

Fall 2011

Poe in the Know

Poe is Up-to-Date with “MyPlate”

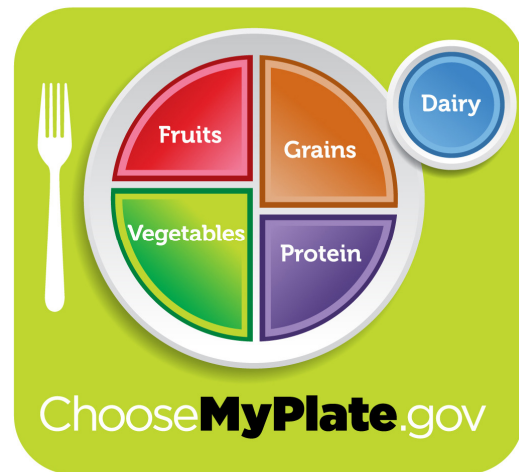
The Poe Center is pleased to announce the unveiling of new and updated exhibits. In keeping current with the Dietary Guidelines for Americans from the USDA, our Nutrition and Physical Education Theater now features a giant magnetic “MyPlate” replacing the former Food Guide Pyramid. Summer interns and nutrition staff have been busy updating our curriculum to include “MyPlate” and corresponding activities. Staff members are being educated on the new recommendations and the “physically active your way” message. USDA guidelines include:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks

Coming Soon...

Nutrition and Physical Activity Website

The Poe Center is in the process of developing a new family nutrition website filled with information, resources and activities related to nutrition and physical activity. The site will primarily be geared toward adults (parents, caregivers, teachers & professionals who work with children) and offers links to games/activities for kids. Poe website staff are working with Signal Design, Inc to develop this exciting new feature, which will launch this fall!



We have also been fortunate to update TAM (Transparent Anatomical Mannequin), the life sized talking health education mannequin who inhabits our General Health Theater. TAM is programmed to discuss body systems and keeping your body healthy, safe and drug free with the push of a button!

This publication was funded in part by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689.

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Sweet Potato Fries

Preheat Oven to 425 degrees. Line a large cookie sheet with parchment paper; spray lightly with cooking spray.

Ingredients

2-3 sweet potatoes, washed and scrubbed
2 egg whites or ¼ cup egg substitute
½ tsp cumin
½ tsp chili powder
½ tsp onion powder
1 ½ tsp garlic powder



Directions

1. Cut sweet potatoes in half, then in strips; place in plastic bag.
2. Combine rest of ingredients.
3. Pour over sweet potatoes in plastic bag and squeeze to distribute mixture over potatoes evenly.
4. Marinate for about an hour.
5. Place potatoes on prepared cookie sheet in single layer. Bake for 15 minutes and then flip over and bake for another 15 minutes till slightly crisp
6. Dip in low fat ranch dressing, barbeque sauce or ketchup.

Makes about 3-4 servings, depending on size of potatoes

A GUIDE TO DINING OUT

Oftentimes, when eating out, we consume more calories and fat than when we cook at home. Eating out at a restaurant does not have to be an unhealthy meal. Here are some tips to make eating out a healthy choice:

Plan Ahead

- Choose a restaurant with a wide variety of menu items.
- Seek out a menu (online, fax) prior to arriving at a restaurant. Choose what you will eat before arriving and you will be less likely to make an unhealthy choice.
- Eat a healthy snack, such as a piece of fruit, before going out so you are not so hungry when you order.

Menu Options

- Choose foods that are described as steamed, baked, broiled or grilled.
- Avoid foods that are described in ways that typically indicate they are fattening such as crispy, fried, rich or au gratin.
- Choose wine or stock-based sauces rather than thick, creamy sauces.
- Request that items be made without butter or oil.

Balance

- Order a meal with foods from different food groups (meat, dairy, fruits, vegetables and grains) to achieve balance.
- For salad-dressing, ask if they have a low-fat or “light” option.
- On sandwiches, opt for no mayonnaise and choose low-fat toppings such as mustard, lettuce, tomato and onion
- Rather than French fries, substitute with a side salad with low-fat dressing, a baked potato, fruit or steamed vegetables.

Portion Sizes

- Many restaurants serve portions that are really 2-3 portions.
- Consider sharing with someone or box up at least ½ of the food to take home.
- Order an appetizer as your meal so you will receive a smaller portion.



The Poe Center for Health Education's mission is to educate and empower North Carolina children, youth and families to make choices that increase positive health behaviors.

Healthy Cooking Substitutions

If a recipe calls for...	Substitute with . . .
Whole milk	Fat-free or low-fat milk
Heavy cream	Evaporated skim milk or 1/2 low-fat yogurt and 1/2 low-fat cottage cheese
Sour cream	Low-fat cottage cheese or plain Greek yogurt

Healthy Snacking Substitutions

Instead of . . .	Choose . . .
Fried tortilla chips	Baked tortilla chips (reduced sodium version)
Regular potato or corn chips	Pretzels or baked potato chips (reduced sodium version)
Ice cream	Sherbet, fat-free or low-fat frozen yogurt
Ice cream bars	Frozen fruit bars

Introducing... New Poe Programs

Check Them Out!

Preschool Nutrition: Food Friends

We need food from every food group every day. Preschoolers will learn when to eat and what to eat through age appropriate songs, rhymes and pretend play. Children identify healthy and less healthy food choices with the help of “Healthy Harry” and “Grumpy Gus.”

Parents Matter!... Five 2 hour sessions

Are you apprehensive about talking to your child about SEX? Parents Matter is a FUN adult program designed to teach parents the skills to effectively communicate. It emphasizes the importance of talking openly and frequently with children about sexual health.

Don't Stand By: Be a H.E.R.O.

This is a class on bullying prevention geared toward 4th and 5th graders. Research suggests that the majority of children involved in bullying are the bystanders. This interactive program offers participants many opportunities for discussion and problem-solving.

Healthy POEtential: In the Real World

Designed to educate families about proper nutrition and healthy lifestyles, this 4-week series consists of one hour sessions covering the following topics:

- Nutrition and physical activity basics
- Food groups, reading food labels and serving sizes
- How to get the most out of your food budget
- A virtual “Grocery Store Tour”

Staff Spotlight:

Stephanie Sorrell

Stephanie Sorrell joined the Poe Center for Health Education in May 2011. She recently graduated from East Carolina University with a Bachelor of Science degree in Public Health Education & Promotion, with a concentration in community health. Following graduation, she completed an internship at the Poe Center for Health Education, where she continues to work as a health educator. Stephanie is passionate about empowering today's youth, as well as the community, to take control of their health and make smart choices. She feels that establishing healthy habits at an early age is key to living a healthy life.



Stephanie is a North Carolina native and currently resides in Raleigh. She and her fiancé, Adam, have a Golden Retriever named Toby. In her spare time she enjoys the outdoors with her dog, traveling with her fiancé, and volunteering with Relay for Life. She is particularly interested in working to prevent chronic disease. Stephanie can be reached at s.sorrell@poehealth.org.

Summer Fun in the Sun

The Poe Center enjoyed another fabulous and fun filled summer with our Healthy Habits campers. The full day camp provides a week of nutrition and physical education instruction to 30 elementary aged children each week. Volunteers were recruited from local high schools to help with management and instruction. A different health related topic is the focus of each day and nutrition is reinforced daily with healthy meals and snacks provided through summer food and nutrition services.

Quotes from parents included: "They have learned a lot. They generally make healthy choices, but having someone else to teach it reinforces home messages." "Fun environment while learning great habits that will last." Favorite activities for campers included water day, painting Frisbees for physical activity day and planting herbs on Food Funatics Day.



Visit our website for valuable health tips, upcoming Poe Center Events and curriculum information. The Poe Center would also love to be your Facebook friend and can be followed on Twitter!

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