

Summer 2009

# Nutrition Wellness Program

## Marin Department of Health & Human Services



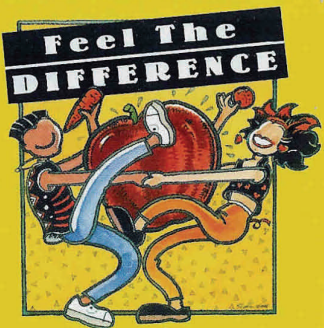
**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## MARIN TAKES THE CHALLENGE

More than half of Bay Area adults and a quarter of children are overweight and at risk for diabetes, heart disease and certain cancers. Empty calories from sugar-sweetened beverages, like soda, are a major contributor to this unprecedented obesity crisis. Take the ***Soda Free Summer*** challenge! Whenever you're thirsty, replace soda with pure, free, refreshing water as often as you can. Your body—and your children's bodies—will thank you! Did you know that:

- Thirty percent of calories consumed daily are from sweetened beverages?
- A study found that 5-6 year olds gained more weight over the summer than during the school-year? (American Journal of Public Health)
- 24-26% of Bay Area 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> graders are overweight, placing them at risk of developing high blood pressure, high cholesterol, asthma, and Type 2 diabetes? Did you also know that they are also more likely to have weight problems in adulthood?
- Teenagers drink twice as much soda as milk?
- Diet sodas, like regular sodas, provide no nutritive value and also contain phosphoric acid, an ingredient that could increase the risk of bone loss later in life?

This summer, Marin County joins six other Bay Area counties in taking the ***Soda Free Summer*** challenge. Marin County's Board of Supervisors has proclaimed Marin to be a ***Soda Free Summer*** champion. Community partners like Kaiser Permanente, First 5 Marin, and Youth Leadership Institute are reaching out to educate everyone about the negative effects of soda and other sweetened beverages. The foodservice director for Novato public schools, Miguel Villarreal, invited students to take the Soda ***Free Summer*** challenge during the month of June. The Marin Municipal Water District joined The Nutrition Wellness Program at The Marin County Fair on July 3 in promoting the Soda Free Summer campaign. "Decreasing soda and sweetened beverage consumption is one of the most promising strategies for preventing obesity." (UC Berkeley Center for Weight and Health, 2003). Help to make Marin families Soda Free Summer champions!



***Eat Healthy!  
Be Active!***

### HEALTHY HABITS FOR EVERYBODY

Feast on Fruits  
& Vegetables

Move it! Improve it!  
Be Active

Supercharge Your Day!  
Eat Breakfast

Be Fiber Fit! Eat Beans  
& Whole Grains

Lighten Up on Sugar,  
Salt & Fat

Quench Your Thirst  
with Water

Power Up - Follow  
the Food Pyramid

A Nutrition Campaign by the County of Marin  
Dept. of Health & Human Services.  
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These institutions are equal opportunity providers.

This material was partially funded by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).

## Nutrition Wellness Program News

### Summer Fun with Strawberries!

Did you know that ...

- California is the largest producer of domestically grown strawberries, supplying 88 percent of the strawberries grown in the United States?
- On average, more than 30,000 acres produce over one billion pounds of fresh and frozen strawberries?
- If all the strawberries produced in California this year were laid berry to berry, they would wrap around the world 15 times. That is enough strawberries to provide every household in the United States with 12 one-pint baskets?
- There are four main growing regions for strawberries in California: Monterey, Santa Barbara, Ventura and Orange/San Diego, each with different growing periods?

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

### Building a Healthy Community: Be Physically Active for at least 30-60 minutes/day!



Many of us spend a lot of time sitting in a car and behind a desk. Kudos to The County of Marin for offering encouragement and financial incentive to those who walk, bicycle, car or vanpool, and/or use transit to commute to work. County Employees can visit The Mine for more information.



For a free ride through Marin's current transportation projects, commute suggestions and more, read 511.org's 101 Commuter Chronicle! [Click logo Here.](#)

### In the Spotlight: Quick & Easy Breakfast

#### Fruit and Yogurt Breakfast Shake

Serving Size: 1/2 of recipe

Yield: 2 servings

#### Ingredients:

- 1 medium very ripe, peeled banana
- 3/4 cup pineapple juice
- 1/2 cup yogurt, low fat vanilla
- 1/2 cup strawberries, remove stems and rinse

#### Instructions:

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between two glasses and serve immediately.

Source: <http://recipefinder.nal.usda.gov/>

#### Nutrition Facts

Serving Size 1/2 of recipe (250g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 2g	8%
Sugars 29g	
<b>Protein 4g</b>	
Vitamin A 2%	Vitamin C 50%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 36g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

The Marin County Department of Health and Human Services' Nutrition Wellness Program works to promote healthy eating and physical activity in a community where the environment and policies supports those behaviors. We work collaboratively with like-minded programs and agencies, school communities and organizations by providing nutrition education and physical activity promotion, technical assistance and educational resources and materials. For more information visit our website at [www.co.marin.ca.us/nutritionwellness](http://www.co.marin.ca.us/nutritionwellness) or contact us at 415-473-6958.

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