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### Special points of interest:

- **Ways to Change Unhealthy Eating Habits**
- **Don't Give Your Kids These 7 After School Snacks**
- **Manager's Corner**

*If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1571*



Timothy Love 05/15

Nancy Goff 05/30

FCWU IS GOING **GREEN!!**

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# Alive With Pride

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## Ways to Change Unhealthy Eating Habits

Reversing bad habits is possible if you keep a positive attitude, stay committed and focus on small, doable changes. Try these tips.

Grabbing a bagel on your way to work might be as routine as brushing your teeth. Changing eating habits you've developed over the years — even unconsciously — can feel as tough as trying to move a mountain. Yes, learned behaviors are hard to undo, but if you take it step-by-step, it's certainly possible. Try these behavior-

changing approaches, and focus on the ones that speak to you.

### *ABC approach*

Heading off problems before they develop is the crux of this approach. "A" stands for antecedent, "B" stands for behavior and "C" stands for consequence. Most behaviors have an antecedent — or cause. And causes lead to consequences. By addressing antecedents first, you can prevent unwanted consequences. For example,

you might decide not to buy ice cream, because keeping it in the freezer leads to the behavior of eating most or all of it in one sitting, which has the consequence of disrupting your weight program.

### *Distraction approach*

This is a way to change unhealthy eating habits by focusing your attention on something else when food cravings start. To use this approach, when you feel a craving coming on, remind

## Don't Give Your Kids These 7 After-School Snacks

When your kids arrive home from school, they can often be super-hungry. It's the perfect time to give them a healthy snack filled with nutrients needed for proper growth and development. You might want to think twice about what you're serving, though, as what you think is healthy unfortunately might be anything but. These seemingly good-for-you snacks aren't as healthy as you think.

### **Graham Crackers**

Although these crunchy treats are easy for younger kids to chew, they don't provide much nutrition. They contain low amounts of a variety of nutrients and provide no fiber.

**Instead:** Serve kids whole-grain crackers topped with cheese for a boost of fiber and calcium.

### **Fruit Snacks**

Their name may make you

believe they're filled with fruit, but don't be fooled. These treats stick to those little teeth and lead to cavities, and they also contain about five teaspoons of added sugar per pouch; some brands even add a small amount of partially hydrogenated oil (aka trans fat). Many also contain food coloring or dyes, including some that have been linked to hyperactivity and behavioral prob-

# Ways to Change Unhealthy Eating Habits cont.

## Alive with Pride

yourself that it will last for 20 minutes at most. Then do something — call a friend, read a book, revisit your goals, take a walk — anything that will distract you until the feeling passes.

### Confrontation approach

This approach to behavior change requires that you confront yourself mentally about the negative impact of your behavior. For example: If you're craving cookies, think about the unne-

cessary calories and fat you'll be consuming — and how tired and sluggish you'll feel afterward. Remind yourself that this isn't what you want to do with your life.

### Shaping approach

Try changing your behavior gradually, one step at a time. Instead of eliminating evening snacks altogether, start with

a rule of no snack one night a week. Increase that to two nights a week. Eventually you might be able to scale

step-by-step changes, you'll build confidence that will start fueling even more successes.



Big lifestyle changes take time, but keep at it. The mini successes you'll achieve along the way will be enough to keep you going, and the new habits that were challenging at first

will start feeling more natural back to a snack one evening a week. As you succeed with

before you know it.

## After-School Snacks Cont.

lems in kids.

**Instead:** Offer them a piece of fresh fruit, filled with fiber, vitamin C and potassium.

### Granola Bars

Many granola bars are brimming with sugar, fat, and a laundry list of additives and preservatives.

**Instead:** Choose granola bars with better ingredients, like bars from Kashi, Sunbelt Bakery and Nature Valley.

### Juice Drinks

Boxes of juices line the supermarket aisles, but many are simply sugar and water. And the portions are well over the max daily recommendation of 4 fluid ounces for kids.

**Instead:** Look for 100 percent fruit juice in smaller 4-fluid-ounce containers.

### Muffins

Bran or banana muffins may seem healthy, but

they are just another source of empty calories, loads of fat and sugar, and not much fiber.

**Instead:** Make your own healthier version with whole-grain pastry flour, and replace part of the fat with applesauce or nonfat plain Greek yogurt.

### Reduced-Fat Peanut Butter

This peanut butter may be lower in fat, but it's typically higher in sugar, making the total calories found in regular and reduced-fat peanut

butter about the same.

**Instead:** Pick up a jar of natural peanut butter made with two ingredients, peanuts and salt.

### Vegetable Chips

Although these chips are made from vegetables, they are often processed to a degree where many of their important nutrients are lost. Per ounce, they contain about 125 to 160 calories and about 10 to 12 grams of fat.

**Instead:** Serve cut-up veggies alongside two tablespoons of your kid's favorite dip.

Arkansas One Call



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**ADEQ**

ARKANSAS  
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## Manager's Corner

The new buzz word is **sustainability**.

Meriam-Webster defines sustainability as capable of being sustained, relating to, or being a method of using a resource so that the resource is not depleted or permanently damaged or impaired.

Sustainability then is a

good thing as it relates to a lifestyle involving the use of sustainable methods and practices.

Our continued awareness of sustainability, our conduct and business practices will ensure that generations after ours will enjoy a quality life style of the same or better than

we have had. So let's embrace **SUSTAINABILITY!**

Have a safe and enjoyable Memorial Day and let's remember the fallen soldiers of the U.S. Military.

W.H. Calvin Murdock,  
Manager