

Walk Kansas

celebrate healthy living

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Coming Next Year

Walk Kansas 2014:
March 16 to May 10

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Make Celebrations Fun, Healthy, and Active

Healthful food, beverages, and plenty of activity can play a role in every celebration. As you celebrate personal accomplishments made during the past eight weeks, think about how you can have a positive influence on how celebrations happen in your family, school, and community.

While food and beverages are a part of almost every event, they don't have to be center stage. Plan activities that will get people moving and help them enjoy being together. Being physically active makes everyone feel good and creates positive mental energy. Celebrations can include active games, dancing, giggling, and wiggling — whatever fits the mood and occasion!

Rethink the type of beverages you serve at celebrations. They can be colorful and festive, without lots of sugar and calories. Use a punch bowl for serving fruit-infused flavored water (see newsletter 5). Make fun ice cubes with 100 percent juice, or add frozen berries or citrus zest. Make a refreshing “float” by adding a scoop of low-fat sorbet to seltzer water.

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Make Celebrations Fun, Healthy, and Active

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When choosing food for special events, start with a budget. Work with in-season produce that costs less and tastes better. Make the healthy choice whenever you can by offering whole-grain crackers, veggies and a low-fat dip, fruit kabobs, and low-fat yogurt parfaits. If the celebration features a meal, use a similar strategy — offer healthful in-season foods, stay within your budget, keep it simple, and plan for reasonable portions.

One of the most influential things you can do is set an example for how to make celebrations fun, healthy, and active. It is never too early to model this for children and it is never too late to make positive changes in family and community traditions.

Eat and Move

Learn how the foods you eat help fuel your body for your favorite activities. You'll discover new things about your favorite foods and get interesting tips on how small changes can make big differences to your health.

Eat and Move is a fun, free app from 4-H. It is a "health calculator" that shows common foods along with how much time is needed to burn those calories by swimming, dancing, jumping rope, etc. More information about **Eat and Move** is available at:
<http://classtechtips.com/2013/04/19/eat-and-move-health-calculator/>.

Success Stories from 2012

I walked in the Oklahoma City Marathon recently. It was Walk Kansas that prepared me for the 4 hours 17 minutes of walking!
— Ellis County

Know signs of dehydration

Your body loses water every day. When the amount of water lost is greater than the amount of water you take in through drinking and eating, your body becomes out of balance, a condition called dehydration.

Thirst is not the most reliable gauge of your body's need for water. The color of your urine is a better indicator. Clear or light-colored urine is a sign you are well hydrated. Dark yellow or amber color is a sign of dehydration. Other signs of moderate dehydration include headaches, tiredness, dry mouth, dry skin, constipation, and feeling lightheaded.

Most of the time, you can treat mild to moderate dehydration by drinking more fluids, preferably water or a sports drink. The situation is much more serious and requires immediate medical care if you experience extreme thirst, shriveled skin, dizziness, confusion, and a lack of urination.

Summer Challenge: Pedometers Motivate Walking

With the wrap-up of this year's *Walk Kansas* program, think about how you can stay active as things heat up outdoors and summer schedules kick in. Do you have a pedometer? If so, have you used it lately? If not, maybe a pedometer purchase is a good way to reward yourself for completing *Walk Kansas* this year.

A pedometer can be a powerful reminder that every step counts along your path toward better health. Here are a few tips on using a pedometer as your activity partner.

Start by determining the number of **baseline steps** in your day. Wear your pedometer for three straight days while doing routine activities at home and at work. Take the total number and divide it by three. This will represent your average routine day and give you a basis on which to establish goals.

Set **short-term** goals to increase steps gradually. You may have heard that it is good to get 10,000 steps per day. If this is a long way from your routine average, start by adding 500 to 1,000 steps a day for a week and build from there.

Establish a **long-term** goal. Short-term goals are building blocks to reach your long-term goal. Your long-term goal might be to get 10,000 steps per day, by the end of summer, depending on where you are right now.

A pedometer shows how active you really are. Some pedometers have a memory function, or you can use your computer or mobile device to track your progress. Writing down your steps each day on a calendar works well, too. **Tracking progress** is important to see if you are meeting your goals. Have a great summer!

Build a Great Sandwich

Sandwiches are perfect for brown-bagging or simple dinners, especially during summer. Have you ever tried a fresh tomato sandwich? These are best made with home-grown tomatoes, mayonnaise (fat-free), and a dash of pepper. Build your tomato sandwich on a Zucchini Yeast Round (recipe below) and you have comfort food with flavors of summertime.

Here are basic tips for building a healthy and tasty sandwich.

Start with 100 percent whole-wheat or whole-grain bread. If you make your own bread, replace at least half the flour with a whole-grain version. Check labels when purchasing bread and look for one that contains at least 3 grams of fiber. Look for the words “whole wheat” and “whole grain” at the top of the ingredient list. If ordering a sandwich, go for sliced bread where it is easier to control portion size, rather than a roll, bagel, or hero. Wraps and pitas are a good choice because they are thin. Just make sure the portion is sized for only one person.

Add lean high-quality protein. A serving of meat is 3 to 4 ounces — about the size of a deck of play-

ing cards. Choose skinless chicken, roasted turkey, lean ham, roast beef, tuna canned in water, or smoked salmon. Eggs can also be a great sandwich companion. Other meatless options include hummus, peanut butter, vegetarian patties, tofu, and more. Cheese is especially good with hummus. If you opt for cheese and meat on your sandwich, subtract one slice of meat to make room for cheese.

Pile on the vegetables. You really can't get too many. Lettuce is a sandwich staple, but the iceberg variety adds only water and a little fiber. Go for fresh greens — the darker the better. Add tomato, basil, peppers (sweet or hot), onion, mushrooms, cucumber, bean sprouts, or apples (especially good with ham) — these will create a more filling sandwich without enlarging your waistline. The more raw veggies you add, the longer it will take to chew and the slower you will eat. Fresh herbs add zing to a sandwich. Try basil, chives, dill, oregano, and marjoram.

Be smart with toppings. Choose low-fat or non-fat mayo, or switch to mustard. Use hummus, low-fat plain yogurt, salsa, avocado, or oil and vinegar as toppings. Avoid high-fat salad dressings such as ranch, blue cheese, Caesar, and whole real mayonnaise.

Recipe: Zucchini Yeast Rounds

Makes 16 sandwich rounds

Use any combination of summer squash for soft rolls flecked with yellow and green. These can be shaped into flat sandwich rounds (16 per recipe) or dinner rolls (24 per recipe). Slice rounds and wrap them individually, then place in a freezer bag so they are ready to build a brown bag lunch or quick summer meal.

Ingredients:

- 2 to 3 cups summer squash, shredded
- 1 cup water
- 1/3 cup sugar
- 2 tablespoons canola oil
- 2 teaspoons salt
- 2 cups white whole wheat flour
- 1/4 cup cornmeal
- 1/3 cup dry milk powder
- 2 packages active dry yeast
- 1/2 teaspoon nutmeg (optional)
- 2 to 3 cups bread flour
- Cornmeal to dust baking pans



Directions:

1. Combine squash, water, sugar, oil, and salt in a saucepan and heat slowly until warm, stirring to blend, or warm in a microwave oven for approximately 1 1/2 minutes.
2. In a mixing bowl, combine whole-wheat flour, cornmeal, dry milk powder, yeast, and nutmeg (optional). Add liquid ingredients and beat well until smooth.
3. Stir in enough bread flour to make a soft dough. Knead 8 to 10 minutes until smooth and elastic. Place in greased bowl, turn to grease both sides, cover with a damp cloth, and let rise until double in bulk.
4. Punch down dough and let rise 10 minutes. Prepare baking pans by sprinkling with cornmeal. Shape dough into 16 equal pieces; press into rounds with fingers or use a rolling pin to roll to desired size. Cover and let rise until doubled.
5. Bake in preheated oven at 350 degrees F. until golden brown, approximately 20 to 25 minutes.

Nutrition Information for one sandwich round: 180 calories; 2.5 g fat; 35 g carbohydrates; 6 g protein; 3 g fiber; 300 mg sodium.