

Be Well Bingo

Community Health Challenge

September 26-November 6, 2011

Healthier Cumberland

Taking Steps to a Healthier Community



BE WELL
Barron County
EAT WELL. PLAY WELL. BE WELL.

www.healthiercumberland.org

www.bewellbarroncounty.org

Be Well Bingo Rules

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1. Be Well Bingo Challenge is a 6-week challenge that runs from September 26th through November 7th.
2. Participants must have 4 Bingos each week to qualify for prizes. A Bingo consists of 7 X's in a row: Vertically, horizontally or diagonally.
3. All Bingo sheets must be turned in by Wednesday of the following week by 12:00 p.m. (noon).
 - a. Dates the sheets MUST be dropped off to qualify for prizes:
 - i. October 5th, October 12th, October 19th, October 26th, November 2nd, November 9th.
 - b. Drop off sites:
 - i. Elementary Schools, Libraries, Senior Centers
4. Prizes will be awarded weekly and grand prize will be awarded at the end of the contest.
5. Bingo sheets can be submitted weekly at the drop-off sites or via email at contact@bewellbarroncounty.org.
6. For more information, visit www.BeWellBarronCounty.org, email contact@bewellbarroncounty.org or call Laura at 715.537.6120.

Be Well Bingo- Week 1

X each square you complete

Monday September 26	I ate 2-3 servings of milk, cheese, or yogurt	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings of red fruit today	I spent 30 minutes being active today	No soda pop today	I tasted a new fruit today	I ate at least 3 servings veggies today
Tuesday September 27	I ate at least 2 servings of fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of green vegetables today	Free Choice Activity for 45 minutes	I did 50 sit-ups or push-ups today	No candy today	I ate at least 3 servings yellow veggies today
Wednesday September 28	I ate at least 3 servings veggies today	No soda pop today	I spent 60 minutes being active today	No fast food today	I ate at least 2 servings red or yellow fruit today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday September 29	Free Choice Activity for 30 minutes	I did 25 sit-ups or push-ups today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings veggies today	No soda pop today	I ate at least 2 servings of fruit today
Friday September 30	I helped plan and prepare a family meal	I tasted a new vegetable today	I ate 2-3 servings of milk, cheese, or yogurt	I spent 45 minutes being active today	Free Choice Activity for 60 minutes	I ate at least 2 servings of fruit today	No soda pop today
Saturday October 1	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	No soda pop today	I ate at least 1 serving of yellow and red veggies today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes	I helped plan and prepare a family meal
Sunday October 2	No soda pop today	Free Choice Activity for 30 minutes	I did 50 sit-ups or push-ups today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of green or purple fruit today	I ate at least 3 servings veggies today

Minimum of 4 Bingos to qualify for incentive prizes Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, teamsports, dance, catch, and anything else you can think of!

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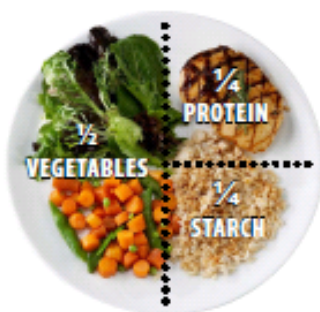
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Portion Size Comparison

WebMD Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



PORTRION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice of bread = cassette tape



3 oz chicken or meat = deck of cards



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin or biscuit = hockey puck



1 1/2 oz cheese = 3 dice



GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- 1/2 cup of cooked rice = lightbulb
- 1/2 cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs



DAIRY & CHEESE

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = lightbulb
- 1/2 cup ice cream = lightbulb



FRUITS & VEGETABLES

- 1 medium fruit = baseball
- 1/2 cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse



FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip



MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 23 almonds
- 1/4 cup pistachios = 24 pistachios



SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

Be Well Bingo- Week 2

X each square you complete

Monday October 3	I ate 2-3 servings of milk, cheese, or yogurt	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings red or yellow fruit today	No fast food today	I did 50 sit-ups or push-ups today	I tasted a new fruit today	I ate at least 3 servings veggies today
Tuesday October 4	I ate at least 2 servings of green or purple fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I tasted a new vegetable today	Free Choice Activity for 45 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I helped plan and prepare a family meal	I ate at least 3 servings veggies today
Wednesday October 5	I ate at least 3 servings veggies today	I ate at least 2 servings of fruit today	I spent 60 minutes being active today	I spent 30 minutes being active today	I ate at least 2 servings of red fruit today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday October 6	Free Choice Activity for 30 minutes	I ate at least 3 servings veggies today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings yellow veggies today	No soda pop today	No soda pop today
Friday October 7	No candy today	I ate at least 2 servings of green vegetables today	I ate fresh, raw vegetables today	Free Choice Activity for 60 minutes	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	I did 25 sit-ups or push-ups today
Saturday October 8	I helped plan and prepare a family meal	I did 50 sit-ups or push-ups today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 1 serving of yellow and red veggies today	I tasted a new fruit today	Free Choice Activity for 30 minutes	I spent 45 minutes being active today
Sunday October 9	No soda pop today	Free Choice Activity for 30 minutes	No soda pop today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings of fruit today	I ate at least 2 servings of fruit today	I ate at least 3 servings veggies today

Minimum of 4 Bingos to qualify for incentive prizes

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

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Healthy Cooking – Making Substitutions

Be sure that the meals you are making are the healthiest they can be by making a few substitutions.

If your recipe calls for:	Try substituting:
All-purpose (plain) flour	Whole-wheat flour for half of the called-for all-purpose flour in baked goods. <i>Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.</i>
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham).
Butter, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil. <i>Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening.</i>
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans.
Creamed soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents.
Enriched pasta	Whole-wheat pasta.
Evaporated milk	Evaporated skim milk.
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices.
Full-fat cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth.
Full-fat sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt.
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added to the product).
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress.
Margarine in baked goods	Trans fat-free butter spreads or shortenings that are specially formulated for baking. <i>Note: If ingredient lists include the term "partially hydrogenated," it may have up to 0.5 grams of trans fat in one serving. To avoid dense, soggy or flat baked goods, don't substitute diet, whipped or tub-style margarine for regular margarine.</i>
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise.
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews.
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars.
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions.
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions.
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup.
Table salt	Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends.
White bread	Whole-wheat bread.
White rice	Brown rice, wild rice, bulgur or pearl barley.
Whole milk	Reduced-fat or fat-free milk.

Be Well Bingo- Week 3

X each square you complete
Minimum of 4 Bingos to qualify for incentive prizes

Monday October 10	I ate at least 3 servings yellow veggies today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings red or yellow fruit today	No soda pop today	I did 50 sit-ups or push-ups today	I ate at least 2 servings of green vegetables today	I ate at least 3 servings veggies today
Tuesday October 11	I ate at least 2 servings of fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I tasted a new fruit today	Free Choice Activity for 45 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings veggies today
Wednesday October 12	I ate at least 3 servings veggies today	I ate at least 2 servings of fruit today	I spent 60 minutes being active today	I helped plan and prepare a family meal	I ate at least 2 servings of red fruit today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday October 13	Free Choice Activity for 30 minutes	I ate at least 1 serving of yellow and red veggies today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I helped plan and prepare a family meal	I ate 2-3 servings of milk, cheese, or yogurt	No soda pop today	No fast food today
Friday October 14	No candy today	I tasted a new fruit today	I ate fresh, raw vegetables today	Free Choice Activity for 60 minutes	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	Free Choice Activity for 30 minutes
Saturday October 15	I spent 30 minutes being active today	I did 50 sit-ups or push-ups today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings veggies today	I tasted a new vegetable today	Free Choice Activity for 30 minutes	I spent 45 minutes being active today
Sunday October 16	No soda pop today	I did 25 sit-ups or push-ups today	I helped plan and prepare a family meal	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings of fruit today	I ate at least 2 servings of green or purple fruit today	I ate at least 3 servings veggies today

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

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Are Your Snacks Satisfying?

After eating a snack are you hungry right away? By combining two different food groups as well as having your snack around 150-200 calories you will stay more satisfied.

Smart combinations:

Peanut butter crackers or fruit - Use 100 percent whole-grain crackers spread on a thin layer of peanut butter. Slice an apple and dry, spread a thin layer of peanut butter on each slice.

Bunny bag - Cut fresh fruits and vegetables like carrots, apples, oranges, and cauliflower. Put them in a locking sandwich bag. The orange gives everything a nice flavor and keeps the apple slices from turning too brown.

Smoothie - Blend low-fat milk, fortified soy milk or 100 percent orange juice, fruit and yogurt in a blender to make a delicious drink that tastes like a milkshake (this is a great recipe for brown or soft bananas).

Oatmeal raisin and banana bowl - Prepare a bowl of oatmeal and top it with raisins, sliced bananas and cinnamon.

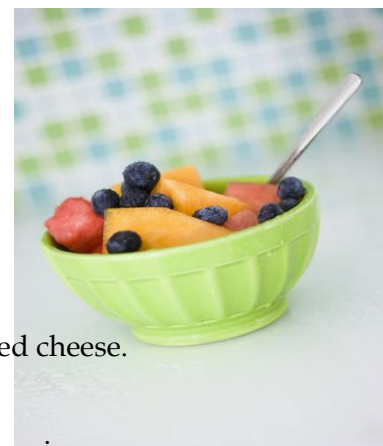
Cereal parfait - Layer non-fat or low-fat yogurt, fruit and whole grain cereal in a plastic cup, grab a spoon and you have a nutritious snack ready to go.

Baked sweet potato - Bake a sweet potato in the microwave and top it with one teaspoon of real maple syrup.

Power bag - Mix raisins, peanuts and dry cereal (like Cheerios or Kix) in a plastic bag. Kids love this mix and it is great for travel. (Peanuts are a choking hazard; do not offer them to children under three.)

More Ideas

- Whole grain crackers spread in bean dip.
- Popped popcorn sprinkled with grated cheese.
- Half a bagel with cream cheese.
- Fresh vegetables (carrots, cucumbers, etc.) dipped in cottage cheese.
- Bananas dipped in yogurt or spread with peanut butter and rolled in granola.
- Whole-wheat tortillas spread with refried beans and salsa, sprinkled with grated cheese.
- Whole-grain toast with peanut butter and chopped bananas.
- Fruit salad with any of the following ingredients: raspberries, kiwifruit, strawberries, grapes, watermelon, mango, papaya, apple or banana with yogurt.
- Rice or popcorn cakes spread with peanut butter or jelly.
- Half an English muffin with spaghetti sauce and grated cheese.
- Half an English muffin with tuna fish and mayonnaise with grated cheese.
- Half a potato broiled and topped with plain yogurt or sour cream and bacon bits.
- Yogurt grahams (spread fruit yogurt onto a graham cracker, then put a second graham cracker on top, put in plastic wrap and freeze).



Be Well Bingo- Week 4

X each square you complete
Minimum of 4 Bingos to qualify for incentive prizes

Monday October 17	I tasted a new vegetable today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings red or yellow fruit today	No soda pop today	I ate at least 3 servings veggies today	I helped plan and prepare a family meal	I ate 2-3 servings of milk, cheese, or yogurt
Tuesday October 18	I ate at least 2 servings of whole grains today	Free Choice Activity for 60 minutes	I tasted a new fruit today	Free Choice Activity for 45 minutes	I ate 2-3 servings of milk, cheese, or yogurt	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 3 servings veggies today
Wednesday October 19	I ate at least 3 servings veggies today	Free Choice Activity for 30 minutes	I spent 60 minutes being active today	I ate at least 2 servings of green vegetables today	I ate at least 2 servings of red fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I did 25 sit-ups or push-ups today
Thursday October 20	I ate at least 2 servings of fruit today	I ate at least 1 serving of yellow and red veggies today	I spent 45 minutes being active today	I helped plan and prepare a family meal	I ate at least 3 servings veggies today	No soda pop today	No candy today
Friday October 21	No fast food today	I tasted a new fruit today	I did 50 sit-ups or push-ups today	I ate 2-3 servings of milk, cheese, or yogurt	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	Free Choice Activity for 30 minutes
Saturday October 22	I spent 30 minutes being active today	I ate fresh, raw vegetables today	I ate 2-3 servings of milk, cheese, or yogurt	I did 50 sit-ups or push-ups today	I ate at least 3 servings yellow veggies today	Free Choice Activity for 30 minutes	Less than 1 hour of screen time (TV, computer, video games, cell phone)
Sunday October 23	No soda pop today	Free Choice Activity for 30 minutes	I helped plan and prepare a family meal	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of fruit today	I ate at least 2 servings of green or purple fruit today	I ate at least 3 servings veggies today

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

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Family Fun with Fitness!

Are you and your family in the habit of going straight to the couch after a long day of school or work? Or maybe your weekends consist of family gatherings of movie-watching? Instead, consider organizing activities to get the family moving. It can be both a fun and healthy alternative.

Like walking? Try doing a family scavenger hunt. It's especially important to get kids familiar with exercise at an early age, without totally boring them with a walk around the block.

Sports fan? Instead of watching your favorite sports station on television, get involved. Become a family team and schedule a neighborhood sports outing or simply visit the park for a half an hour or so each day. Encourage your kids to participate in school sports by becoming an assistant coach. If you have extra time on your hands, go miniature golfing as a family!

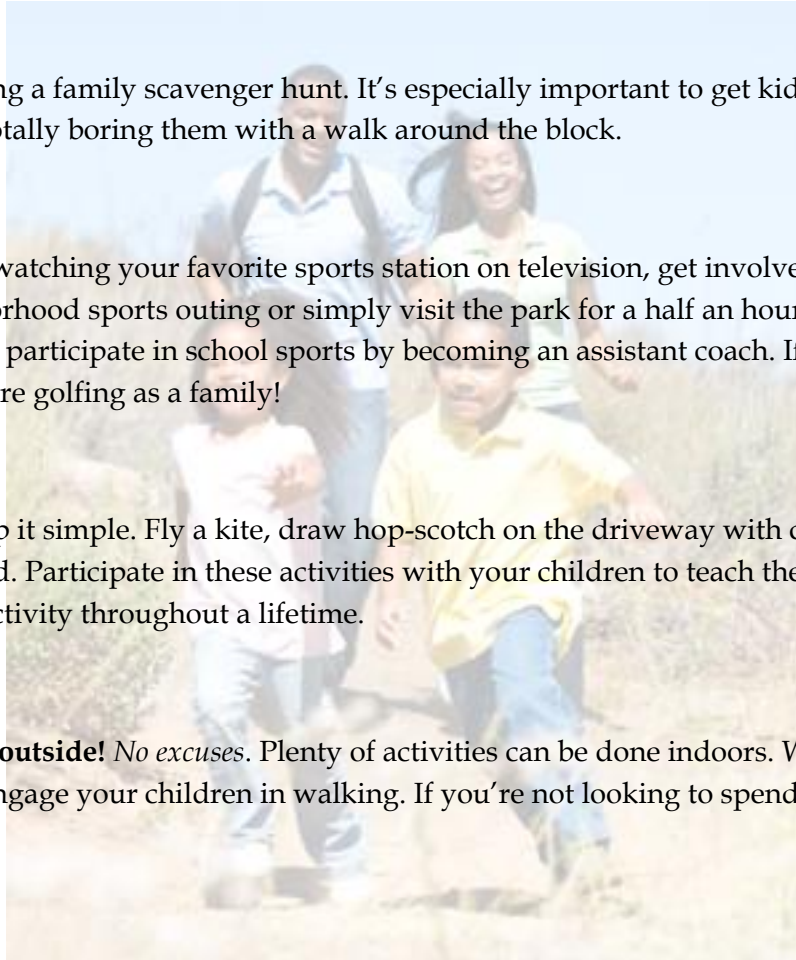
Not enough time? Keep it simple. Fly a kite, draw hop-scotch on the driveway with chalk, or make an obstacle course in your backyard. Participate in these activities with your children to teach them the importance of maintaining physical activity throughout a lifetime.

But it's rainy and cold outside! *No excuses.* Plenty of activities can be done indoors. Walking around the mall can be a great way to engage your children in walking. If you're not looking to spend money, simply 'window-shop!'

Avoid...

Excessive television, computer, and video game use. As an alternative, play the *Wii Fit* game (usually can be rented from your nearest movie rental store). Don't think of physical activities as a chore, but rather as an enjoyable way to spend time together as a family while at the same time staying healthy!

Your health can be positively impacted by simply motivating each other to participate in physical activities. Being active is important for your overall health and well-being, and can dramatically decrease yours and your family's risk of chronic disease and other problems. Making an event list, keeping a weekly activity log, or planning a once-a-week gathering could help you to maintain these healthy habits.



Be Well Bingo- Week 5

X each square you complete

Minimum of 4 Bingos to qualify for incentive prizes

Monday October 24	I tasted a new fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I helped plan and prepare a family meal	No soda pop today	I ate at least 3 servings veggies today	I ate at least 2 servings red or yellow fruit today	Less than 1 hour of screen time (TV, computer, video games, cell phone)
Tuesday October 25	I ate at least 2 servings of whole grains today	Free Choice Activity for 60 minutes	I tasted a new vegetable today	Free Choice Activity for 45 minutes	I helped plan and prepare a family meal	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 3 servings veggies today
Wednesday October 26	I ate at least 3 servings veggies today	I did 50 sit-ups or push-ups today	Free Choice Activity for 30 minutes	I ate at least 2 servings of green vegetables today	I ate at least 2 servings of green or purple fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I spent 45 minutes being active today
Thursday October 27	I ate at least 2 servings of fruit today	I ate at least 3 servings veggies today	I spent 45 minutes being active today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 1 serving of yellow and red veggies today	No soda pop today	No candy today
Friday October 28	No fast food today	I tasted a new fruit today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I did 25 sit-ups or push-ups today	I ate at least 2 servings of fruit today	I spent 30 minutes being active today
Saturday October 29	Free Choice Activity for 30 minutes	I ate fresh, raw vegetables today	I helped plan and prepare a family meal	I did 50 sit-ups or push-ups today	I ate at least 3 servings yellow veggies today	I spent 60 minutes being active today	Less than 1 hour of screen time (TV, computer, video games, cell phone)
Sunday October 30	No soda pop today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of whole grains today	I ate at least 2 servings of fruit today	I ate at least 2 servings of red fruit today	I ate at least 3 servings veggies today

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

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Work Out During the Day

Keep up your level of activity by adding physical activity in your day.

Here are some ideas to keep you on the move:

- **Make the most of your commute.** Walk or bike to work or school. If you ride the bus, get off a few blocks early and walk the rest of the way.
- **Take the stairs whenever you can.** If you have a meeting on another floor, get off the elevator a few floors early and use the stairs. Better yet, skip the elevator entirely.
- **Take fitness breaks.** Rather than hanging out in the lounge with a snack, take a short walk.
- **Start a lunchtime walking group.** The regular routine and the support of your group may help you stick with the program.
- **Schedule physical activity as you would any other appointment during the day.** Don't change your exercise plans for every interruption that comes along. Remind yourself that physical activity is important, too.
- **If you travel, plan ahead.** Bring your jump-rope or choose a hotel that has fitness facilities. If you're stuck in an airport waiting for a plane, grab your bags and take a walk.



Be Well Bingo- Week 6



X each square you complete

Minimum of 4 Bingos to qualify for incentive prizes

Monday October 31	No candy today	I ate 2-3 servings of milk, cheese, or yogurt	No soda pop today	I helped plan and prepare a family meal	I did 50 sit-ups or push-ups today	I ate at least 2 servings red or yellow fruit today	Free Choice Activity for 45 minutes
Tuesday November 1	I did 50 sit-ups or push-ups today	Free Choice Activity for 60 minutes	I ate at least 2 servings of fruit today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I helped plan and prepare a family meal	Free Choice Activity for 30 minutes	I ate at least 3 servings veggies today
Wednesday November 2	I ate at least 3 servings veggies today	I ate at least 3 servings veggies today	I spent 45 minutes being active today	I ate at least 2 servings of green vegetables today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday November 3	I ate at least 2 servings of fruit today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I spent 45 minutes being active today	I ate at least 1 serving of yellow and red veggies today	I ate 2-3 servings of milk, cheese, or yogurt	No soda pop today	I tasted a new fruit today
Friday November 4	No fast food today	I ate at least 3 servings veggies today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of fruit today	I tasted a new vegetable today	I spent 30 minutes being active today
Saturday November 5	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate fresh, raw vegetables today	I spent 60 minutes being active today	I ate at least 2 servings of whole grains today	I ate at least 3 servings yellow veggies today	I helped plan and prepare a family meal	I ate at least 3 servings veggies today
Sunday November 6	No soda pop today	I ate at least 2 servings of green or purple fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of whole grains today	I did 25 sit-ups or push-ups today	I ate at least 2 servings of red fruit today	I tasted a new fruit today

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

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Tips for Eating Healthy When Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the “all-you-can-eat” buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a “doggy bag.”
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.



Source: www.choosemyplate.gov

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