that trend is large portions, said Deana Hildebrand, Oklahoma State University Cooperative Extension nutrition specialist. Those too ample serving sizes we enjoy at restaurants, seek out in grocery store shelves and freezers and pile on oversized dinnerware have become the norm.

“Researchers have found that children eat about 25 percent more when served a larger portion compared to when they are served an age-appropriate one,” she said. “Adults have been found to eat 50 percent to 70 percent more.”

Although the Dietary Guidelines for Americans encourages us to enjoy our food, but eat less and to avoid oversized portions, it appears that is easier said than done. Part of the problem is we all tend to eat with our eyes rather than focusing on whether we are full.

Complicating matters is the multiple environmental cues – for example, the size of the plates, bowls, cups and utensils we use – that can trigger overeating.

“Try using an 8-inch plate for kids and a 10- or 12-inch plate for adults,” Hildebrand said. “Remember it’s MyPlate, not MyPlatter.”

Another helpful hint is to use smaller serving utensils

and avoid overfilling serving bowls and platters. Also, start preparing, serving and eating smaller portions, while paying attention to whether you actually feel full. “Children are much better than adults at feeling and following their bodies’ cues for fullness,” she said.

“Overfeeding or forcing kids to eat when they are not hungry can minimize their ability to do that.”

Additionally, following MyPlate recommendations on serving sizes ensures everyone gets the right amount of fruits, vegetables, whole grains, lean protein and low-fat dairy. For preschoolers, a good rule of thumb is to serve 1 tablespoon per year of age of each type of food.

Hildebrand stressed that adults, school-age children and preschools all need the same foods and nutrients for good health; however, each group needs them in different quantities. And, of course, within each group, the amount of food needed by an individual will vary depending on that person’s activity level.

Or, more simply put, smaller tummies need smaller portions.

“It’s essential for parents and caregivers to provide children with the healthy foods in age-appropriate portions at regularly scheduled meals and snacks,” Hildebrand said. “Then let the kids decide how much, if any, they want to eat.”



# Whole Wheat Spiced Pumpkin Pancakes



## Ingredients

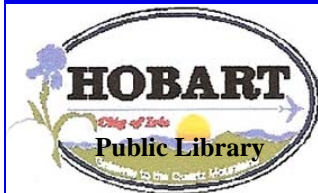
2 cups whole wheat pastry flour  
1 tsp baking soda  
1/2 tsp ground ginger  
1 egg yolk  
1 cup canned pumpkin  
3 egg whites  
4 tsp baking powder  
1/2 tsp ground nutmeg  
1/4 cup brown sugar  
2 cups skim milk  
3 TBSP apple butter

## Nutritional Info

Servings Per Recipe: 20  
Amount Per Serving  
Calories: 74.3  
Total Fat: 0.5 g  
Cholesterol: 10.7 mg  
Sodium: 176.3 mg  
Total Carbs: 15.1 g  
Dietary Fiber: 1.9 g  
Protein: 3.2 g

## Directions

1. In a large bowl, whisk together the flour, baking powder, baking soda, and spices.
  2. In a separate bowl, mix together the egg yolk, pumpkin, brown sugar, and apple butter. Stir in milk until well-blended.
  3. All at once, add milk mixture to dry ingredients and stir just until combined.
  4. In a medium bowl, beat egg whites until light and fluffy (you can use a fork, whisk, or electric beater for this). Fold egg whites into batter.
  5. Ladle batter by 1/4 cup amounts onto a preheated nonstick griddle lightly sprayed with cooking spray. Cook until evenly browned on both sides.
- Recipe makes 20 pancakes (when the 1/4 cup measure is used).  
Number of Servings: 20

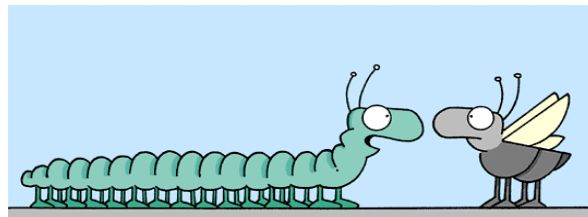


Frederick Community Library

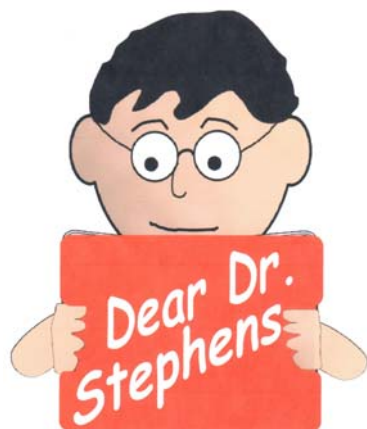


Knowledge is Power

CADDO KIOWA TECHNOLOGY CENTER



"I tried all the fitness fads, but my doctor was right all along—walking is still the best exercise."



Dear Dr. Stephens,

My kids go trick or treating at school, church, daycare, and then on Halloween! They get so much candy that I am thinking of giving out different treats this year. Do you have any suggestions?

Concerned Cathy

Dear Cathy,

What a wonderful question! Yes, by all means you should consider providing non-candy treats to your little ghosts and goblins that come knocking at your door this Hollow's Eve. For many years now it has become quite the norm for health conscious parents to forego the candy and replace it with things such as: stickers, pencils, crayons, coloring books, necklaces, glow sticks, tooth brushes, balls, jump ropes and other little knick-knacks that the little ones love. You can usually buy these in bulk for less than what you would spend on candy! Just make sure whatever you decide to give out, that it is not a choking hazard. If you should have extras left over after Halloween, then guess what? You now have a jump on stocking stuffers when Christmas rolls around. It is definitely a win-win situation. And don't feel as though you'll be seen as a fuddy duddy to the kids that come at your door. When the night is over and they're going over their night's take, they'll have dozens of Tootsie Rolls or Jolly Ranchers or Gum Balls and it won't register to them who gave them the treat. But they will for sure remember that you gave them something different, and something that will last longer than a piece of candy. And let us not forget the parents out there that will appreciate it too. Not only are you not providing candy that will cause bellyaches and hyperactivity, but you're also taking away the temptation for us parents to sneak in the kid's room after they go to sleep and stealing all their Snickers bars... or maybe that's just in my house.

# How to Use Fruits and Vegetables to Help Manage Your Weight

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.



## **To lose weight, you must eat fewer calories than your body uses.**

This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

## **Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:**

### **Breakfast: Start the Day Right**

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

### **Lighten Up Your Lunch**

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.
- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

### **Dinner**

- Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.
- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-size plate — not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

### **Smart Snacks**

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

### **About 100 Calories or Less**

- a medium-size apple (72 calories), a medium-size banana (105 calories), 1 cup steamed green beans (44 calories), 1 cup blueberries (83 calories), 1 cup grapes (100 calories), 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsp. hummus (46 calories)

Instead of a high-calorie snack from a vending machine, bring some cut-up vegetables or fruit from home. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, AND 1 cup of carrots with 1/4 cup of low-calorie dip. Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories.

## Weight Management App Reviews

Registered dietitians review the top-rated free iPhone and Android apps for weight management.

[Calorie Counter](#) Tracks food, exercise, weight and all the nutrients listed on a Nutrition Facts label. Includes daily inspirational articles, healthy recipes and an easy-to-understand help section. RD Rating: 4 stars

[Calorie Counter & Diet Tracker by MyFitness Pal](#) Tracks a combination of fitness goals and nutrition analysis features to help you lose weight. RD Rating: 4.5 stars

[Calorie Counter by MyNetDiary](#) Allows user to personalize a calorie limit for weight loss, gain or maintenance. RD Rating: 3 stars

[Calorie Counter: Diets & Activities](#) Features a classic food diary that tracks calories, water, fitness and the time each food item is consumed and an option to create your own diet and physical activity plan and an Integrated Body Tracker. RD Rating: 4 stars

[Calorie Tracker by Livestrong.com](#) Food and fitness diary designed to help you achieve your diet and nutrition goals, whether you want to lose, maintain or gain weight. RD Rating: 4 stars

[Daily Burn](#) Keep track of calories consumed and track workouts to see how much energy is burned. RD rating: 2 stars

[Diet Assistant](#) Diet Assistant provides diet plans for those who want to gain, lose or maintain their weight. RD rating: 2 stars

[eaTipster](#) Created by the Dietitians of Canada, eaTipster delivers daily healthy eating tips to your mobile devices. RD rating: 5 stars

[Lose it!](#) Keeps track of foods you eat with this detailed food database; primarily for people wanting to lose weight. RD Rating: 3 stars

[My Diet Coach](#) Touted as a tool to "win the mental game of dieting," My Diet Coach is designed to keep dieters motivated and committed to meeting their weight loss goals. RD Rating: 3 stars

[Sparkpeople Food and Fitness Tracker](#) Fitness and food tracker for people looking to lose a half-pound to 2 pounds per week or to maintain weight. RD Rating: 4 stars

[Thryve](#) Thryve is marketed as a mobile food coach. Originally designed as a way to identify food intolerances, Thryve captures what and how much you eat and your mood after a meal. RD Rating: 2 stars

[Weight Watchers Mobile](#) Follows the Weight Watchers plan step by step, using interactive tools, finding local meetings and creating shopping lists. RD Rating: 2 stars

**Attention Caddo County Weight Loss Challenge participants! The follow-up Health Fair will be held November 7th at the Landis Center in Anadarko. Hope to see you there!**



"If you haven't exercised in a while, you may need to stretch and warm up before you stretch and warm up."

## Kiowa and Caddo County Coalitions

Nutrition & Physical Activity **LIVE!** Committee  
c/o Great Plains Youth & Family Services  
901 South Broadway  
Hobart, Oklahoma 73651