



Lemon Corn Cake

A sweet variation of Mexican cornbread that can be served as a breakfast bread or as a side dish for dinner.

Ingredients:

- 1 cup yellow corn meal
- 1 cup flour
- 1/2 cup sugar
- 1 tbsp. baking powder
- 1 tsp. salt
- 6 oz. low-fat lemon yogurt
- 2 tsp. finely grated lemon peel
- 1 tbsp. oil
- 1 egg yolk
- 2/3 cup 1% low-fat or nonfat milk
- 3 egg whites
- Nonstick cooking spray

Optional lemon glaze:

- 3 tbsp. lemon juice
- 1/2 cup powdered sugar

Directions:

Preheat oven to 400°F. Mix first five ingredients together in mixing bowl. Combine yogurt, lemon peel, oil, egg yolk and milk together and stir into dry ingredients just until blended. Whip egg whites with mixer until stiff. Fold into corn meal mixture. Pour into round 9-inch cake pan coated with nonstick cooking spray. Bake for 20-25 minutes or until corn cake is done.

For optional lemon glaze: Over low heat blend lemon juice



The Super Food Challenge

March is [National Nutrition Month](#). Imagine a food that is not only nutritious but also can lower your cholesterol, reduce your risk of heart disease and cancer, or put you in a better mood. WebMD calls these the Super Foods and they really are super for your health.

The Super Foods include:

- B-foods: Beans, Blueberries and Broccoli
- O-foods: Oats and Oranges
- Pumpkin
- S-foods: Salmon, Soy and Spinach
- T-foods: Tea (green or black), Tomatoes and Turkey
- Walnuts
- Yogurt



[Click here](#) to find out how you can try the Super Foods and win \$400 in free groceries from Farm Fresh Delivery.



FitCity Mom Gets Healthier by Going Red

Twelve weeks ago, Amy Magan, 39-year-old mother of three, began the Go Red BetterU Heart Healthy Makeover Challenge presented by St. Vincent Heart Center of Indiana.

FitCity is excited to share the success of this FitCity Mom. She has successfully:

- Lost 25 pounds (still plans to lose 55 more)
- Dropped 53 points off her bad cholesterol
- Decreased the amount of her blood pressure medication
- Developed and committed to an exercise routine.

Follow her success and see how she works to accomplish her goal of losing a total of 78 pounds. Amy also is considering celebrating her 40th birthday in Aug. by participating in a triathlon. Visit the [Better U blog](#) and [FitCity Moms blog](#) for updates from Amy.

Tackling Childhood Obesity from the White House

Last month, First Lady Michelle Obama launched a [Let's Move](#)

together with powdered sugar. Pierce cake top repeatedly with fork. Slowly pour glaze evenly over the top.

Rate this Recipe: FitCity invites you to [submit your review](#) of this recipe - or choose from one of the nearly 100 tasty, healthy - and easy - recipes in our FitCity [Recipe Archive](#).

St. Patrick's Day Party Planning

Keep your kids' Irish eyes smiling with these tips for a traditional - yet healthy - St. Patrick's Day Party.



Serve green finger foods:
-green pistachio nuts
-green tortilla chips with guacamole dip

Make a green fruit snack tray:
-green grapes
-kiwi slices
-green apple slices

[Click here](#) for more ideas.

Indy Fit Chats



Join FitCity Twitter Chats with Indy experts. On Mar. 9 we will Twitter Chat with Audrey

Satterbloom about school wellness initiatives and on Mar. 23 Laura McCammack will Twitter Chat about portion control.

- Follow [@fitcityindy](#) on Twitter.
- Search for #indyfitchat posts between 6:30 - 7:30 p.m.
- Send us your questions in advance to comments@fitcityindy.org or via Twitter.

Connect2Help Hosts the Biggest Loser



[campaign](#) in an effort to raise a healthier generation of kids. Childhood obesity continues to threaten the healthy future of one third of American children. Obesity rates have tripled in the past 30 years, which means American children may face a shorter expected lifespan than their parents. Americans spend \$150 billion every year to treat obesity-related conditions, and that number is growing. These are just a few of the reasons motivating the First Lady to get Americans moving.

Let's Move will [give parents the support they need](#), provide [healthier food in schools](#), help our kids to be [more physically active](#), and make [healthy, affordable food](#) available in every part of our country. FitCity has been doing this for Hoosiers for the past six years in various ways:

- Giving parents support through the Moms Blog, Facebook, Twitter, Web site resources and Connect2Help.
- Working with schools at the request of Learning Well clinic nurses, principals and wellness directors to teach children healthy habits.
- Reaching families by partnering with local youth-serving and faith-based organizations to promote healthy activities.
- Working with the media to connect people to resources and share practical healthy messages.

FitCity Calendar

- Saturday, Mar. 13: [Kids in the Kitchen](#), 10 a.m.-1 p.m., Nora Elementary School, 1000 E. 91st St. Children grades 3-6 are invited to a free, fun event that promotes healthy lifestyles through hands-on learning. To sign-up call the Junior League at (317) 925-4600.
- Sunday, Mar. 14: [Big Ten Hoops Day 5K](#), 11 a.m., Conseco Fieldhouse, 125 S. Pennsylvania St. A run/walk event that celebrates the spirit of Big Ten Men's Basketball. For more information visit www.tuxbro.com.
- Saturday, Mar. 20: Spring Into Wellness Community Health Fair, 1-4 p.m., [Jameson Camp](#), 2001 Bridgeport Rd. Meet new people and discover innovative fitness ideas. Free food. Summer camp registration will be open. For more information call (317) 241-2661.
- Saturday, Mar. 27: [Underground Railroad Run](#), 9 a.m., Westfield High School, 18250 N. Union St. A 5K run and 3K walk to support scholarships. For more information visit www.kenlongassoc.com.

For more events and FitCity resources visit www.fitcityindy.org or call 2-1-1.

FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of](#)

FitCity applauds Connect2Help - a FitCity supporting partner - for its commitment to the health of its employees. Connect2Help is hosting The Biggest Loser Competition - a fun way to encourage their staff to participate in a fitness plan and develop healthy eating habits.

Is your company or your family doing something creative to encourage healthy living? [Click here](#) to share your story with FitCity.



Cool Clicks for Kids

www.foodchamps.org: games that teach kids about healthy eating

www.nourishinteractive.com: fun nutrition games and interactive tools

www.sunkist.com/kids: recipes, games and experiments for kids to enjoy

www.fitcityindy.org/just-for-kids: games, ideas and resources for kids of all ages

[Central Indiana, Marion County Health Department and Connect2Help 2-1-1.](#)

Make a healthy move and share the FitCity News!

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