



# LFSA YOUTH NEWSLETTER

JANUARY 2019

## 5 Ways to Eat Healthy While on the Go

While eating healthy is important for everyone to do, it is particularly critical for people living with LFS to make healthy food choices. However, for those of us who are always on the go, it's hard to eat well as the most convenient foods tend to be the worst for us. That said, it is possible to make healthy food choices when you have to eat in a hurry. With a little bit of effort and advanced planning, you can eat a healthy diet on-the-go!

It is understandable that not all the food you enjoy is necessarily healthy. "Everything in moderation" is a common mantra that could be easy to follow. Say you attend a party with loads of junk food, feel free to indulge a bit, but maybe add in an extra few servings of veggies into your meals the next day in place of more sugary snacks or drinks.

Curious about how you can change your diet for the better? Here are a few nutrition tips for eating well with a busy lifestyle:

### 1. Make healthy choices at fast-food restaurants.

- **Tip 1: Watch out for fried foods** – Try grilled chicken instead of fried, and if you need something to keep your entree company, instead of fries and onion rings look for fresh fruit cups or side salads.
- **Tip 2: Swap out the sodas** - Avoid sodas, sweetened tea, lemonade, and processed fruit drinks. Choose either a no-calorie beverage (like water, unsweetened tea, or diet soda) or one that contributes some nutrients along with its calories (like low-fat milk or 100% orange juice).
- **Tip 3: Go easy on the condiments** - Fast food condiments can add a lot of unnecessary fat and calories to your meal. Be cautious of mayonnaise and oil-based sauces. Try using a little mustard, marinara, or BBQ sauce as an alternative to creamy sauces and spreads.
- **Swap out red meat** – Instead of beef-based entrees, try ones that feature chicken, fish, beans, or eggs.

### Here are a few healthier entrée options at some popular fast food locations:

- Chipotle – Chicken Burrito Bowl with brown rice and pinto beans, no cheese or sour cream
- Dunkin' Donuts – Egg-White Veggie Flatbread
- Subway – 6-inch Turkey Breast Sub on 9-grain wheat, no cheese, add avocado and veggies
- McDonalds – Artisan Grilled Chicken Sandwich
- Burger King – Veggie Burger
- Starbucks – Spinach & Feta Breakfast Wrap, Protein Bistro Box, or Edamame Hummus Wrap
- Panera – Power Kale Caesar Salad with Chicken (half salad), Steel Cut Oatmeal with Strawberries and Pecans, or Avocado, Egg White & Spinach Breakfast Power Sandwich

### 2. Buy fresh produce that you don't need to prep

For raw veggies on the go that require no prep try: baby carrots, snap peas, grape tomatoes, mini sweet peppers. For fresh fruit, try apples, bananas, grapes, berries, cherries, peaches, plums, pears, oranges, tangerines, clementines, grapefruit, mango.

### 3. Pack GO foods ahead of time.

If you have a busy day planned, including time in the car, pack healthy snacks in a small cooler or tote bag before you leave. Consider water, fresh fruit or veggies (that you don't need to prep), low-fat cheese sticks, bags of nuts, or whole-grain crackers portioned into baggies.

#### Sources:

- "Eating Healthy with Walter Willett." *Taking Charge of Your Health & Wellbeing*, University of Minnesota, [www.takingcharge.csh.umn.edu/eating-healthy-walter-willett](http://www.takingcharge.csh.umn.edu/eating-healthy-walter-willett).
- "Healthy Eating on the Go, News & Events," National Heart Lung and Blood Institute, U.S. Department of Health and Human Services, [www.nhlbi.nih.gov/health/educational/wecan/news-events/matte25.htm](http://www.nhlbi.nih.gov/health/educational/wecan/news-events/matte25.htm).
- Magee, Elaine. "21 Healthier Fast-Food Meals." WebMD, WebMD, [www.webmd.com/food-recipes/features/21-healthier-fast-food-meals#1](http://www.webmd.com/food-recipes/features/21-healthier-fast-food-meals#1).





## Meet Elijah Johnson

*"LFS forced me to be more observant and aware of what's going on around me and to appreciate everything in life."*

### Where do you live?

*I live in Fort Collins, Colorado in the US*

### Tell us about your family - how many siblings do you have, and what are their ages?

*My Mom's name is Noelle, and my Dad's name is Greg. I have three brothers, Sam (13), Isaiah (12), and Simon (10). Simon and I have LFS, and my mom is the carrier. I'm 16 and a sophomore in high school.*

### What are your favorite hobbies or activities?

*I love music and playing the flute. I have played since 6th grade, so four years now and it is my passion.*

### What is one way that your LFS diagnosis has made you #LFSstrong?

*I have become a better older brother through it, and I have lost my fear of medical tests and screening. I am more caring and mindful of others and their needs instead of always worrying about myself.*

### How has LFS impacted you for the better?

*It forced me to be more observant and aware of what's going on around me and to appreciate everything in life because I don't know what life has in store for me.*

### What was the most awesome thing you did in 2018?

*I went on a road trip to Dinosaur, Colorado with my family this summer. We went white-water rafting and drove through the mountains and cliffs of the National Park.*

### Do you have any New Year's resolutions?

*To practice my flute for at least an hour a day and to eat healthier, but who knows how long the second ones will last ;).*

### What kind of job or profession would you love to have in the future?

*I want to become a professional flutist and receive my undergraduate degree in flute performance. I hope to play in gigs, and my travel around the world to play for other people.*

### What is one piece of advice you would give to another teen who has LFS?

*Even while LFS is devastating, it is so, so good that you know of it and that you now have awareness and you can get screening.*



A young man with short brown hair is underwater, looking towards the camera. He is wearing a black wristwatch on his left wrist. Bubbles are visible around him, and the water is a deep blue color.

# Get to Know Henning Sablowski

*"LFS doesn't change anything about you. The only thing you should do is enjoy your life and do what you love to."*

## **Where do you live?**

*I recently moved out of my mum's house in Leverkusen near Cologne, Germany and I'm currently living in Aachen where I'm studying electrical engineering.*

## **Tell us about your family – how many siblings do you have, and what are their ages?**

*My mother is Co-Chair of the German LFSA Chapter, she's a real multitasking talent. Whenever she isn't on a business trip to China, India or South Africa, she is dancing Argentine Tango in Croatia or Greece. My father is one of the founding members, too. He's gone on a few spectacular sailing trips with me and my sister. She is 17 years old and, I quote, "has a great sense of humor as well as a great taste in music."*

## **What are your favorite hobbies or activities?**

*I used to be very athletic and spend a lot of time with gymnastics, Kung-Fu and longboarding. Since I had some major surgery in my hip, I have shifted my focus. Nowadays, I like to play chess, go swimming, ride my bike and do tricks with playing cards. These tricks are called Cardistry. Rather than trying to impress the audience with magic, a cardist moves the cards in a way that's simply mesmerizing to look at. You can look up Cardistry on Youtube. Trust me, you will like what you see.*

## **What is one way your LFS diagnosis has made you #LFSstrong?**

*LFS and cancer itself have shown me how precious life is. Without LFS I would probably still sit in my room all day playing video games. Although I'm still a gamer at heart and play a few games with my friends from time to time, I'm now determined to be the best possible version of myself.*

## **How has LFS impacted your life for the better?**

*LFS has also opened a lot of doors for me. I got to meet some of the most amazing people in the world. I've been to*

*Canada and the United States, and most importantly LFS gave my life purpose.*

*Also, I get 2 for 1 on Tickets to the movies which is pretty cool. :D*

## **What was the most awesome thing you did in 2018?**

*That's difficult to answer. Here are my Top 3 although I'm not sure which of these should be on top of the list:*

- *I jumped head first into a pool from a height of 3 meters (about 10 feet)*
- *I dove 10 meters deep without any gear*
- *I became a founding member of the German LFSA Chapter*

## **Do you have any New Year's resolutions?**

*I'm not a big fan of New Year's resolutions. Why do we need a new year to face a challenge or lay down a bad habit? If I would have a New Year's resolution it would probably be to spend some more time with my friends.*

## **What kind of job or profession would you love to have in the future?**

*I would like to be an engineer and design electric cars or buses, develop new ways to harness clean energy or maybe even build a robot for a mission to Mars. As of right now, it looks like at least the engineer part will become reality in a few years.*

## **What is one piece of advice you would give to another teen who has LFS?**

*LFS doesn't change anything about you. The only thing you should do is enjoy your life and do what you love to. If you like to run, go ahead and run. If you like to cook, go ahead and cook. If you like to read, write, draw, sing, dance or whatever it is that you love to do, just go ahead and do it. Just try to keep a healthy balance.*





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# YOUTH WORKSHOP

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