

Important Numbers:
Scheduling
(843) 792-3300

Janet Carter, MS, RD, LD
Dietitian &
Heart Health Coordinator
(843) 792-4717

Heart Health

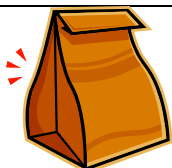
Keep in touch and stay on track!!
August 2011 Newsletter



NEW: BUSY BODIES!!!!

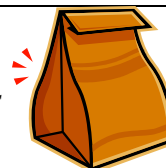
Fitness Sessions for Heart Health kids under 8!
(and non-enrolled siblings)

Sessions are held at Hampton Park on Tuesdays and Thursdays
from 4:00 to 5:00 PM (call for more info)



Pack A Healthy Lunch

*School is approaching fast. Stay on track with healthy habits
during the school year.*



Create a lunch makeover by replacing typical lunch choices with these upgrades. The upgraded meal saves 255 calories, has 35 less grams of fat, 11 less grams of saturated fat, and 10 more grams of fiber.



Typical lunch	Nutritional upgrade	Why it's better
Bologna on white	Lean turkey on whole wheat	Less fat and more fiber
Mayonnaise	Lettuce and mustard	Less fat and fewer calories
Potato chips	Carrots & celery with light dressing	Less fat and a serving of vegetables
Fruit cup	Fresh grapes	Less sugar and fewer calories
Chocolate sandwich cookies	Homemade trail mix	Less fat and more fiber
Fruit punch drink	Skim milk	Fewer calories, less sugar, plus calcium

Heart Health is online!

Facebook

Search for Heart Health in Groups (the picture is a cartoon heart making a muscle—the same as on the top of this newsletter)

Twitter

Twitter.com/MUSCKids
Look for "Healthy Bytes"

Website

www.MUSCKids.com/Heart/Health

Just remember to limit your screen time to no more than 2 hours per day. This includes computer time, TV, movies, video games.



*ART of Healthy
Cooking*

On Sale Now!

Cookbook features:

- ☆ Hardcover 3-ring binder
- ☆ 500 healthy recipes
- ☆ \$26--\$10 is tax-deductible and 1/3rd of proceeds come back to the Heart Health program!
- ☆ Nutrition facts on all recipes
- ☆ Beautiful full-color artwork
- ☆ Helpful nutrition and cooking tips
- ☆ Book stand included

Contact Miss Janet for your copies today!
792-4717 or email catjan@musc.edu

Wednesday Group Session Schedule

All Wednesday Group Sessions begin at **5:00 pm**. Come to the Pediatric Cardiology Clinic waiting room and you will be taken to the session.

August 3rd: Hunger versus Cravings

Do you feel the hunger in your stomach, or could it be in your head? Learn how to battle the “munchies”.

August 10th: What to do when school’s back in...

Learn how to continue with your Heart Health goals, activities and habits while school is in session.

August 17th: Nutrition Game Day

Have tons of fun, learn a lot, and win prizes! Nutrition education games for all ages (parents, too!).

August 24th: Time Management

Does it seem like 24 hours isn’t enough? Sometimes we need to be careful planners to get everything to fit into the day.

August 31st: Healthy Snacking & Eating on the Run

Now that school is in full swing, schedules are getting filled up. Sometimes that means meals & snacks need to be quick and portable. Find out some healthy ways to do this.

Weekday Evening Fitness Sessions

Please call 792-4717 or email catjan@muscd.edu to sign up for your slot.

Fitness Session days/hours are:

Monday-Thursday 4-5 and 5-6, no Fridays

Fall Fitness Session days/hours will begin Aug 22:

Monday-Thursday 5-6 and 6-7, Fridays 5-6 only

****Sessions must be scheduled a week in advance****

Heart Health parents, want to work out at The Citadel?

The Citadel is extending a fantastic offer to Heart

Health parents

One-day pass for \$5 OR

4-month membership for only \$80!

(normally \$100)

This is an incredible rate!

*Siblings of Heart Health participants are not eligible for a membership at Deas Hall.

*Discount will no longer apply if your child drops out of the Heart Health program, or if your child is removed from the Fitness Session portion of the program.

Be an MUSC Research Hero!

Did you know that Heart Health members ages 4 to 21 are eligible for a **free**, state-of-the-art assessment through the Pediatric Metabolic Syndrome Study? Did you know that overweight **family and friends** of Heart Health members may also be eligible for the free assessment?

Please let Miss Janet know if you are interested
792-4717 or catjan@muscd.edu!

Parking is **free** and **compensation** is available!



Recipe of the Month



Yogurt Dip for Fresh Fruit

Submitted to ART of Healthy Cooking by Betty Howell

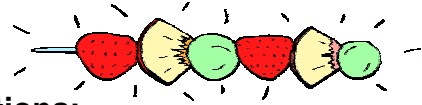
Ingredients

2 c. low fat plain yogurt

½ c. honey

1 tsp. vanilla extract

1 tsp. cinnamon



Directions:

Combine all ingredients and taste sauce. Add more honey or vanilla according to taste. Serve as a sauce with fresh fruit such as strawberries, pineapple and apples (not included in nutrition analysis). Serves 8

Nutrition facts per serving:

Calories	92	Carbohydrates	21g
Total Fat	0.5g	Protein	2g
Sat Fat	0g	Cholesterol	3mg
Fiber	3mg	Sodium	30mg



Your Questions Answered



SCHOOL LUNCHES- Are They Healthy?

Luckily, school lunches have improved over the years, both in taste and nutrition, with many serving healthier dishes, such as grilled chicken sandwiches and salads.

Some may still exceed recommendations for fat, however. In the typical school cafeteria, kids can still choose an unhealthy mix of foods, especially the less nutritious fare often available a la carte or in the vending machine. For instance, a kid might decide to buy a hot dog or pizza or a fried chicken sandwich, day after day.

Lunchtime Opportunities

Use school lunches as a chance to steer your kids toward good choices.



Here are some other tips:



- Look over the cafeteria menu together. Recommend items that are healthier, but be willing to allow them to buy favorite lunch items occasionally.



- Encourage kids to choose cafeteria meals that include fruits, vegetables, lean meats, and whole grains. Also, they should avoid fried foods when possible and choose low-fat milk or water as a drink.

- Encourage kids to take a nutritious packed lunch, at least occasionally.

Source: www.Kidshealth.org

