

# Healthy Waldo County Newsletter

## Fruits & Veggies - More Matters

### Almost Everyone Needs to Eat More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day. Aim for at least 5 servings a day.

### Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

### Whole Foods or Supplements?

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases.

### Fruits and Vegetables and Weight Management

Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy.

### Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

### The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.



September 2010

A Local Healthy Maine Partnership

Fruit & Veggie Month

National Baby Safety Month

National Alcohol & Drug Addiction  
Recovery Month

National Cholesterol Education Month

Whole Grains Month

National Yoga Awareness Month

National Suicide Prevention  
Week \* 5th - 11th

Turn Off Your TV Week \* 19th - 25th

Family Health & Fitness Day \* 25th

Woman's Health & Fitness Day \* 29th

World Heart Day \* 30th



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## What is a Serving Size of Fruits & Veggies?



The United States Department of Agriculture sets a serving size for fruit or vegetables to be equal to about one-half cup. Greens like spinach and lettuce have a serving size equal to one full cup. One serving of sliced/chopped fruit is equal to one-half cup; however a single piece of fruit, such as a small apple or orange counts as one serving. How did the USDA decide that one-half cup is a serving size? The decision was based on the portion sizes that people typically eat, ease of use and nutritional content of fruits and vegetables.

Many experts suggest we need from five to nine servings of fruits and vegetables every day; that is a combined total. Older or inactive women and smaller children need at least three servings of vegetables and two servings of fruit. Growing kids, teen girls, most men and active women would eat at least four servings of vegetables and three servings of fruit everyday. Teen boys and active men should eat at least five servings of vegetables and four servings of fruit. Unfortunately many people fail to eat even five servings each day.

Here are some typical serving sizes for fruits and vegetables:

### Fruits

one banana  
six strawberries  
two plums  
fifteen grapes  
one apple  
one peach  
one half cup of 100% fruit juice



### Vegetables

five broccoli florets  
ten baby carrots  
one small tomato  
3/4 cup tomato juice  
half of a baked sweet potato  
one ear of corn  
four slices of an onion



*Kids learn from watching adults; encourage healthy choices by eating fruits and veggies with your kids.*



### 7 Tips to Get Your Daily Serving of Fruits and Vegetables

**Tip 1:** When preparing waffles, pancakes, muffins or even cakes or breads, grate an apple into the mixture before cooking. If you don't have an apple or don't have the extra few minutes it takes to grate one, replace part of the oil or butter in the recipe by applesauce. This will result in a moist and nutritious, not to mention low fat, product.

**Tip 2:** Get rid of the whipped cream, fudge and caramel on your after dinner ice-cream. Instead, substitute a serving of fresh or frozen fruit such as raspberries, blueberries or strawberries. Try to eat within the season, in other words – berries in the spring, grapes in the summer, peaches in the fall and apples in the winter.

**Tip 3:** When cooking a main dish such as meatloaf, tacos, soups, stews or even spaghetti sauce, add some extra grated or chopped vegetables. Great suggestions that will add nutrients and vitamins but no extra fat include carrots, zucchinis, bell peppers, mushrooms and onions.

**Tip 4:** When the afternoon munchies hit, reach for a quick but healthy and filling snack. Opt for a handful of dried fruit and nuts, a banana and yogurt cup, a small bowl of cherries, berries or grapes and a slice of wheat bread and peanut butter, or try some of your favorite sliced vegetables with a few ounces of cheese. Make sure to add some protein to each snack, this will ensure that you are getting the correct ratios of food types and will fill you up until the next meal.

**Tip 5:** Eat a green vegetable every day. A dark and leafy green vegetable is recommended. Choose from lettuce, chard, kale, spinach, asparagus, broccoli, cucumbers and cabbage for starters. If you haven't tried them since you were a kid when you hated them – give them one more shot. You may find you really like them! Hey .....

**Tip 6:** When eating out ask for an extra serving of vegetables. When they arrive eat them first before digging into those refined carbohydrates! If there isn't a vegetable served with the meal, be sure to ask for a salad.

**Tip 7:** Keep a food journal. For one week, write down everything you eat, don't change your diet from the norm. At the end of the week evaluate your daily menu. Determine if there are extra foods that you could omit which don't add any value to your diet. Instead replace them with extra servings of healthy and nutritious fruits and vegetables.

## Turn Off Your TV Week: September 19th - 25th

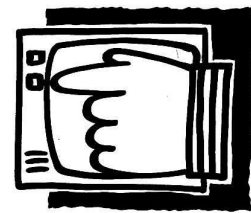
According to Researchers at Tufts University, kids spend an average of 6 hours a day in front of a technical screen, that includes recreational TV & computer time. And over an average life span that adds up to 7 years! Join the National TV Turn-Off Week, and turn on life.

**Why:** To re-think the role of television, why we use it and how and what for. Assess its impact on students, teachers, parents, children, individuals, etc.

**How:** Simply switch off or unplug your TV set for seven days and engage in a wide range of substitute activities.

**Who:** Individuals, children, families, students, groups, etc.

**Where:** In your homes, schools, libraries, businesses, congregations, etc.



Turn off TV.  
Turn on life

### Interesting Facts about TV from the TV Turnoff Network:

- Number of 30-second commercials seen in a year by an average child: 20,000
- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Percentage of children ages 6-17 who have TV's in their bedrooms: 50
- Percentage of day care centers that use TV during a typical day: 70
- Hours per year the average American youth spends in school: 900 hours
- Hours per year the average American youth watches television: 1500
- Percentage of Americans that regularly watch television while eating dinner: 66

National TV-Turnoff Week is about having more fun and turning "on" your life. It's an opportunity to rediscover the wide range of activities that exist when one unplugs from the sedentary, image-based, simplistic and commercial world of television.



### Want more ideas for alternative activities:

<http://www.turnoffyourtv.com/turnoffweek/TV.turnoff.week.html>

Find out what is happening at your local school, church, town office

Have a neighbor over for dinner, plan a shared work project, or board game night, listen to music & dance

Relax and enjoy the beauty of nature; look, listen, feel

**Keep TVs, computers, DVD players, and video games out of your child's room**

**Set Limits - know how much TV your child is watching**

**Help your child plan television viewing in advance**

**No TV/computer viewing for children under age 2**

**Be a Role Model**

September 2010

## Let's Go Waldo 5-2-1-0

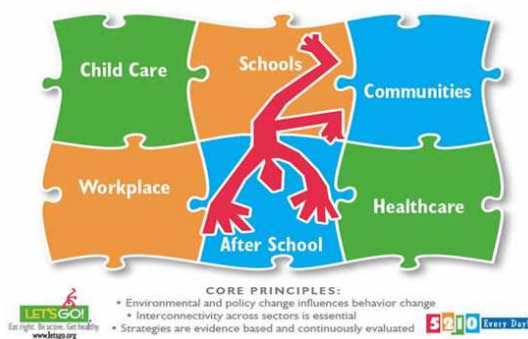


In May Healthy Waldo County staff convened a meeting and extended invitations to numerous Waldo County leaders for the purpose of addressing the problem of child obesity in our community. At this meeting the school nurses brought forth data showing 36% of our children are overweight or obese. Victoria Rogers, MD from the Portland based Let's Go 5-2-1-0 introduced our group to the **ten strategies** that are proven to reverse this local and national trend of childhood obesity. The message of eating at least 5 fruits and vegetables, limiting recreational screen time to no more than 2 hours, getting one hour of physical activity and aiming for 0 sugary drinks every day is getting out into our communities.

This is what we have been doing this summer.....

- In childcare; 13 private childcare centers and 14 Head Start classrooms have been trained in the use of the 5-2-1-0 Child Care Toolkit.
- The city of Belfast Parks & Recreation promoted 5-2-1-0 in their summer camp "Wise Kids Outdoors".
- The collaborative efforts of Belfast Pediatrics, Maine Farm Land Trust, Belfast Farmers Market, Belfast Economic Development Project and Healthy Waldo County brought the movie "Fresh" to Belfast where the 5-2-1-0 message was promoted.
- Waldo County General Hospital is actively promoting 5-2-1-0 messaging.
- At the opening of RSU 20, the staff of 800 heard about the 5-2-1-0 message and were provided tools to use in their classrooms.
- At the opening of RSU 3, the staff of 350 heard about the 5-2-1-0 message and were provided tools to use in their classrooms.
- The 5-2-1-0 message was given to the Waldo County dispatchers and a "soda bottle" display was set up in their conference room.
- The Belfast Free Library set up 5-2-1-0 displays and are promoting children's healthy eating books.

The 5-2-1-0 message was introduced into the community in 2009 and the momentum is growing to increase participation. Through community commitment, policy development and environmental change we can change the trend of obesity. Learn more about 5-2-1-0 at [www.lets-go.org](http://www.lets-go.org) or call Healthy Waldo County at 930-6761.



[www.healthywaldocounty.org](http://www.healthywaldocounty.org)

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