



Your Health is Worth It

Eating Healthy Happens One Day at a time!

*Motivation! How are you staying motivated? What motivates you to be healthy? Each one of us has to have a way to stay motivated. Maybe, it is a strong family history of disease, such as, heart disease, diabetes or obesity. Or maybe you just want to look great for summer. Whatever the reason is... Do it for you!
Set your goals, change goals as needed, but most importantly follow through with your goals.*

The Confusion of Salt..Solved



There are so many types of salt on the market. Which salt is healthy? Which salt is best? Does all salt absorb the same? These are questions that run through many minds, especially if you face high blood pressure and need to watch your sodium intake.

Salt is found in just about anything that grows in the ground or eats in the ground. Salt is usually used as a condiment and food preservative. Salt is currently mass-produced by evaporation of seawater or brine from other sources, such as brine wells, and salt lakes.

Sea salt, table salt and kosher salt have the same basic nutritional value. All three consist of two minerals- sodium and chloride. The major difference is taste, texture and processing. By weight they contain the same amount of sodium chloride.

Table Salt is also known as sodium chloride. This form of salt is mined from underground salt deposits. It is more heavily processed to eliminate trace minerals and contains an additive to help prevent clumping. Table salt also has added iodine, an essential nutrient.

Sea salt is brine, the salt is produced through evaporation of seawater. It is usually marketed as “natural” and a “healthy alternative”. It has insignificant amounts of minerals that add flavor and color of sea salt.

Kosher salt is very similar to other salts, can be extracted from seawater by a direct evaporation process or it can be mined from salt deposits under the earth’s crust. Kosher salt has no additives, such as, iodine and anti-clumping agents. It is termed “Kosher” because it is used to make meat kosher. Which means it removes the final traces of blood from the meat.

Kosher salt, nutritionally, is no different than table salt. The grain size tends to be much larger than table salt.

One should limit excess sodium intake. Sodium consumption should be 1,500 and 2,300mg per day. Keep in mind that 2,000mg of sodium is the same as eating one teaspoon of salt. If you have high blood pressure, family history of high blood pressure, or kidney disease, try to eat the lower end of this requirement.

* Beware of marketing. Many manufacturers are marketing their products as “natural”, this does not mean anything. Arsenic is “natural”, that does not make it healthy. So when you are buying those special “natural” chips with sea salt or roasted almonds with “natural” salt does not make them healthy. Too much sodium may not be healthy for most individuals.

Active Birthday Party Ideas

1. Rock climbing

Rock climbing is a great, fun way to spend your birthday party. There is several rock climbing gyms in Southern California. Rock climbing is multi-dimensional sport that requires strength, flexibility and endurance. It is more than just physical exercise, but also mental discipline. It has shown to increase confidence and independence with one's self. It is a great exercise for the arms, back and core strength.

Here are a few Indoor rock climbing centers;

- Rock City Climbing Center in Anaheim, CA (714) 777-4884
- Rockreation in Costa Mesa, CA (714) 556-7625
- Hangar 18 in Riverside, CA (951) 359-5040
- Thresh Hold Indoor Rock Climbing Gym, Inc. in Riverside, CA (951) 742-8479
- CSU San Bernardino in San Bernardino, CA (909) 537-GEAR
- Rock Solid in Old Town San Diego, CA (619) 299-1124
- Vertical Hold Sport Climbing Inc. in San Diego, CA (858) 586-7572
- Hangar 18 in Upland, CA (909) 931-5991
- The Bullet Hole Training Center in Victorville, CA (760) 245-3307

2. Snow Boarding

Snow boarding is a great active winter activity. It is a great exercise especially in your legs and abdominal area. It is a great cardiovascular exercise, it increases your heart rate. You can burn 250 to 630 calories for just one hour of recreational snowboarding. Snowboarding also is great for improving balance and coordination.

Local Snowboarding in California;

- Snow Summit: (909) 866-5766
- Snow Valley: (909) 867-2751
- Mountain High: (888) 754-7878

3. Bowling

Bowling is a anaerobic type of physical activity. It is similar to walking with free weights in your hands.

Bowling is a fun and active way to celebrate a birthday party. The flexing and stretching in bowling will work your tendons, joints, ligaments and your arm muscles. You can burn anywhere from 120-300 calories per one hour of bowling.

There are local bowling allies throughout every city. Check your local phonebook for a local nearest you.

4. Trail Hike

Trail Hiking is a great way to be active with your closest friends and family. Hiking is great cardiovascular exercise. It may help improve heart rate, decrease hypertension by dilating blood vessels, decrease cholesterol and decrease weight by burning calories.

Look for walking/hiking trails close to your home. Avoid hiking alone and make sure to bring water and food for your hike.

Local Trails:

- Mt. Rubidoux
- Fontana Jurupa Mountains trail
- Sycamore Canyon Wilderness Park
- San Gorgonio Mountain
- San Timoteo Canyon State Park

KID TOPIC

Many of my friends have toddlers, I decided to add a toddler piece in this month's newsletter. Our kids are our future and we need to keep them healthy and teach them healthy tips. Toddlers are typically picky eaters. We prepare and meal at home and it seems like most of the time they just want to eat frozen nuggets or packaged macaroni and cheese. Being a picky eater is part growing up. It is the job as parents of buy the right foods and prepare it nutritiously and serve it creative.

Toddlers go through food jags. This means they might find one food and eat it over and over again, everyday. This is normal. Toddlers between one and three years old need about 1,000-1,300 calories per day based on their activity level. Aim for a balanced week instead of a balanced day.

1. Toddlers tend to graze all day, it may help if you offer them a "nibble" tray. This will give them choices or snacks to eat all day. Just make sure you fill the "nibble" tray with healthy snacks. When they ask for something offer them the choices off the tray.
Nutritious ideas include; sliced apples, banana wheels (freeze the banana's for a super good treat), carrot swords, cheese building blocks, little O's (o-shaped cereal)
Place the tray in an easy to reach spot for your child.
2. DIP, DIP, DIP; children sometimes find dipping as fun! Try cottage cheese, low-fat cream cheese, fruit preserves, guacamole, peanut butter, and plain or sweetened light yogurt.
3. Spread it; Toddlers like to spread or smear. Give them a plastic spreading device and let them spread cheese, peanut butter, tomato sauce, or applesauce on top of crackers or fruit.
4. Drink it; Kids love beverages. Make a healthy smoothie with your child. Add light yogurt, frozen fruit and low-fat milk for a perfect smoothie.
5. Cut it up; Cut pancakes, sandwiches, waffles, and pizza into various shapes and sizes using cookie cutters.
6. Plant a vegetable garden with your child. Let the child help you water and care for your garden.
 - a. Grate vegetables onto your child's favorite foods such as; rice, cottage cheese, cream cheese, guacamole or even macaroni and cheese.
 - b. Camouflage vegetables with a favorite sauce. Boil and blend vegetables into spaghetti sauce or pizza sauce.
 - c. Make vegetable art. Make different animals by using a variety of vegetables.
7. Give your toddler shelf space; Reserve a low shelf in the refrigerator for a variety of your child's favorite, healthy foods. Whenever your child asks for a snack show him/her where to find it.
8. Let your toddler help make the weekly menu. Decide what you will eat the night before.
9. Let your child help you cook. Children are more likely to eat their own creations. Allow your child to spread bread with cheese or peanut butter, wash lettuce and vegetables, scrub potatoes, or stir pancake batter.
10. Provide a relaxing environment. Do not allow your child to watch television while eating. Put on some fun

HEALTHY BIRTHDAY TREATS

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1. **Strawberry Shortcake:** Buy or make an angel food cake, top cake with fresh strawberries (wash and slice fresh strawberries, about 2 small cartons, add ¼ cup splenda to berries) Top with a dollop of fat free cool whip.
2. **Low-fat Chocolate Cake:** Mix together 1 cup splenda, 1 cup sugar, 1 ¾ cups bleached flour, ¾ cups cocoa, 1 ½ tsp. baking soda, 1 ½ tsp. baking powder and ¼ tsp. salt. In a separate bowl add 1 cup fat free milk, 3 egg whites, ½ cup unsweetened applesauce, and 1 tsp. vanilla extract. Add wet and dry ingredients together. Add 1-cup boiling water and beat at high speed for 2 minutes. Pour batter into a 13x9 nonstick baking pan. Bake at 350 for minutes.

 pudding Frosting: Whisk together 1 box (4-serving box) instant pudding mix and 1 cup fat free milk until thickened. Fold in 2 cups fat free non-dairy whipped topping. Use immediately.
3. **Low-fat Cookie with Fat Free Frozen Yogurt:**
Cookie recipe: preheat oven to 375. Combine ½ cup splenda, ¼ cup brown sugar, packed, 1 tsp. vanilla extract, and 1 egg white. Slowly mix dry ingredients into wet ingredients; 1-cup all-purpose flour, ½ tsp. baking soda, ¼ tsp. salt. Add in ½ cup dark chocolate chips. Bake for 6-8 minutes. Remove hot cookie from oven and top with a scoop of fat free frozen yogurt.
4. **Trifle:** In a clear large glass, coat the bottom with low-fat or fat free vanilla yogurt. Next layer with low-fat angel food cake, cover with yogurt, add a layer of your favorite fresh fruit, and repeat until your last layer is angel food cake covered with yogurt. Decorate the top with a few fresh fruit slices.
5. **Fruit salad with Yogurt Dip:** Cut up several varieties of in season, fresh fruit. Chill parfait glasses. Fill up the glasses with chopped fruit. Dip your fruit into your favorite low-fat fruit yogurt.



Helpful Web Resources

Julianbakery.com
Myfitnesspal.com

Newsletter edited by Jade Morgan

PLEASE NOTE: Always consult a physician before starting a fitness program or changing your diet. Information found in this newsletter is meant to support and not replace the relationship with your physician. Not all exercises or activities are suitable for everyone. If you feel discomfort or pain, stop. The instructions and advice presented are in no way intended as a substitute for medical or psychological counseling.