

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Path Awards

On April 3, 2013, two members of the Consortium for a Healthier Miami-Dade were honored at the 2013 Florida International University’s Robert Stempel College of Public Health and Social Work Path Awards. Florida International University’s Robert Stempel College of Public Health and Social Work bestows the awards to recognize individuals in public health, social work and dietetics for their contributions and commitment to promoting and protecting the health of the South Florida community.

The Path Awards from the Robert Stempel College of Public Health & Social Work has recognized community partners and exemplary professionals in dietetics, public health, and social work since 2006. It celebrates the work of promoting health, safety, and wellbeing in South Florida. Additionally the event serves to raise community awareness and understanding of the contributions made by public health, social work and dietetics professionals. Thus far, forty-two individuals have been honored for their work and contributions.

The 2013 Nomination categories included Advocacy, Disease Prevention, Environmental Health, Social Wellbeing and Innovation. Steven Marcus Ed.D. President and CEO of Health Foundation of South Florida (HFSF) received the prestigious Stempel Award. Mrs. Weller, RN, BSN, MBA-HSM, and director of the Office of Community Health and Planning, received the Disease Prevention award.

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-Consortium Initiative Advancement Team



How to maintain your healthy diet while at a fast food

Although fast food restaurants don't always offer us the healthiest of options many people find that they have to eat fast food from time to time. Of course you do! They are not going to disappear; you kids are not going to forget they exist. (Not mine for sure). So how can we make the most of a fast food meal? Below we will look at ways of healthy fast food eating so that you can still enjoy what you like. The good news is that many fast food restaurants are now producing healthier menu options which you can choose from.

Most fast food restaurants are now providing post nutritional information regarding their foods on their websites and on the walls of their operations, take a look. So it will make it easier for you to decide what you can and should order before you go there and thus you will avoid the less nutritious, high calorie options that are available. Also pay attention to any changes they make to their menus or any new items that they have as more and more of these restaurants are paying attention to what their customers want. Often some restaurants will try a new item before they permanently adding to their menu.

When choosing an item from the menu try to consider the of the amount of calories that are in salad dressings, cheese and sour cream and to make your meal that little bit more healthier is just that you simply do not have any condiments with it. So next time ask for a grilled chicken sandwich but get them to hold the mayonnaise. Some restaurants are now offering their customers alternatives like salads with low calorie or fat free dressings. But if they do not then see what you can do before ordering in order to make your meal more nutritional and less fattening.

PORTION CONTROL

The most important process of eating anything in this life time is Portion Control. If you do nothing else make this your stick to it law. Watch the sizes of the portions.

If at all possible order a smaller or regular portion, NEVER THE GIANT PORTION, normally a restaurant size portion is between 2 OR 3 times bigger than what we would normally eat in your own home.

ORDER FOODS TO GO

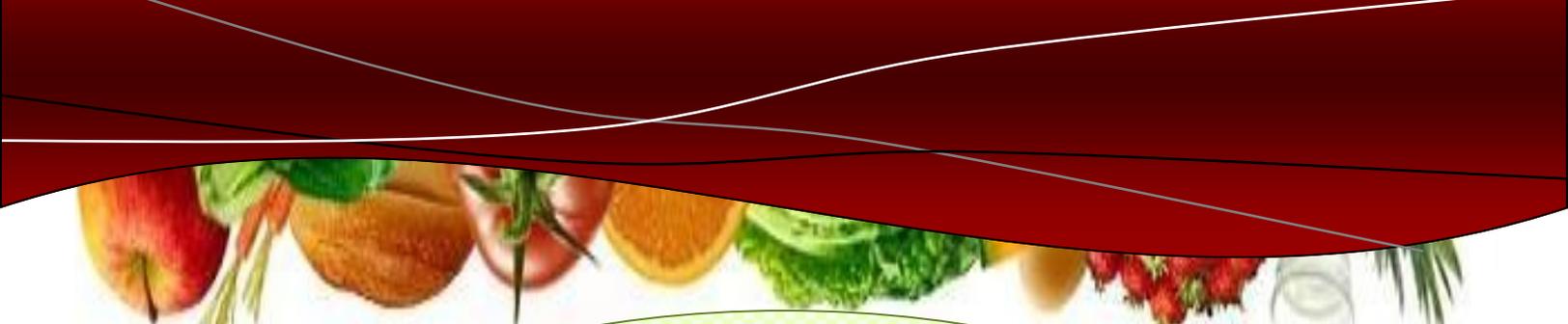
It is a fact that people tend to eat more when not eating at their own table at home. If the temptation isn't in front of you then you are less likely to over indulge.

TRY THE LIGHT MENU

Many restaurants will indicate healthy choices on their menus and so these are the ones that you should TRY to be eating and not going for those that contain all the bad things that are no longer part of your nutritional diet.

Healthy Fast Food eating is possible, what you need to do is look at what the healthy alternatives they have available as well as remembering to keep the portions you eat normal.





Healthy Recipe



Floridian Salad with Strawberry Dressing

Ingredients:

Baby Field Greens - Carton Berry Tomatoes sliced in half- Broccoli & Cauliflower – Shredded Carrots -
1 Can of cut Hearts of Palm- 1 can Mandarin oranges - 1 carton of Strawberries-

Toasted Coconut

Dressing

Virgin Olive Oil • Balsamic Vinegar • Jar of Honey • Fresh Strawberries – Cut in half

Instructions:

1. Place all the ingredients in large salad bowl or platter. Starting with your greens, layer each item.
2. In a second bowl add all dressing ingredients, mix well, then add Sliced Strawberries and toss.
3. Drizzle dressing over your Summer Salad
4. Top with Toasted Coconut and serve

-Short Chef



National Physical Fitness and Sports Month

President Barack Obama issued a proclamation declaring May National Physical Fitness and Sports Month. In that proclamation he calls on all Americans to make daily physical activity, sports participation and good nutrition a priority in their lives.

Everyone can benefit from exercise:

Physical activity can improve muscular fitness and bone and heart health for kids and teens

Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer for adults

Physical activity can lower the risk of falls and improve cognitive functioning for older adults.

Have a Healthy *May!*

Resources:

www.ShortChef.com

www.LetsMove.gov

Upcoming Events

We would like to invite you to celebrate
the Consortium for a Healthier Miami-Dade
10 year Anniversary
at the Annual Seminar & Showcase Meeting



May 24, 2013

From 8am to 12pm

Sofitel Hotel

5800 Blue Lagoon Drive

Miami, FL 33126

Parking \$6.00

For additional information or to participate in the Consortium contact us at:

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www.healthymiamidade.org