

Important Numbers:

Scheduling
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Heart Health

Keep in touch and stay on track!!

June 2011 Newsletter



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@musc.edu!

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

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

Contact Miss Janet for your copies today!

792-4717 or email catjan@musc.edu

On Sale Now!

Cookbook features:

- ☆ Hardcover 3-ring binder
- ☆ 500 healthy recipes
- ☆ \$26--\$10 is tax-deductible and 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



Quick tips for a healthier summer BBQ!



Switch up your burger: Consider trying veggie burgers, black bean burgers, or even use ground turkey breast to make burgers. Add things like onions, garlic, and fresh herbs for flavor.



Rainbow Kebobs: Enjoy veggie kebobs! Choose colorful vegetables to skewer, such as cherry tomatoes, green, orange, yellow, or red bell peppers, and onions. You can even add pineapple to mix it up.

Keep moving: Sometimes the prep of a BBQ can lead to mindless eating when gathering ingredients. Instead of snacking on chips while waiting for the grill to heat up, stay busy! (Chewing on a piece of gum will help, too!)

Simple Swap: Remember to choose whole-wheat buns.



Control with Condiments: Practice using portion control with those favorite condiments, like ketchup and BBQ sauce. Calories from condiments can add up if you're not careful. A portion size is usually about 2 tablespoons.



Keep cool: Nothing hydrates your body like water! Drink lots of water. Pass on the lemonade and, instead, make refreshing lemon water. Slice fresh lemons or oranges and add to a pitcher of ice water.



Is it better to eat locally?



Buying or eating food that is grown in or right around the area where you live can be beneficial for many reasons. Here are a few:

- it supports the theory of sustained agriculture, which allows your local farmers to generate more fresh and local food for you
- the foods that are purchased locally are generally in season (see below for benefits of in-season produce)
- it supports the local economy

The best way to eat locally is to become aware of the locations of the farmers' markets in your area. A couple of helpful websites are:

<http://agriculture.sc.gov> and www.charlestonarts.sc

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.

June 1st: Heart Healthy Cooking

Learn how to make quick, easy, and most importantly, *healthy* foods—it's not as hard as you might think!

June 8th: Goals, Rewards and Motivation

Staying on track can be easier when you have goals to guide you, rewards to excite you, and motivation to keep you pluggin' along!

June 15th: Portion Control & Label Reading

The cornerstones of eating right and losing weight.

June 22nd: NO GROUP SESSION

June 29th: Stoplight Foods

Practice categorizing Green Light, Yellow Light & Red Light foods—a quick & easy way to plan healthy meals and snacks.

****Please be on time for Group and Fitness Sessions****

Tardiness is very disruptive to the sessions; please be sure to be on time. Thank you.

Weekday Evening Fitness Sessions

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

Fitness Session days/hours are:

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

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

****Fitness Sessions are cancelled June 13th and June 20th-23rd****

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.



There are many reasons why it is best to buy in-season produce:

- ☀ it tends to taste better because it is fresher
- ☀ it is more densely packed with nutrients because of the local soil it was grown in
- ☀ it helps you eat a wider variety of fruits & vegetables because the availability changes each season
- ☀ it is generally cheaper!

To help you learn which foods are in season, visit:

www.pickyourown.org/scharvest.htm

Recipe of the Month



Honeydew-Blueberry Ice Pops



Recipe borrowed from Publix Health Options Recipes

Ingredients:

- ½ honeydew melon, seeded, peeled and cut into 1-inch pieces
- 2 pints blueberries
- 1 lime, juiced & zested
- 2 Tbsp honey
- 1 Tbsp finely chopped fresh mint

Directions:

In a blender, combine melon, blueberries and lime juice; blend to a smooth puree. Set aside. In a small saucepan, combine honey, ½ cup water, lime zest and mint. Place over high heat and bring to boil. Remove pan from heat & let cool completely. Strain honey mixture; stir into melon/berry puree. Pour evenly into ice pop molds. Freeze at least 12 hours. Makes 12 pops.

Nutrition Facts per serving

Calories	175	Cholesterol	0mg
Total Fat	1g	Carbohydrate	44g
Saturated Fat	0g	Protein	3g