



SMART START Mondays

Produced by Risk Management - Christina Kempf, Employee Wellness Coordinator

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Please share this information with staff who may not have computer access!

HOLIDAY CHALLENGE:

Worried the Holidays will Weigh You Down?

Every year, the average American gains 2-5 pounds over the holidays! Take charge this holiday season with the Holiday Challenge provided by Eat Smart, Move More. While developed and used in North Carolina, it is available to anyone!

Registration is free and easy with a valid email address. Beginning in November, participants can sign up at www.MyEatSmartMoveMore.com.

The challenge runs from November 23 - December 31 (so you may want to use your home email address). Each participant enters their email address and completes a brief confidential survey. Participant information is kept confidential and will not be shared with anyone for any reason, including PCSB.

Participants receive a free weekly electronic newsletter from Eat Smart, Move More filled with the information and tools needed to avoid holiday weight gain. The newsletter features practical tips, articles and a weekly healthy recipe. Also included are links to blog entries highlighting a participant and his/her particular challenges and successes over the holidays. In addition, participants can download and print activity logs, weight logs and food diaries from www.MyEatSmartMoveMore.com to track progress.

Oil 101 Quiz

So many oils, so many options...do you know which are healthier? Answers at the bottom of this email.

Lard
 Palm oil
 Olive oil
 Coconut oil
 Canola oil
 Soybean oil
 Sunflower oil
 Safflower oil
 Shortenings made with oils
 Sesame oil
 Butter
 Peanut oil
 Cottonseed oil

Healthier oils include olive, canola, soybean, sunflower, safflower, sesame, peanut and cottonseed. Limit your intake of lard, butter, palm oil, coconut oil and shortenings made with oil. Make sure to check food labels to know determine what oils are in your foods.

Healthy Holiday Celebrations

If we truly only celebrated the holidays over a few days, there wouldn't be much need to really incorporate healthier items into the fare. However, we often start at Thanksgiving and keep on celebrating! This can add several extra pounds over the holiday season. So, who says your healthier items can't be as festive? Try the ideas below!

Recipe renovations:

- Instead of All-Purpose Flour... try Whole Wheat Flour for 1/2 of the called -or flour
- Instead of butter, shortening or oil in baked goods...try apple sauce for 1/2 of the called-for ingredient
- Instead of cream in creamed soups...try mashed potato flakes or fat-free milk based soups
- Instead of eggs...try 2 egg whites or 1/4 cup egg substitute for each whole egg
- Instead of oil based marinades...try wine, balsamic vinegar, fruit juice, fat-free broth
- Instead of seasoning salts (garlic salt, celery salt, onion salt)...try herb only seasonings, or the non-salt based counterparts, like garlic powder, celery seed, onion flakes
- Instead of sour cream...try plain low-fat yogurt

A few healthier options for your celebration:

- Use vegetables as dippers instead of the usual crackers (think outside the normal broccoli and carrots!)
- Cut fruits and a low-fat fruit dip
- Lower fat meats & meat alternatives (chicken, turkey, lean or extra lean ground beef, meatless alternatives)
- Gingerbread cookies! Lower in calories, fat and sugar than other cookies
- Tea & lightly flavored waters as well as decaf coffee
- Offer smaller plates to help with portion control

Do you have a Healthy Holiday Celebration Idea?

Send it to:
Christina Kempf at kempfc@pcsb.org

Note the Quote

"One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."

- Lucille Ball



Bean Quesadilla

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, finely diced
- 2 cloves garlic, minced
- 1 (15 ounce) can black beans, rinsed, drained
- 1 green bell pepper, chopped
- 2 tomatoes, chopped
- 1/2 (10 ounce) package frozen corn
- 12 (12 inch) flour tortillas
- 1 cup shredded Cheddar cheese
- 1/4 cup canola oil (or olive oil - see below)

Directions

1. Heat 1 tablespoon oil in a skillet over medium heat, and saute the onion and garlic until soft. Mix in beans, bell pepper, tomatoes, and corn; cook until heated through.

2. Spread 6 tortillas with equal amounts of the bean and vegetable mixture. Sprinkle with equal amounts of the Cheddar cheese, and top with the remaining tortillas to form quesadillas.

3. Heat 1/4 cup oil in a large skillet over medium-high heat. Place quesadillas in the skillet and cook, turning once, until cheese is melted and both sides are lightly browned. Or, even better, brush with olive oil and bake at 400 degrees for a few minutes.

Recipe from Allrecipes.com