



Eat Healthy and Keep on Moving 1

Healthy Eating on the budget 1

Sample Weekly Menu 2

Blueberry and Strawberry Smoothie 3

Newton "An object at rest stays at rest and an object in motion stays in motion";

**Be active,
Be healthy.**



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Eat Healthy and Keep on Moving

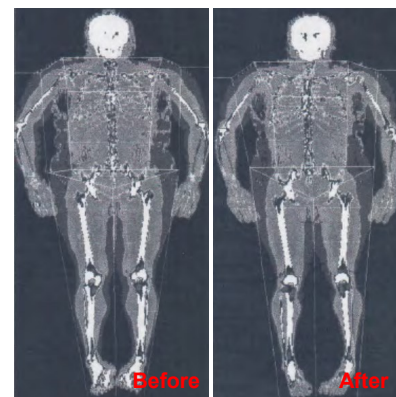
August 2014

The incidence of overweight and obesity in the United States, specifically in Louisiana has reached epidemic proportions. Obesity is widely recognized as one of the most critical health threats to families and children across the country. The direct medical costs and loss of worker productivity for obesity and obesity-associated chronic diseases in the United States and worldwide are staggering. The goal of the Combating Childhood Obesity with Caregivers as Change Agents was to determine if whey protein (WP) and resistant starch (RS) in form of a shake/smoothie consumed instead of breakfast for 24 weeks synergistically stimulate satiety and energy expenditure and reduce body weight. Participants in both treatment and control group lost weight but the amount of weight loss was at least five times greater in treatment group than control. Subjects taking WP and RS shakes/smoothies lost on average, at least 10% of their body mass compared to control group who consumed shakes without WP and RS. Because a 5% reduction of body fat mass has shown to reduce the risk of obesity related diseases, the results of our study have practical and promising significance. Below is the story from one of the participants:

"I first became interested in the study after reading about it and seeing that it looked at BMI and Blood Pressure among African-American females. I have had increased BMI for most of my adult life and I have always wanted to lose weight to ensure my overall health. My motivation comes from a family history of illness: Hypertension, diabetes and related conditions. These family conditions were factors which encouraged me to take steps to live a healthier life. I set a weight loss goal of 35-pounds during the study and I have worked hard to change some bad health habits. I lost 24 pounds during 24 weeks and still losing. I feel energetic and happy." Throughout the study period, Keshala achieved a weight loss of 10% of her initial weight. She has also lost 5 inches of her waist circumference. Other participants in the program have shown a significant change. Kimberly Brown lost 28 lbs. and 6 inches of her waist circumference during the study.

Healthy Eating on the Budget

Eating healthy doesn't have to be expensive. Use some tips and materials prepared by USDA to make healthy choices while staying within your budget. Below is a menu for one week adapted from USDA MyPlate.gov. Some of the breakfast items have been replaced with a shake of smoothie. Adjust the menus according to your taste.



Comparison of DXA images



SAMPLE WEEKLY MENU

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	A Shake or Smoothie <i>Recipe below</i>	Cereal with Fruit: 1 cup toasted oat cereal 1 medium banana ¼ cup low-fat milk 1 hard-cooked egg Beverage: Water, coffee, tea	Scrambled Eggs: 2 eggs 2 Tbsp. low-fat milk 1 tsp vegetable oil 2 turkey sausage links 1 slice whole-wheat toast ½ tsp tub margarine 1 tsp jelly Beverage: 1 cup apple juice	Banana Walnut Oatmeal 1 large orange Beverage: 1 cup low-fat milk	A strawberry shake or smoothie <i>Recipe below</i>
LUNCH	Tuna-Cucumber Wrap: 1 8" flour tortilla 3 oz. tuna (canned in water) 2 Tbsp. mayonnaise 5 cucumber sticks ¼ cup low-fat vanilla yogurt Beverage: 1 cup low-fat milk	Green Salad with Honey Lemon Chicken: 1 cup romaine lettuce 3 oz. sliced Honey Lemon Chicken 3 slices tomato 5 slices cucumber 2 Tbsp. vinaigrette dressing 1 slice whole-wheat bread ½ tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup low-fat milk	One Pan Spaghetti: Side Salad: 1 cup romaine lettuce 3 medium slices tomato 5 slices cucumber 1 Tbsp. vinaigrette dressing 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup low-fat milk	Green Salad with Tuna: 1 cup romaine lettuce 3 oz. tuna (canned in water) ¼ cup sliced carrots 2 Tbsp. vinaigrette dressing 1 slices whole-wheat bread 1 tsp tub margarine Shake-A-Pudding Beverage: 1 cup low fat milk	Peanut Butter and Banana Sandwich: 2 slices whole-wheat bread 2 Tbsp. peanut butter 1 medium banana ½ cup celery sticks Beverage: 1 cup low-fat milk
DINNER	Honey Lemon Chicken Brown Rice Pilaf 1 cup peas and corn: ½ cup corn (frozen) ½ cup green peas (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie Beverage: 1 cup low-fat milk	Manly Muffin Meatloaf Mashed potatoes: 1 cup cooked potatoes 1 Tbsp. low fat milk 2 tsp tub margarine ½ cup green peas (frozen) ½ tsp tub margarine Beverage: 1 cup low-fat milk	Poienta with Pepper and Cheese (includes black or kidney beans) 1 cup cooked green beans (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie Beverage: 1 cup low-fat milk	Marinated Beef Mashed potatoes: 1 cup cooked potatoes 1 Tbsp. low fat milk 2 tsp tub margarine 1 cup mixed vegetables (frozen) 1 tsp tub margarine Beverage: Water, coffee, tea	Mouth-Watering Oven-Fried Fish Couscous with Peas and Onions 1 cup green beans (frozen) 1 white roll 1 tsp tub margarine Beverage: Water, coffee, tea
SNACKS	Carrot Sticks with Dip: ½ cup carrot sticks 2 Tbsp. hummus 6 whole-grain crackers	Popcorn (3 cups popped): 2 Tbsp. kernels 1 tsp vegetable oil 1 large orange	Pretzels and Dip: ½ cup pretzels 1 Tbsp. hummus 1 medium banana	Banana Bread ½ tsp tub margarine 1 cup grapes	Banana Bread ½ tsp tub margarine 1 cup low-fat milk

	DAY 6	DAY 7
BREAKFAST	Scrambled Tofu Burrito 1 serving Scrambled Tofu 1 8" flour tortilla ¼ cup black beans (canned) 2 Tbsp. salsa Beverage: 1 cup low-fat milk	Shake or smoothie Recipe below
LUNCH	Crunchy Chicken Salad Sandwich: 2 slices whole-wheat bread ¾ cup Crunchy Chicken Salad 1 romaine lettuce leaf ½ cup carrot sticks 1 Tbsp. Ranch dressing 1 large orange Beverage: 1 cup low-fat milk	Tuna Sandwich: 2 slices whole-wheat bread 3 oz. tuna (canned in water) 2 Tbsp. mayonnaise 2 medium slices tomato 1 romaine lettuce leaf 10 cucumber slices 1 Tbsp. Ranch dressing Beverage: 1 cup low-fat milk
DINNER	Lentil Stew 1 cup brown rice ½ cup broccoli (frozen) ½ tsp tub margarine ½ cup canned pears Beverage: Water, coffee, tea	Pan-fried Pork Chop (5oz raw chop with bone) 1 medium baked potato 2 Tbsp salsa Cabbage slaw ½ cup shredded green cabbage 1 Tbsp vinaigrette dressing Beverage: 1 cup apple juice
SNACKS	Yogurt Parfait: ¾ cup lowfat vanilla yogurt ¼ cup toasted oat cereal 1 Tbsp chopped nuts 1 Tbsp raisins	Banana Bread ½ tsp tub margarine 1 cup low-fat milk

Keep on Moving: 30 Minutes



1. Warm up:

Begin with a 5-6 minutes stretch period. Make sure you have enough space to move around. Be free from all distractions.

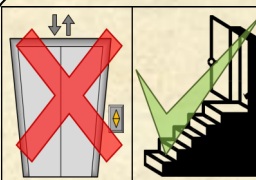
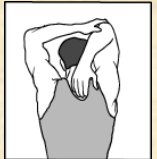


2. Exercise: Choose activities that use large muscle groups and which are continuous in nature. Some good examples are walking, swimming, running, jogging, aerobic dance, stair climbing machines, ski machines, treadmills,

cycling or exercise bikes.

Do any of these activities for 20-25 minutes.

3. Stretch: End with stretching for 5-6 minutes to make sure your muscles do not tighten up in the next few minutes. Repeat this at least three times weekly to ensure a healthier you!



"A journey of A thousand miles begins with a single Step" -

LAO TZU

Take the Stairs, Step Up to a Healthier Lifestyle.

A small change in habits can make a difference.

A daily 30 minutes of physical exercises 3 to 5 times per week.

Blueberry and Strawberry Smoothie

INGREDIENTS

- ◆ 1 pack of shake mix (purchase from store)
- ◆ 1 cup of skim milk or water or juice
- ◆ 1/2 cup of blueberry or 1/2 banana
- ◆ 2-4 ice cubes
- ◆ 1/2 Cup of strawberry or mixed fruits

Servings: 2 cups

Add all ingredients to a blender. Blend until smooth. Add water to get the desired consistency if needed. Serve two delicious glasses and enjoy.

Blueberries and strawberry are very rich in phytonutrient (antioxidant and anti-inflammatory) which help us in brain health, gut and heart health by increasing the HDL (good cholesterol), lower the blood pressure, cancer prevention, improvement of the urinary tract function and a reduction in diabetes risk.