



WISEWOMAN UPDATE

June 2007

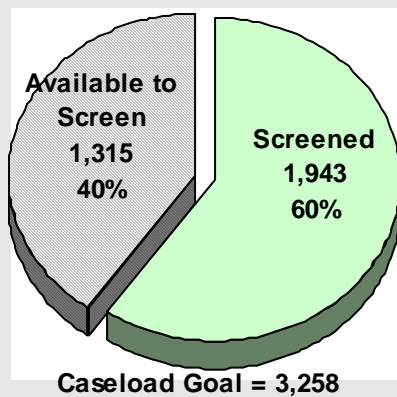
Save the Date: 2007 MCC Annual Meeting

The Michigan Cancer Consortium (MCC) is pleased to announce that the 2007 MCC Annual Meeting is scheduled for Wednesday, October 31 at The Lansing Center in downtown Lansing. Please save this date on your calendar.

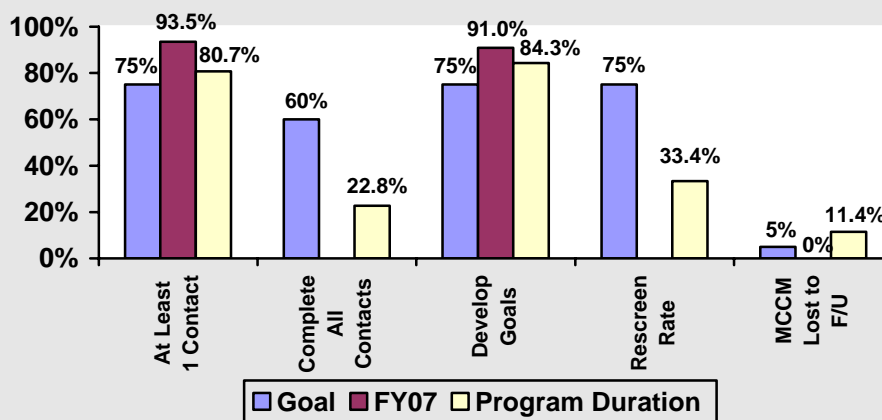
This year's meeting is the first time that Michigan's Cancer Control Community – MCC, BCCCP, and WISEWOMAN Program – will come together to network and explore ways of implementing cancer programs and practices with limited financial resources.

Registration information will be available in the coming months. In the meantime, if you have any questions, please contact Amy Stagg at 517-324-7310 or stagga@michigan.gov.

Stats At-A-Glance



WISEWOMAN Program Indicators



Walk it Off! Strategies to Rack Up More Steps, Burn More Calories

Having trouble reaching the recommended 10,000 steps per day? Try these simple tips to burn more calories without ever setting foot in the gym.

1. **Add short walks whenever you can.** Park your car a block away, get off the bus a stop early, walk to the next post office drop box, or take a lap around the park on your way home.
2. **Buy a new or used treadmill** and vow to only watch TV while you walk.
3. **Join an active group.** Meet with fellow dog owners to walk your mutts, or link up with a local running or hiking group.
4. **Take an extra lap** around the mall before you shop.
5. **Be an active volunteer.** Become a guide at your local art museum or at the zoo, or start taking part in your neighborhood watch.
6. **Convert downtime to walking time.** While your children are at their sports practice, go for a walk.
7. **Eliminate one trip** – car or bus – per week; walk or bike instead. Work up to replacing one trip per day.
8. **Plan an active getaway.** On a hiking trip in the mountains, for example, you can rack up a load of steps (and you won't have to deal with any crowds).
9. **Set up a walking school bus** if you live close enough to school. Shuttle neighborhood children there or back a few times a week.

Information from <http://www.cnn.com/2007/HEALTH/diet.fitness/04/16/health.walk.tips/index.html>



Cookbook of Traditional African American Recipes

The National Cancer Institute has recently updated *Down Home Healthy Cooking: Recipes and Tips for Healthy Cooking*, which provides recipes that are low-fat, high in fiber versions of traditional African American recipes.

To order this publication, please visit

<https://cissecure.nci.nih.gov/ncipubs/details.asp?pid=1385>

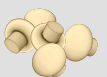




Meal Tips

Here are some easy substitutions for having more healthy meals:

- Choose a leafy green salad instead of a pasta salad.
- Choose a plain baked potato instead of French fries.
- Choose a Portobello mushroom burger instead of a ground beef burger.
- Choose a fruit sorbet instead of ice cream.
- Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.
- Mix iceberg lettuce with spinach and other leafy greens.
- Bake sweet potato wedges instead of French fries.
- Instead of peanut butter and jelly – make a peanut butter and banana sandwich.
- Use lean ground turkey instead of fatty ground beef to cut back on fat in your favorite meatloaf recipe.
- Instead of cheesy, buttery potatoes, have baked sweet potatoes. Sweet potatoes are so flavorful you won't even miss the butter and cheese.
- Make your own pizza and exclude or limit high-fat toppings like extra cheese and sausage and add veggies like bell peppers, mushrooms, and chopped tomatoes. Use a pre-made pizza shell to save time.
- Any whole grain cereal tastes great with added fruit and nuts. Toss the sugary cereal out of your pantry and add fruit and nuts for extra sweetness.
- Make scrambled eggs and roll them into a corn or whole wheat flour tortilla with veggies and salsa. It's easy and wholesome.
- Try granola or yogurt topped with fresh fruit. For those frosty winter mornings, try oatmeal with raisins or apple slices on top.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries.
- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Instead of having a sugary toaster pastry for breakfast, have a piece of whole wheat toast spread with peanut butter and topped with sliced banana.



Meals on the Go



Here are some great tips to help you eat healthy while you are on the go:

- Eat apple slices with low-fat cheese or peanut butter.
- Keep cut up veggies in a storage bag for a quick on the go snack.
- Orange slices make a great snack for kids during sports team's games or practices.
- Raisins and other dried fruit like apricots, cranberries, apples, blueberries – even bananas – are a perfect “go anywhere” snack.
- Grapes, 100% juice boxes, carrot/celery sticks with low-fat dip, fruit shake or smoothie, trail mix, and frozen fruit bars are great quick snacks.
- Take an apple, banana, plum, pear, peach, or other grab and go fruit. Add a low-fat granola bar for a quick and easy breakfast.
- Make breakfast smoothies with fresh or frozen fruit, low-fat yogurt, and 100% orange juice. They're like milkshakes, take about 5 minutes to whip up, and are easy to drink on the go.

Calorie Substitutions

Eating fruits and vegetables instead of higher-fat and higher-calorie foods may make it easier to control your weight. But remember, fruits and vegetables have calories too. The key is substitution, which can decrease the total amount of calories eaten in a day.

- Choose pieces of fresh, whole fruit instead of baked goods for a sweet snack.
- Choose crunchy vegetables instead of chips for a lunchtime side-dish.
- Choose broth-based vegetable soups instead of cream-based soups for a lower fat alternative.
- Choose a fruit smoothie instead of a milkshake.
- Choose fruits and veggies packed in water or 100% juice rather than those packed with syrup, fats, oils, or creamy sauces.

