



Low-Fat Oven-Fried Chicken

From *The New Family Cookbook for People with Diabetes* by [The American Diabetes Association](#) and [The American Dietetic Association](#).



Love the taste of fried chicken but hate the excess calories and fat? Here's a recipe that's sure to please.

Ingredients:

- 1 cup plain low-fat yogurt
- 1 tsp. paprika
- 1 tsp. dried thyme
- 1/2 tsp. salt
- 1/4 tsp. cayenne pepper
- 1 clove garlic, minced
- 6 skinless chicken breast halves
- 1 cup seasoned bread crumbs
- 1 Tbs. margarine, melted

Instructions:

Preheat oven to 400°F. Combine yogurt, paprika, thyme, salt, pepper and garlic in a large bowl; mix well. Coat the chicken with the mixture. Spray a shallow roasting pan or jelly roll pan with nonstick spray. Combine the bread crumbs and margarine in a shallow dish. Coat the chicken with the crumbs; place in the pan. Bake chicken for 25 minutes or until tender.

Nutrition per serving: Calories: 240, Fat: 8 g, Saturated fat: 2 g, Cholesterol: 69 mg, Sodium: 721 mg, Carbohydrates: 16 g, Fiber: 1 g, Protein: 26 g

Eat a Rainbow!

Why is it so important to eat a variety of colors? Because different colors represent different nutrients - and different nutrients are healthy for you.

- **Red** fruits and veggies are good for DNA health.
- **Orange** and **yellow** fruits and veggies are good for boosting the immune system; support eye health and help to maintain hydration.
- **Green** fruits and veggies are good for healthy arteries, healthy cells and healthy liver function.
- **Blue** and **purple** fruits and veggies support brain and heart health.
- White fruits and veggies help maintain bone and blood health.



Here are a few tips to help you eat all the colors of a rainbow:

- **Veg Out:** when it comes to veggies, make sure they fill half your plate. Try a colorful salad, roasted vegetables, sauteed garlic spinach, purple cabbage coleslaw, or steamed zucchini or cauliflower.
- **Choose Dark:** the darker the color, the more nutrients and antioxidants in the food.
- **Dip It:** make an easy, healthy ranch dip at home by blending 16 oz. low-fat cottage cheese with a packet of dry Ranch mix and a splash of milk.

Try to get in three different colors a day. Remember, color on the outside equals health on the inside!

Family Fun and Fitness

Get your whole family into fitness by encouraging your kids to make healthier food choices and choosing family activities centered on being active together. Here are just a few ideas to keep your kids - and you - active:

- **Rock climbing.** There are several indoor climbing walls to burn off energy.
- **Start a nature collection.** Visit a local park for a nature walk and

FitCity Tip

Kids are more likely to try new, healthy foods if they help select and prepare them. Take your kids to the grocery store and let them pick the produce for the week. At home, kids can help prepare after-school snacks and simple meals. Find kid-friendly recipes like [yogurt swirl](#) and [rainbow fruit salad](#) in the [FitCity recipe archives](#)

Sign Up for Summer Camps

Summer camp enrollment has started for several FitCity partners. Check out the various traditional day camp options and sports-themed camps available for kids of all ages.

- [Indy Parks](#) - register before March 31 for a \$5 discount
- [YMCA Camp](#)
- [IUPUI Sports Camp](#)
- [National Junior Tennis League](#) - registration opens April 1

Dramatic Changes in School Lunches



Overall, kids consume about 30-50% of their calories while at school. New meal standards set by the government are designed to improve the health of nearly 32 million children who eat lunch at school every day and almost 11 million who eat breakfast at school. To help fight obesity, the government has called for dramatic changes in school meals, including limiting french fries, sodium and calories and offering students more fruits and vegetables. See the [full article](#) and [share your thoughts](#) with FitCity.

collect rocks, leaves or even bugs.

- Create an indoor/outdoor obstacle course or imaginary playground. Plan out an adventurous route and see who can complete it the fastest.
- Visit active places. Take your children places where they can be active, such as a park, a community baseball field or local basketball courts.
- Host a dance party. Indoors or outdoors, anywhere, anytime. All you need is some music.



Join your kids in some family fun.

Mini Cardio Workout

This 10-minute workout is great for busy people with hectic schedules. It's quick, easy and effective.

1. Warm up: start with a few arm circles, shoulder rolls, march in place.
2. Workout: 30 seconds jumping jacks, 30 seconds (fake) jump rope, 30 seconds squats, 30 seconds knee or full push ups, 30 seconds ab crunches.
3. Rest 1 minute.
4. Repeat 2-4 times, 3 times a week.

FitCity Calendar

- Friday, Mar. 11: Family Link Night, 5:15-9:30 p.m., IU Health North Hospital. A free, fun, kid-friendly event for families who live with diabetes. RSVP by March 7 by calling (317) 352-9226 or email Carol Dixon, cdixon@diabetes.org.
- Saturday, Mar. 12: [Great North Run](#), 9-11 a.m., North Central High School, 1801 E. 86th St. A 10K, 5K & 1K walk/run and fitness fair. For more information call (317) 884-4001.
- Saturday, Mar. 19: Gluten Free Store Tour, 9-10:30 a.m., [Whole Foods Market](#), 1300 E. 86th St. Learn about the gluten free products throughout the store and enjoy samples too. For more information call (317) 706-0900.
- Saturday, Mar. 26: Zumba for the Cure, 10 a.m. - noon, [Life Time Fitness](#), 8705 Castle Creek Parkway East Dr. Arrive 45 minutes early. Proceeds benefit IU Simon Cancer Center for Breast Cancer Research and Rock Steady Boxing for Parkinson's Disease. For information call (317) 595-9700.

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 Central Indiana](#), [Marion County Health Department](#) and

[Connect2Help 2-1-1.](#)

Nutrition Counseling

Schedule a counseling session with a [nutritionist from JCC](#) to develop a personal weight management strategy, learn disease prevention based on family history and adopt habits for successful aging.

Choose from a private 30 minute, 45 minute or one hour session and get expert counseling on your individual nutrition concerns. In-home counseling is also available. Contact Colleen at ccrispen@JCCindy.org to schedule your free informational seminar.

Make a healthy move and share the FitCity News!

Forward
to a Friend 

Click below to follow FitCity on Facebook and Twitter



This email was sent to: lisa@graciecomm.com

This email was sent by: FitCity, a division of Learning Well, Inc.
429 East Vermont Street Indianapolis, IN 46202 USA

ExactTarget.
Learn More 

We respect your right to privacy - [view our policy](#)

[Manage Subscriptions](#) | [Update Profile](#) | [One-Click Unsubscribe](#)