



Keeping Your Family Healthy

April 2009

The US Department of Health and Human Services reports that one in six children between the age of 2 and 19 are overweight. Being overweight puts those children at an increased risk for developing serious health consequences including asthma, diabetes and heart disease.

Healthy Snacks for the Road

Have a road trip coming up? Refuse the temptation of fast food.

Be prepared with some healthy snacks that the whole family can enjoy.

- Water bottles filled with juice (no sugar added)
- Fruits like apples, oranges, and bananas
- Whole wheat crackers or popcorn
- Nuts and dried fruit
- Granola bars or fruit leather
- Carrots and celery sticks with a small container of peanut butter

Information provided by:
Delta TeamCare
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Next webinar May 2009
"How to sleep better"
For more information contact
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Healthy Kids

April 18th is National Healthy Kids Day. Whether you are a parent, grandparent, aunt, or uncle, we can all work together to help our children be healthier.

Here are some tips on ways to help:

- Stock your fridge and pantry with healthy snack options like popcorn, pretzels, fruits, and vegetables. Try ants on a log – celery sticks stuffed with peanut butter and topped with raisins.
- Cook with your kids. Involve your children when you are cooking. Have them peel potatoes, stir ingredients together, or wash lettuce and vegetables for the salad.
- Sneak in vegetables. Mash cauliflower and dress it up like you would mashed potatoes or add in pureed vegetables to lasagna or spaghetti sauce.
- Put play in your day. Enjoy some fun family activities like catch, chase, red light green light, basketball, or soccer.
- Get kids off of the couch. Put children in charge of organizing family fun nights. Have them choose if they want to go bowling, to the batting cages, to the park, or to the miniature golf course.

Crockpot Orange Chicken

This Chinese food favorite is turned into a quick and healthy meal.

Ingredients:

- 2 pounds skinless chicken breasts, cut into bite sized pieces
- ½ cup orange marmalade
- ½ cup orange juice
- ¼ cup chicken broth
- 2 tablespoons cornstarch
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice



Place all ingredients in the crockpot. Cover and cook on low for 6-8 hours.

For a complete meal, serve with brown rice and steamed vegetables like broccoli, carrots, celery, onions and mushrooms.

Know Your Family's Health History

If you have a close relative with a chronic disease, such as heart disease, stroke, diabetes, or cancer, then you could have an increased risk for developing that disease.

Keep track of your family health history by writing down the health conditions of each family member. Take a few minutes to update this information from time to time. This way, you'll have organized and accurate information ready to share with your health care provider. Family health history can help him/her determine which tests and screenings you should have. In many cases, adopting a healthier lifestyle can lower your risk for diseases that run in your family. Information from the CDC