

Light Side

Issue No. 180

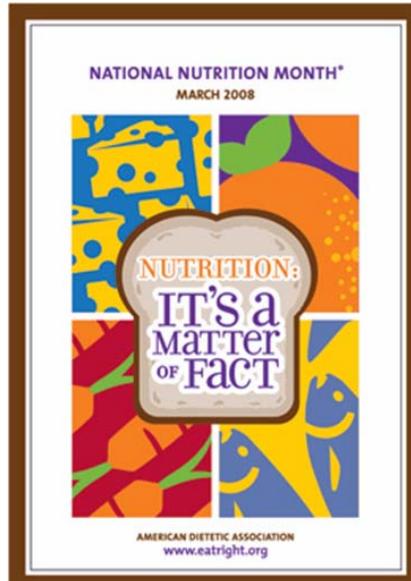
A free monthly publication from Skiff Medical Center, Newton, IA

top 10 Nutrition Facts

During National Nutrition Month®, the American Dietetic Association (ADA) urges consumers to look beyond the myths of nutrition and focus on the facts. Remember, the theme for 2008 is *Nutrition: It's a Matter of Fact*.

THE EXPERTS AT ADA HAVE IDENTIFIED THE FOLLOWING FACTS:

- 1 Eating Right doesn't have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.
- 2 The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
- 3 Get your food and nutrition facts from the expert: a registered dietitian (RD). RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
- 4 Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
- 5 Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.
- 6 Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
- 7 Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
- 8 Don't fall prey to food myths and misinformation that may harm rather than benefit your health.
- 9 Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
- 10 Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

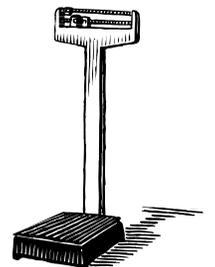


Monitoring Your Child

Body Mass Index or BMI is the measurement of choice for most healthcare providers to determine whether your child or adolescent is at healthy weight for his or her age and height. Your child's BMI is derived from height and weight measurements. The BMI number is plotted on a gender-specific BMI-for-age chart to get the percentile and then compared to standards for your child's age. BMI is used differently with children and adolescents than it is with adults. BMI-for-age, is used to determine your child's risk of being underweight or overweight. Boy's and girl's body fat change differently over the years as they grow and mature, making it necessary to chart their BMI-for-age. The BMI number is plotted on the gender specific chart to get the percentile, which is your child's BMI-for-age. A child is considered to be:

1. Overweight if he or she has a BMI at or over the 95th percentile for his or her age.
2. At risk of becoming overweight if he or she has a BMI between the 85th and 95th percentile for his or her age.
3. Underweight if he or she has a BMI under the 5th percentile for his or her age.

Growth charts are available at www.cdc.gov/growthcharts



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Examples of Age-Appropriate Incentives/Rewards for Meeting Nutrition and Physical Activity Goals

Young Children (ages 5 –8)	Middle Childhood (ages 8-12)	Adolescents (ages 12-19)
<ul style="list-style-type: none"> • Daily stickers • “Grab Bag” with small inexpensive items • Play date with a friend • Small toy 	<ul style="list-style-type: none"> • Trip to the park • Planning a day of activities • Using the telephone or computer • Going to the movies with a friend 	<ul style="list-style-type: none"> • Buy a music CD • Rent or buy a DVD • Phone card minutes for a cell phone • Car privileges (for those with a valid driver’s license)
<ul style="list-style-type: none"> • Spending night with friends or relatives • Staying up late 	<ul style="list-style-type: none"> • Making a craft with a family member • Sleepover 	<ul style="list-style-type: none"> • Taking time off from chores • Going to a concert or other special event with friends • Materials to decorate bedroom
<ul style="list-style-type: none"> • Going some place alone with a parent or guardian • Special outing (e.g., zoo, amusement park, children’s museum, library, etc.) • Art or craft supplies (e.g., colored chalk, crayons, markers) • Sleeping in a different place in the house 	<ul style="list-style-type: none"> • Taking time off from chores • Sleeping in a different place in the house • Playing a board game or cards or doing a puzzle with a family member • Going to a sporting event with a family member • Staying up late 	<ul style="list-style-type: none"> • Getting a special haircut or hairstyle • Getting nails done or a pedicure • Buying a new clothing item • Get a new magazine subscription
<ul style="list-style-type: none"> • Playing a board game or cards, or doing a puzzle with a family member • Going skating, swimming, bowling, or playing miniature golf • Going to a park 	<ul style="list-style-type: none"> • Buying something special • Going skating, swimming, bowling, or playing miniature golf • Special outing (e.g., zoo amusement or water park, children’s museum, mall, etc.) • Rent or buy a DVD • Invite a friend over to play 	<ul style="list-style-type: none"> • Going bowling, skating or to the movies with friends • Having friends over • Getting to stay out later • Staying overnight with friends • Mall trip with friends • Download music • Special outing (amusement or water park) • Extra spending money



Source: *Obesity Management*. 2007

Crock-Pot Potatoes Au Gratin

- 1/4 c. skim milk
- 1/2 (10 3/4 oz.) can condensed Cheddar cheese soup
- 4 oz. fat-free cream cheese, softened
- 1/4 tsp. minced garlic
- Dash of nutmeg
- 1/4 tsp. black pepper
- 1 lb. (4 to 5) russet potatoes, cut into 1/4” slices
- 1 sm. onion, thinly sliced
- Paprika, for garnish

Warm the milk in a small saucepan over medium heat until nearly boiling. Remove milk from heat; add soup, cheese, garlic, nutmeg and pepper. Stir with a whisk until smooth. Layer 1/4 of the potato and onion slices in the bottom of a crock-pot. Top with 1/4 of the soup mixture. Repeat the process; cover and cook on low setting for 6 hours, or until the potatoes are tender and most of the liquid is absorbed. Serve with a sprinkling of paprika. Yield: 6 servings
Calories: 130, Fat: 2 g, Sat. Fat: 0.5 g, Carbohydrates: 23 g, Fiber: 2 g, Sodium: 310 mg



Au Gratin Potatoes & Ham Omelet

- 1 c. diced fully cooked ham
- 1 c. cooked Au Gratin potatoes
- 1 T. milk
- 1/2 tsp. prepared horseradish
- 4 eggs or 1 c. egg substitute

- 2 T. water
- Dash pepper

Mix & heat ham, potatoes, milk, and horseradish. Keep warm. In a bowl, beat the eggs, water, and pepper. Pour into a 10-in. nonstick skillet; cook over medium heat. As eggs set, lift the edges, letting uncooked portion flow underneath. When eggs are nearly set, spoon potato mixture over half of the omelet. Fold omelet over filling. Cover and cook for 1-2 minutes or until heated through. Yield: 2 servings

Nutritional Information:
Made with egg substitute: Calories: 330, Fat: 13 g, Saturated Fat: 5 g, Carbohydrates: 17.5, Fiber: 1.5 g, Sodium: 515 mg
Made with eggs: Calories 420, Fat: 21 g, Saturated Fat: 7.5 g, Carbohydrates: 17.5 g, Fiber: 1.5 g, Sodium: 405 mg

LIGHTEN UP IOWA
“Live Well, Have Fun, Be Fit!”
Sunday, March 9
from 1-5 p.m.
Get and Stay Fit with Skating.
Come to Skate Castle where all LUI participants, family and friends receive free entry (\$3 quad, \$5 blade rental) ...and a chance to win 5 “free entry with a paid entry” passes!



This issue of *On the Light Side* was written by Registered Dietitian Cindy Harms.
Interested in Skiff Medical Center Wellness programs? Contact 791-4303.