



Serve Up a Healthier You

North Carolina Child Nutrition Services
Staff Wellness Toolkit
Newsletters

Real-life Weight Management—100% Fad Free

Fad diets are everywhere. Turn on the TV – and there’s the latest super-pill guaranteed to make you slim for just \$39.95 per month. Log onto your computer and the pop-ups offer dozens of products to detoxify your life and shed pounds miraculously. Glance at the magazine covers in the checkout line – and every celebrity in America has a new diet plan to give you a perfect body just like theirs. Flip through those same magazine pages – and the before-and-after photos promote quick answers to all your weight loss dreams.

Americans spend more than \$40 billion on weight loss every year. Sadly, many people waste their hard-earned dollars on fad diets, weight-loss gimmicks, and modern day snake oil. At best these products don’t work; in the worst case scenario, they can harm your health.

Banana Bread

Makes 16 servings

Ingredients

- 1 ½ cups flour
- ½ cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons butter, melted
- 4 overripe, medium bananas, mashed
- 1 cup chopped walnuts
- cooking spray

There is no doubt that North Carolinians young and old, are increasingly overweight. More than 60 percent of the state’s adults are overweight or obese. One-quarter of children ages 5 to 11 years are obese and a third of adolescents ages 12 to 18 are obese. These trends are certainly troubling, since being overweight or obese can increase the risk of serious medical issues, like type 2 diabetes and joint problems.

However, the path to a healthy weight is never a short-term diet. The real solution is to make healthy eating and physical activity an everyday way of life. The key to success is to ignore all the misleading weight loss promotions and focus on taking permanent steps toward a healthy lifestyle.

Directions

1. Preheat oven to 350°F.
2. Mix first six ingredients together.
3. Add mashed bananas and butter and stir until moist.
4. Stir in walnuts, leaving about ¼ cup to top bread.
5. Coat a loaf pan with cooking spray and pour in dough.
6. Top with remaining walnuts.
7. Bake for 60 minutes or until a wooden pick inserted in middle comes out clean.



5 Fun Ways to Walk Your Way to Fitness

- **Walk and talk.** Walking and talking with a friend is good for your body, good for your heart and good for your soul. Walking and talking with children or grandchildren is an active way to spend quality time together.
- **Walk and listen.** Music lightens every step – and it seems to make time go faster. Pick your favorite tunes, pick up the pace, and sing along if you want! You can also try books on tape, language tapes or podcasts.
- **Walk and learn.** A new language is just one of the many things you can learn on a walk. With kids, you can count different colored cars, talk about how plants change with the season or listen for new sounds.
- **Walk and shop.** Using your legs for transportation is a simple way to accomplish two things at the same time. Put on a backpack for your purchases – and walk to the grocery store, walk to the post office or walk to the mall.
- **Walk and enjoy.** Enjoyment is the key to success for all fitness activities – because, over the long haul, you’ll only stick with what you like to do. Think about what kind of walk really gets you going – and just do it!

Eat Smart and Move More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

1. Prepare and eat more meals at home.
2. Tame the tube.
3. Choose to move more every day.
4. Right-size your portions.
5. Re-think your drink.
6. Enjoy more fruits and vegetables.
7. Breastfeed your baby.

A Message from the Child Nutrition Program Staff Wellness Initiative

For more resources and information on staff wellness:

- Talk with the cafeteria manager at your school.
- Contact the Child Nutrition director for your school system.
- Consult the Child Nutrition staff wellness committee.
- Check out Resources for Schools at www.nutritionnc.com.



Developed by the Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. 04/12

Some ideas adapted from www.eatrightmontana.org