

Become a 'Food Active-ist'

Do you have the pizza delivery number on your speed dial? Do you sometimes stop at a fast-food drive-thru on your ride home? Is your freezer filled with your favorite microwavable cheesy burritos?

These days, it's much too easy to consume lots of calories while expending very few calories. Try to balance the equation by making physical activity a part of food preparation and consumption. Here are a few suggestions for how to make this happen:

- It's not too late in the season to plant some salad greens and herbs in a small garden bed or patio container. Working the soil is great exercise.
- Save gas and walk or bike to your local grocery store. Better yet, explore a nearby farmers market on a sunny Saturday morning. It's a great way to get outdoors.
- Pack up the family and head out to a local u-pick berry farm. Enjoy a picnic afterward.
- Cook from scratch. Standing while peeling, chopping, slicing and cleaning up all count as physical activity. Teach your kids how to cook, too.
- When eating out, choose a restaurant within walking distance. Burn calories getting there and getting back.

Prevent "nature-deficit disorder"

Children age 8 to 18 spend more time on electronic media indoors than ever before – 7 1/2 hours per day according to the Kaiser Family Foundation. The resulting lack of physical activity and disconnect with the natural environment have been linked to a host of maladies, from excess weight to vitamin D deficiency to high blood pressure. The remedy is pretty simple – children and people of all ages need to get outside and enjoy some healthy, active outdoor fun. The American Recreation Coalition has once again named this coming June as "Great Outdoors Month", an umbrella effort linking dozens of special days and activities including National Get Outdoors Day on June 11. Visit www.nationalgetoutdoorsday.org.

If your community doesn't offer enough opportunities or spaces for people to get active, get involved in creating them. Join a local organization to establish green public spaces like parks, community gardens, hiking trails and bike paths.

Berry-Lemon Parfaits

If you can't find fat-free Greek yogurt at your supermarket, use fat-free plain yogurt and drain it for 15 minutes in a paper-towel-lined strainer before using.

Ingredients

2 cups (16 oz) fat-free Greek yogurt
1 teaspoon fresh grated lemon zest
2 tablespoons fresh lemon juice
2 tablespoons sugar
2 pints (about 16 oz) fresh-picked raspberries, blueberries and/or small strawberries, rinsed and lightly patted dry

Preparation

1. In a bowl, blend yogurt, lemon zest, lemon juice and sugar.
2. Spoon yogurt mixture alternating with berries into four tall parfait glasses. Chill about 15 minutes before serving.



Nutritional info per serving

158 Calories
0g Fat
0g Saturated fat
6g Protein
37g Carbohydrate
8g Fiber
68mg Sodium
196mg Calcium

Source: Alere Kitchens