Walking…A Step in the Right Direction

The pleasant Spring weather makes us want to shake off our “Winter Blues”, get outdoors and move more! Walking is a no-cost way we can do this. We don’t need any special equipment, just ourselves and a little bit of will power.

Walking can:

- lower your risk of health problems like high blood pressure, heart disease, and diabetes
- strengthen your bones and muscles
- help you burn more calories
- lift your mood

Make walking fun by going to places you enjoy, like a park or shopping center. Bring along a friend or family member to chat with, or listen to some of your favorite music as you walk. Keep the volume low so that you can hear noises around you.

Source: http://win.niddk.nih.gov

Apple Almond Crunch Salad
Serves 6

Ingredients:
- 1 (10 ounce) pkg. mixed salad greens
- 1/2 cup slivered almonds
- 1/2 cup crumbled feta cheese
- 1 cup tart apple, chopped
- 1/4 cup sliced red onion
- 1/4 cup golden raisins
- 1 cup raspberry vinaigrette

Directions:
1. In a large salad bowl, combine the salad greens, almonds, feta cheese, apple, red onion and raisins.
2. Toss to blend.
3. Apply salad dressing to individual servings.

Nutrition Info:
- 167 Calories;
- 10.7g Total Fat
- 19mg Cholesterol
- 247mg Sodium
- 13.8g Total Carbs
- 3.4g Dietary Fiber
- 6.6g Protein.

Source: www.allrecipes.com
Helping Kids Make Healthy Food Choices

Let them serve themselves. Be patient & ready to wipe up a few spills! Praise them when they're successful.

Help them to love a variety of foods. Focus on a colorful plate. Try a new food each week and prepare foods in different ways.

Involve kids in food prep. Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.

Make family meals happy. Focus on one another. Turn off TV, game systems and phones. Talk about positive, happy things.

Listen to them when they say they are full. Children's appetites vary. Sometimes they want very little & other times, they may ask for seconds.

Source: www.fns.usda

Getting a Good Night’s Sleep

How much sleep did you get last night? In our hectic lives, we often think less sleep is the answer to getting everything done.

However, sleep deprivation can take a toll on our mood, energy level, mental sharpness and ability to handle stress during the day. Lack of sleep can also cause us to crave sugary foods and eat more leading to weight gain.

How much sleep do we need? This may vary from person to person but generally adults need 7 to 9 hours a night and teens and young children need more (10 to 13 hours).

Here are some tips to help improve your sleep:

- Have a consistent schedule for sleeping even on weekends.
- Create a regular routine to relax you before bedtime.
- Daily exercise (20-30 minutes) earlier in the day can help people sleep at night.
- Wake with the sunlight to reset your internal clock.
- Avoid TV, computer and reading right before bedtime.
- Avoid caffeine, nicotine and alcohol close to bedtime.

Source: www.fns.usda

Tis’ the Season for Spring Allergies

Aaaah— Choo! ..... If you are a person who suffers with seasonal allergies, there are a few simple steps you can take to limit your exposure to the pollen or molds that cause your symptoms:

- Keep your windows closed at night and if possible, use air conditioning, which cleans, cools and dries the air.
- Try to stay indoors when pollen or mold counts are high. If symptoms are severe, wear a pollen mask. When you’re indoors, take a shower, shampoo your hair and change clothes.
- Avoid being responsible for mowing lawns or raking leaves. This stirs up pollen and molds. Also avoid hanging sheets or clothes outside to dry.
- When traveling by car, keep your windows closed.
- Take any medications as prescribed.

Source: www.aaaai.org

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The Expanded Food and Nutrition Education Program (EFNEP) helps families. Eat better. Feel better, and Cut food costs. To find out more about EFNEP contact:

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