



THE FAN GOALS



1 / Become physically active at a moderate intensity for 150 minutes per week.

 **2** / Eat about 2 cups of fruit and at least 3 cups of vegetables each day.

 **3** / Eat more whole grain foods.

 **4** / Eat less fat, especially saturated fat.

 **5** / Eat less sodium (salt).

FAN Monthly

MONTH 5



Dear FAN Committee,

Welcome to Month 5! This month we focus on identifying barriers for physical activity and healthy eating and coming up with solutions to address those problems.

FAN Goals of the month:

- 1) Encourage your members to identify any barriers or problems they may be having with healthy eating and physical activity.
- 2) Focus on trading out bad fats for healthy ones!

Problem Solving Healthy Eating...

Many people have a hard time when problems get in the way of healthy eating. Common problems or barriers include *lack of time*,

easy access to fast foods, and *social events* that are built on bringing people together with tasty, but mostly unhealthy food. When time, taste, convenience, or friends stand in the way of your healthy plan, **problem solve**: know your barriers, brainstorm possible solutions, and choose healthier options one step at a time.

Physical Activity...

Having trouble sticking with your physical activity plan? Don't be discouraged! Even if you have taken a break and have not been as active as you would like, long term physical activity wellness is for a lifetime. Remember that *some* physical ac-

tivity is better than none.

FAN understands that developing strategies for solving these problems can be a challenge. Teach your committee members and your congregation how to identify problems that prevent them from reaching their **FAN Goals** and help them to develop strategies for solving these problems.

Remind members: all things in moderation, and do not give up!

Month Five Materials

Healthy fats help to protect the body and regulate hormones!

Handouts. You can hand out these educational materials to your church members, post them on your bulletin board, or use to get ideas for messages to share at worship services. This month's materials include:

- Healthy Eating Barriers and Tips
- Reach for the STARS—Healthy Eating
- Planned and Healthy Snacking
- Physical Activity Barriers and Helpful Tips
- Reach for the STARS—Physical Activity
- The Facts on Fat from the AHA
- Make Easy and Healthy Family Meals

Bulletin inserts. Place these inserts inside your church program. Make an announcement about it during service. This month teaches "Problem Solve: Overcome Your Obstacles!"

Next Issue. The upcoming FAN Monthly for month 6 will address skills for planning ahead for healthy eating and

Cookin' Corner

Greetings FAN cooks, lead kitchen staff, and menu planners!

This month we talk about **eating healthy fats** for better health.

You might feel the need to cut fats out of your diet completely with all the talk of how bad fats are for you. However, not all fats are bad for you. In fact, your body **needs** a certain amount of fat to maintain normal function.

Saturated fat is an "unhealthy" fat. A diet with this fat can lead to higher cholesterol and an increased risk of heart disease.

The recommended fats are **monounsaturated, polyunsaturated, and omega-3 fatty acids**. Monounsaturated and polyunsaturated fats are found mainly in vegetable oils, nuts, and seeds. Olive oil is a good source of this type of fat. Omega-3 fatty acids are found in flaxseeds, pecans, and walnuts. This month's recipe uses flaxseed to add a great nutty flavor and healthy nutrients to your diet. Flaxseed is also a great way to add some healthy fat to your diet and is a good source of fiber.

What is Flax?

Flax is a multipurpose crop that is grown throughout the world. Flaxseeds are small and can be reddish brown or golden yellow. They have a nutty flavor as well as a crunchy and chewy texture.

What are the benefits of Flax?

Flaxseeds have lots of nutrients. They are a source of complete protein; they contain all the essential amino acids in the amounts needed for human health. They contain large amounts of vitamins and minerals AND are a great source of healthy fat for your diet.

FAN Tips: Looking for ways to add Flaxseed to your diet? Try these:

- Sprinkle ground flax on cereal, yogurt, or salads.
- Mix a tablespoon of ground flaxseed into smoothies.
- Coat fish or chicken in ground flaxseed for a healthy oven fry.
- Just as you can add vegetables, you can add flaxseed into meatloaf or meatballs.
- Bake ground flaxseed into cookies, breads, muffins (like the recipe below!) or other baked goods.

Mighty Bran Muffins (Makes 12 Muffins)

Ingredients:

1 ½ cup flour
¾ cup flaxseed meal
¾ cup grape nuts
1 cup brown sugar
2 tsp baking soda
1 tsp baking powder

½ tsp salt
2 tsp cinnamon
1 ½ cup carrots, shredded
2 apples, diced
½ cup raisins

¾ cup skim milk
1 egg + 2 egg whites
(beaten)
1 tsp vanilla

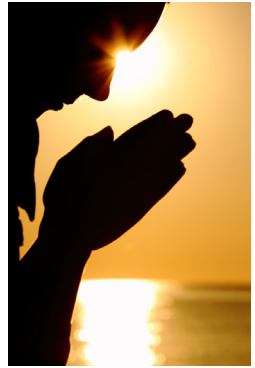
Instructions: Combine dry ingredients in a bowl. In another bowl, add milk, eggs and vanilla. Add to dry ingredient bowl and stir until mixed. Line muffin tin and bake at 350 degrees until done (can stick with a knife or toothpick and comes out clean). Allow 5 minutes to cool on cooling rack.

Nutrition per serving (1 muffin)

Calories: 270 Total Fat: 6g (Saturated: 0 g, Trans fat: 0 g) Carbohydrates: 51g Fiber: 7g Protein: 7g
Sodium: 65mg Cholesterol: 4mg

“Be strong and of good courage, and do not fear nor be dismayed, for the Lord God, my God, will be with you.”
I Chronicles 28:20
(NKJV)

Don't quit! Help FAN church members work through barriers and problem solve to achieve your FAN health goals.



Hyperlipidemia (High Cholesterol), Healthy Eating, and Physical Activity!

Health Tip of the Month:

- Hyperlipidemia refers to high levels of lipids and cholesterol in the blood.

What are the good and bad types of cholesterol?

- **LDL** (low-density lipoproteins) is the “bad” cholesterol. The more LDL you have in your blood, the higher your risk of heart disease.
- **HDL** (high-density lipoproteins) is the “good” cholesterol that helps lower your risk of heart disease!

What are the BEST ways to im-

prove cholesterol levels?

- Eat *less* saturated fats
- Eat **more** unsaturated fats
 - Most fats in vegetables, grains, and tree nuts are unsaturated! Make small changes like replacing butter (a saturated fat) with olive oil (an unsaturated fat).
- Eat **more** nuts and high fiber foods
 - Good sources of fiber include vegetables and whole grains, like oat bran, whole oats, beans, peas, and **flaxseed**! Check out this Month's recipe for how to incorporate flaxseed in a tasty way.
- Get **more** exercise
 - Aerobic exercise is one of the few proven ways to raise HDL. Check your **FAN Goals**—try to get up to 150 minutes of moderate-intensity physical activity a week!



“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”
Philippians 4:6
(NKJV)

Pastor Activity

Dear Pastor,

We know that eating healthier and being more physically active won't come without some bumps in the road. Learn how to problem solve issues that you may encounter with 1) healthy eating and 2) reaching your physical activity goals, which will give you the confidence to continue on your way!

Activity 1: *Develop a plan. Solve problems that stand in the way of healthy eating.* Many people have a hard time when problems get in the way of healthy eating. Common problems or barriers include *lack of time, easy access to fast foods, and social events* that are built on bringing people together with tasty, but mostly unhealthy, food. Remember: all things in moderation!

- 1) Review the “**Common Barriers and Tips to Healthy Eating**” handout (all handouts are in the FAN electronic resources).
- 2) Use the “**Reach for the STARS—Healthy Eating**” handout to help identify your barriers to healthy eating. Think about the best solutions and apply them when the going gets tough.
- 3) Use the “**Planned and Healthy Snacking**” handout to learn snacks that are low in saturated fat, salt, and sugar.

Share this message:

- * Inspire a fellow church member to identify personal problems that prevent them from eating healthy, and help them develop strategies for solving these problems.
- * Fight hunger by packing healthy snacks (low in saturated fat, salt, and sugar) for the day.
- * Share your handouts on both healthy eating and physical activity with your congregation.
- * Talk with a friend about how they stay inspired to reach health and spiritual goals. This may lead to some very good ideas!
- * Your church is listening! Announce your progress during the worship service to encourage and inspire action.

Activity 2: *Develop a plan. Solve problems that stand in the way of physical activity.* Having trouble sticking with your physical activity plan? Don't be discouraged! Even if you have taken a break and have not been as active as you would like, long term physical activity wellness is for a lifetime. *Some physical activity is better than none!* Don't quit—just get back into the swing of things.

Many of us get bored doing the same activity or we may become *less motivated* to keep our plans in action. Use this month's tools to help **focus** on what keeps you motivated and what to do when obstacles (i.e. lack of motivation) get in your way.

- 1) Review the “**Physical Activity Barriers and Helpful Tips**” handout
- 2) Use the “**Reach for the STARS—Physical Activity**” handout to help you plan for barriers to a physically active lifestyle!

Think about the **best** solutions and apply them when the going gets tough!

