

CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

FALL 2002

In this issue...

PRESENTING

- “Recipes for Success” Conference in November!
- Size Matters!
- How to pick healthier pizzas
- A Celebration of Culture: Fall Festivals in Asia
- Plus... CANFit Academic Scholarship winners, new grantees, healthy recipes, and much more!



Stay tuned for CANFit's new video "P.H.A.T.", featuring fresh hip-hop choreography, beats, and youth testimonials on nutrition and fitness.

Special shout-outs to all the youth who participated in the video shoot!

Bryonna Bobino
Tempie Charles
Steven Davis
Janai Lewis
Parris Moore
Ryan Neal
Clifton Perry
Shyloe Pollard
Tina Provost
Kaylah & Robert Rainey
Niquon Windham

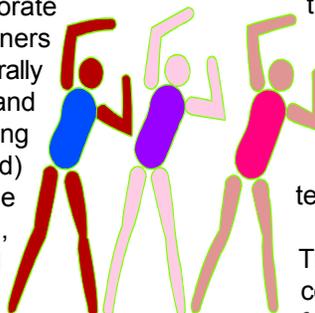
CANFit's 3rd Biennial Conference...

**HERE IT
COMES!**

“From Practice to Policy: Recipes for Success” is taking place November 20th-22nd at the Shelter Pointe Hotel and Marina in San Diego. Besides having the chance to learn, share, and collaborate with private and public partners about the importance of culturally appropriate healthy eating and physical activity for improving adolescent (10-14 year-old) health, participants will be able to enjoy the pools, jacuzzis, jogging paths, and complimentary access to a fully equipped health club.

This dynamic, interactive conference will highlight how culture, race, and ethnicity affect eating and physical activity in low-income, ethnic communities, and how these factors influence adolescent health and program development. Workshop topics include body image, hip hop and youth, and program evaluation techniques.

The keynote speaker for the conference will be Ivan Juzang, founder of MEE Productions, a



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From the Executive Director

Once again, the summer has flown by. This was a particularly eventful summer for the California nutrition and fitness community. Every day, there seemed to be a new major article or magazine story about the need to change our food and physical activity environment. Dr. Marion Nestle released her ground-breaking book, Food Politics, and gave public presentations to over 500 people in Berkeley and Los Angeles. In August, the Los Angeles Unified School District voted to ban soda from all LA schools (effective in 2004). With this kind of momentum, maybe our vision of having an environment that supports healthy eating and activity for all, regardless of income or ethnicity, is only a few steps away. Let's keep our eyes on the prize.

Arnell J. Hinkle, RD, MPH

"NO KIDDING" SIZE DOES MATTER!!

When it comes to eating healthy, how much you eat is just as important as what you eat. Over the last fifty years, portion sizes have grown significantly. Back then, a "family size" bottle of Coke was 26 ounces, only slightly larger than the current single-serve bottle of 20 ounces. The typical McDonald's meal (burger, fries, and a 12 ounce Coke) used to provide 590 calories. Now the Super Size Quarter Pounder with Cheese Meal (with Super Size fries and Super Size Coke) packs a robust 1,550 calories.

Portion sizes have steadily increased since the 1970s, with a sharp jump in the 1980s, a trend paralleling the increase in obesity that has taken place over the last two decades. Research shows that between 1978 and 1995, the average daily caloric intake has ballooned from 1,876 to 2,043, an amount equaling an extra 17 pounds of body fat per year.

It isn't that people are hungrier than they used to be. Restaurants are well aware that when people are served more, they eat more. Fast food chains in particular are notorious for using marketing tactics that convince you to eat more. They verbally encourage customers to upgrade to larger sizes and combine entrees with high-calorie side dishes and soft drinks. Value marketing offers consumers more food for less money, making them think they are getting a bargain. In reality, the true price of larger portion sizes is proportionately more calories and saturated fat.

Use Your Hands to Visualize Portion Sizes



- Clench one fist for 8 fluid ounces (cold and hot beverages)
- Cup two hands for 1 cup (breakfast cereals, soup, casseroles, chili, green salads)
- Cup one hand for ½ cup (hot cereal, pasta, fruit salad, berries, applesauce, ice cream)
- Look at the palm of one hand for 3 ounces (cooked meat patty, chicken breast, canned fish)
- Press two thumbs together for 1 tablespoon (peanut butter, cream cheese, salad dressing)



THE SMART WAY!

Easily accessible and affordable, pizza is often a popular meal and snack choice. But don't be fooled- a pizza with lots of cheese and meat toppings can add up to a FAT disaster. The June issue of *Nutrition Action Health Letter* analyzed the nutritional content of pizzas from some popular chain restaurants. The following are some of the best and worst choices:

Cheese Pizza

Best: Domino's Hand Tossed Cheese, with half the cheese
2 slices: 480 calories, 12 g fat

Worst: Pizza Hut Stuffed Crust Cheese
2 slices: 890 calories, 38 g fat

Veggie Pizza

Best: Pizza Hut Hand Tossed Veggie Lover's
3 slices: 550 calories, 14 g fat

Worst: Domino's Thin Crust Vegi
5 squares: 780 calories, 38 g fat

Chicken vs. Pepperoni Pizza

Best: Pizza Hut Thin N' Crispy Chicken Supreme
2 slices: 540 calories, 18 g fat

Worst: Pizza Hut Stuffed Crust Pepperoni Lover's
2 slices: 1050 calories, 52 g fat

Here are some helpful hints to make your pizza more healthy:

- Choose vegetable toppings. They are low in calories and rich in nutrients, and restaurants generally apply less cheese when you order toppings; hence you will get more flavor and fiber and less fat.
- Avoid the extra cheese. Reduce your fat intake by a third by ordering "half the cheese" (half the regular amount of cheese on the entire pizza).
- Lay off the meat. Multi-meat pizzas with titles such as "Meat Lover's" or "Meatzza" are a heart attack waiting to happen. Choose chicken or ham rather than sausage or pepperoni
- Serve pizza with a healthy fruit salad for dessert.



What's Happening at CANFit...

“And the 2002-2003 Winners Are...”

Intervention Grantees

• Mission Neighborhood Centers, San Francisco

The Mission Girls program will offer holistic programming to at-risk Latina girls, instilling positive decision-making skills regarding personal health, nutrition, and body image. Contact: Gloria, (415) 648-2826.

• Sports4Kids, Oakland

Based on findings from their planning grant, Sports4Kids will institute a nutritious snack program for their after-school programs in 30 schools. Contact: Jonas, (510) 893-4180.

• The United American Indian Involvement, Inc., Los Angeles

Based on planning grant findings, UAI will implement recreational sports programs, swimming sessions, and nutrition training for youth and parents. Contact: Irvin, (213) 202-3976.

• County of San Diego, Department of Parks & Rec, Pauma Valley

Based on a curriculum created in two previous planning grants, Spring Valley youth in the “To Your Health” project will participate in cooking classes, innovative nutrition and physical activity workshops, and field trips. Contact: Christine (858) 694-3046.

• Indian Health Council, Inc.

IHC will engage youth in planning, designing, and constructing a new playground facility, as well as gardening and cooking sessions. Contact: Garry, (760) 749-1410 x 169.

Academic Scholarship Recipients

Rosario Aguirre- CSU Sacramento

Michiko Hara- CSU Los Angeles

Melissa Martinez- CSU Fresno

Gwendolyn Moore- Loma Linda University

Ilda Ovalle- Cal Poly, San Luis Obispo

Anna Pineda- Loma Linda University

Gloria Roman- UC Berkeley

Melanie Ruiz- Santa Barbara City College

Craig Sanchez- San Jose State

Stacie Tsukada- Cal Poly Pomona

Rosalynne Tu- UC Berkeley

Nancy Uribe- Cal State Los Angeles

Conference Continued

unique and groundbreaking market research and communications company with offices in Philadelphia and Washington DC. Juzang, who got his MBA from The Wharton School of Business in 1990 and his B.S. degree from Carnegie-Mellon University, both manages and produces all of MEE's research-based communication projects targeting African Americans and urban youth, with clients including SmithKline Beecham, The Centers for Disease

Control and Prevention (CDC), Columbia Tri-Star Pictures, New Line Cinema, and The Ford Foundation.

A pre-conference workshop featuring nutrition and physical activity tips for working with youth will also be offered, with a Spanish version available if enough interest is expressed.

For a full list of workshop descriptions, see www.canfit.org or call (916) 925-0983.

Meeting Calendar & Deadlines



September- 5-A-Day Month. Eat an extra serving of fruits and vegetables.

October 23- Recipes for Success workshop, Fresno Cooperative Extension

October 30- Recipes for Success workshop, Alameda Cooperative Extension

November 20- Pre-Conference “Recipes for Success” workshop, Shelter Pointe Hotel and Marina, San Diego (also available in Spanish)

November 21-22- CANFit's 3rd Biennial Conference, “From Practice to Policy: Recipes for Success”, Shelter Pointe Hotel and Marina, San Diego

Call (510) 644-1533 to register for or learn more about any of these!

Snack Idea



Banana Crunch Pops

1 8-oz nonfat yogurt, any flavor
1/4 tsp ground cinnamon
6 wooden sticks
3 bananas
1.5 cupts granola or crisp rice cereal

1. Peel bananas and cut in half crosswise.
2. Place yogurt in a shallow dish; stir in cinnamon.
3. Insert a wooden stick into each banana piece and roll in yogurt.
4. Place cereal in a small, shallow dish. Roll the banana pieces in the cereal and place on a waxed-paper-lined baking sheet. Place in the freezer.
5. Let stand at room temperature for 10 minutes before serving.

Yield: 6 servings
156 calories, 2 grams of fat

CANFIT

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CANFit is... a non-profit organization that engages communities, and builds their capacity to improve the nutrition and physical activity of California's low-income, American Indian, Latino, Asian/Pacific-Islander, and African-American adolescents 10-14 years of age).

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A Celebration of Culture: the Fall Festivals of Asia

While youth in the United States celebrate the fall with candy and turkey, their Asian counterparts are partaking in other types of festivities. The following are some of the celebrations that take place during the fall in Asia:

China: the Mid-Autumn Festival is a time for family and loved ones to gather in honor of the full moon, a symbol of abundance, harmony, and luck. Children enjoy animal-shaped lantern processions, puppet shows, and delicious mooncakes. A similar festival also takes place in Singapore and Vietnam.

Japan: Nagasaki's Okunchi Festival, which takes place in October, is known for its dragon dance, which originated in China. Floats depicting Edo-period trading ships, spouting whales, and other symbols are often paraded throughout the streets. The first fruits of the paddy field are offered to the gods.

Korea: Chu Suk takes place in October, when families travel to their ancestral sites to observe memorial services. Activities include wrestling, archery, singing folk music, and a game called turtle tag.

India and Sri Lanka: Diwali is a Hindu festival of lights to celebrate family, wisdom, values, and religion. Children dance, play with firecrackers, and draw chalk pictures on the sidewalk. In Bengal, people alternatively hold a festival in honor of Kali, the Goddess of strength, disease, and death.

Nepal: Indra/ Kumari Jatra takes place on September 20. It is a street festival in Kathmandu to commemorate good harvests after the monsoons; people crowd the streets, playing drums and dancing.

To submit an article or announcement, or to be added/removed from the newsletter mailing list...

Contact Us at...

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