

CH The Children's Hospital of Philadelphia®

NUTRITION IN THE KiTCHEen

Second Edition



NUTRITION IN THE KITCHEN

Second Edition

Healthy Eating for Kids and Families

**The Healthy Weight Program
The Children's Hospital of Philadelphia**

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ARAMARK

Why a Healthy-eating Cookbook?

Food is the fuel that makes our bodies work. The food you eat gives you energy to live life. Food is also the source of minerals and vitamins your body needs to stay healthy and strong. As children are growing, eating healthy food full of nutrients is especially important.

There are many things we can do to help our kids grow up safe, happy and healthy. An important part of this is good nutrition and a balanced diet. With so much confusing information about nutrition, this cookbook is a reliable source of healthy meal ideas, and contains tips and information to make healthy cooking a breeze.

These recipes work for families of all shapes and sizes. You'll find new ways to prepare old favorites and recipes that may become new favorites. These recipes are kid-friendly, healthy and delicious.

In the pages that follow, you will find recipes inspired by tastes and flavors from different parts of the world. Trying out different healthy recipes will give you a chance to explore new foods and flavors. See an ingredient that you've never used before? Try it. You might like it! Taking a cooking adventure can be fun and rewarding.

It's not only what, but also how much!

What you eat has a direct impact on your health. That's why eating a balanced and nutritious diet is so important. Making many unhealthy food choices can lead to health conditions like high blood pressure and high cholesterol, and it can also increase your weight and cause obesity. These are problems for children and adults, so smart choices are important for the whole family.

Whether you're at a cafeteria or a fast-food restaurant, you may find lots of unhealthy foods served in unhealthy amounts. The ingredients and preparation methods for these recipes were created with health in mind. When you prepare recipes from this book, you will learn what foods, preparation methods and portions are healthy — and you'll have fun doing it!

Why a Healthy-eating Cookbook?

Where you eat matters too!

Cooking and eating as a family can be fun for many reasons — and it's healthy, too. Try cooking and eating at home more often, and cut down on eating out at restaurants. When you prepare food at home, you are in control. You decide what goes into your recipes, and how much. This is key to keeping things healthy. You decide the amount to put on your plate, not someone who may not be thinking about your health and wellness.

Planning the meal, shopping for ingredients, preparing the food, setting and clearing the table can be a family affair. Whether old or young, there is something for everyone to do, so get the whole family involved.

Cooking together as a family can be relaxing after a hard day at school or work — and it's a learning experience. Everyone can learn about different flavors and cultures, measurements and teamwork. And the whole family will be choosing from healthy foods.

The only thing more fun than cooking together is eating together. Bringing the family around a table to enjoy a healthy meal makes time for catching up and winding down. Welcome family and friends to the dinner table to share delicious recipes and ideas. But don't invite the television to join. The TV will distract attention from the meal and the company. Healthy food and family meals add up to a healthier and safer family!

Cooking terms

How do you want your eggs cooked? Fried? Poached? Scrambled? There are so many ways to cook and prepare food – it can be confusing! To help clear things up and keep cooking fun, this list explains some common cooking terms.

Bake*: to cook in an oven

Batter: a mixture of flour, egg and milk or water, usually runny enough to pour

Beat: to mix vigorously with a fork, spoon, egg beater or mixer

Blend: to mix ingredients together thoroughly

Boil: to heat a liquid until it bubbles rapidly

Braise*: to cook in liquid in a covered pot, with low heat in the oven or on the stovetop.

Broil: to cook by exposure to direct heat

Chill: to refrigerate or freeze in order to cool something

Chop: to cut into small pieces of the same size

Cream: to mix ingredients together, usually butter, sugar and eggs, until the combination becomes smooth

Cube: to cut into cubes of the same size, about 1/2-inch

Dash: a very small amount of something, or less than 1/8 teaspoon; a sprinkle

Dice: to cut into tiny pieces, about 1/4-inch in size

Dissolve: to mix a powder solid with a liquid until the powder melts into the liquid

Drain: to remove the liquid from a food by pouring it into a strainer

Drizzle: to drop or sprinkle small amounts of a liquid over a food

Fold: to combine ingredients gently by turning them on top of each other

Fry: to cook in oil at a high temperature

Grate: to shred a food into tiny pieces using a food processor, blender or shredder

Grill*: to cook on a grill over direct heat.

Cooking terms (continued)

Knead: to fold and press together ingredients using your hands or a food processor

Melt: to use heat to change ingredients from solid to liquid

Mince: to chop a food into tiny pieces

Mix: to combine two or more ingredients

Peel: to remove the outer layer (skin, rind) of a food with a peeler or a knife

Pit: to remove a pit or seed

Poach*: to simmer food in a small amount of liquid, like water or broth

Pre-heat: to heat the oven on to a particular temperature before cooking

Puree: to blend until smooth and pasty, using a blender or food processor

Roast*: to cook at high temperature in the oven in a roasting pan or on a baking sheet (If roasting meat, place a rack in the roasting pan to let the fat drain away from the meat.)

Sauté*: to cook on the stove with a small amount of liquid or oil

Scramble: to mix while cooking

Simmer: to cook on low heat, almost at a boil

Slice: to cut food into thin, even pieces

Steam*: to cook food over steam produced from boiling water

Stir: to mix food with a spoon

Stir-fry*: to cook food quickly while stirring over high heat with cooking spray or a small amount of oil.

Whip: to beat rapidly with an electric mixer, whisk or eggbeater

*Try cooking your food using these healthy methods at home, and ask to have your food prepared this way when eating out.

Nutrition Terms

Food is made up of different things that help your body work the best it can.

Carbohydrates

Carbohydrates provide the body with energy. The body breaks down carbohydrates into sugar (glucose) that is used for fuel. It is found in many foods like bread, apples, corn, crackers, rice, pasta, potatoes, candy and cookies. Carbohydrates are also in drinks like milk, juice, soda and iced tea. Those are just a few ways your body gets fuel, but there are many more.

Protein

Protein helps your body be strong and helps you heal from injuries. Protein is found in many foods. Foods that are high in protein include fish, poultry (like chicken and turkey), meat (like pork and beef), eggs, milk, yogurt, nuts and beans. Most of your muscle and organs (like your heart and lungs) are made up of protein.

Fats

Your body uses fat as a fuel source to help you grow and develop. It also helps your body absorb vitamins.

Unsaturated fat is found mostly in fish, nuts and vegetable oils. In the right amount, unsaturated fat can help your heart and decrease the risk of heart disease.

Saturated fat is mostly in meat, poultry, milk (all except skim milk), store-bought packaged cookies, crackers and snacks; coconut and coconut oils. This type of fat can raise your blood fat (cholesterol) and increase the risk of heart disease.

Trans fat, like saturated fat, is found in small amounts in animal products, store-bought packaged cookies, crackers, snacks, muffins, potato chips and stick (or hard) margarine. Like saturated fat, trans fat can increase your cholesterol and raise the risk of heart disease. Look for these fats on the nutrition label by looking for the words “trans fat,” “hydrogenated oils” and “partially hydrogenated oils.”

Vitamins and Minerals

Vitamins and minerals in foods have many different jobs. For example, the mineral calcium helps to strengthen your bones; the mineral iron transports oxygen from your lungs to other parts of your body; the vitamin folate helps make new cells in the body; and vitamin C helps form scars when you get a cut. Many types of vitamins and minerals can be found in a variety of different foods. It's important to eat from all food groups to make sure you get all the vitamins and minerals you need to stay healthy.

MyPyramid

What is MyPyramid?

With so much confusing information about nutrition in the media, the U.S. Department of Agriculture (USDA) has designed MyPyramid to help adults and kids understand what makes up a healthy diet.

What is the guide about?

MyPyramid can help you understand the healthiest kinds of food that will give you and your family a well-balanced diet. The six sections of the pyramid represent five food groups and oils. Since one size doesn't fit all, the serving sizes of each group are a bit different depending on age. MyPyramid also recommends that kids get physical activity each day. Balancing the energy you get from food with the energy you use in activity is important for a healthy body and weight.

What are the recommendations?

MyPyramid shows that fruits, vegetables, whole grains and milk should be the most common foods in a balanced diet. Meats are important too, but in smaller amounts. Paying attention to which foods you eat is as important as how they are prepared. Foods prepared with added sugars and fats should be eaten less often than those that have healthier preparations. For example, a fresh whole apple is a healthier choice than apple pie. Check out the Web site for personalized guidelines for you and your family.

For more information on MyPyramid, see www.mypyramid.gov or ask your healthcare provider about it.

Appetizers

- Crispy Tomato Toasts
- Creamy Dreamy Dip
- Very Veggie Dip
- Mean and Lean Zucchini Fries
- Mega-mash Chickpea Dip
- Salsa-mole Ole!
- Silly Quesadilly



Crispy Tomato Toast

What You'll Need

2 large tomatoes cut into small chunks

1 clove fresh garlic, finely chopped

3 or 4 leaves fresh, finely chopped basil, or 2 teaspoons dried basil

1/4 teaspoon salt

1/2 teaspoon ground pepper

1 tablespoon balsamic vinegar

1 tablespoon of olive oil

1 whole-wheat baguette

Serves 4

Let's Cook!

- 1 Toss tomato, garlic and basil together in a medium bowl.
- 2 Mix in salt, pepper, oil and vinegar.
- 3 Cover and refrigerate at least 1 hour to chill.
- 4 Preheat oven to 350 degrees.
- 5 Slice baguette into 1-inch slices and place on baking sheet.
- 6 Bake baguette slices for 4 to 5 minutes, until lightly toasted.
- 7 Spoon mixture onto toasted bread and serve immediately.

Variation: Instead of a baguette, serve with whole-wheat crackers.

Nutrition Facts

Serving Size (120g)
Servings Per Container 4

Amount Per Serving

Calories 60 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Sugars 4g

Protein 1g

Vitamin A 2% • Vitamin C 30%

Calcium 2% • Iron 2%

Nutrition Facts per serving (not including baguette or crackers)



Creamy Dreamy Dip

What You'll Need

- 1 cup plain fat-free yogurt
- 1 8-ounce container of fat-free sour cream
- 2 tablespoons vanilla extract
- 1 teaspoon lemon juice
- 1/2 cup orange or pineapple juice
- 1/2 teaspoon orange zest

Let's Cook!

- 1 Combine plain yogurt, sour cream and vanilla.
- 2 Add lemon juice and orange juice. Mix thoroughly.
- 3 Fold in orange zest gently.
- 4 Cover and chill in refrigerator for one hour.
- 5 Serve with apples, pears, strawberries or any of your favorite fruits.

Nutrition Facts

Serving Size (102g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 3g	
Vitamin A 6%	Vitamin C 20%
Calcium 10%	Iron 0%



Very Veggie Dip

What You'll Need

- 1 8-ounce package light cream cheese, softened
- 1/4 cup fat-free sour cream
- 1/4 teaspoon garlic powder
- 2 tablespoons grated parmesan cheese
- 1/4 cup chives, finely chopped
- 1/4 cup red peppers, diced
- 1 tablespoon Worcestershire sauce

Let's Cook!

- 1 Combine cream cheese, sour cream, garlic powder and parmesan.
- 2 Add chives, peppers and Worcestershire sauce. Mix thoroughly.
- 3 Cover and chill in refrigerator.
- 4 Serve with carrots, celery or any of your favorite vegetables.

Nutrition Facts

Serving Size (60g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 5g	
Vitamin A 15%	• Vitamin C 15%
Calcium 10%	• Iron 2%



Getting More Fruits and Vegetables

Fruits and vegetables have vitamins, fiber and other nutrients that are good for your health. Eating all your servings of fruits and vegetables isn't as hard as you may think. Prepare and taste recipes that have fruits and vegetables in the ingredient list. Try some of the ideas below to help you on your way!

- » Add some color to your pizza with spinach, mushrooms, onions, broccoli, peppers, olives or any other vegetables you like.
- » Top your cereal or oatmeal with slices of fruit, like bananas, apples or peaches.
- » Have a grapefruit or orange with your breakfast.
- » Put some grapes in the freezer — they taste just like popsicles.
- » Omelets taste great with vegetables; try adding onions, tomatoes, olives, green or red peppers, corn or spinach.
- » Add peaches, bananas or berries to low fat yogurt, or for some crunch, add low-fat granola.
- » Dip raw vegetables into salsa or hummus.
- » Eat fruits and vegetables as snacks — wash fruits and vegetables when you get home from the store so they're ready to eat when you're hungry.
- » Make vegetables a part of every meal!

Mean and Lean Zucchini Fries

What You'll Need

- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder (optional)
- 3 medium zucchini cut into sticks the shape of french fries
- 2 egg whites, beaten
- cooking spray

Serves 4

Let's Cook!

- 1 Preheat oven to 475 degrees.
- 2 Spray a large baking sheet with cooking spray.
- 3 Place flour, cornmeal, salt, pepper, garlic and chili powder in a large plastic bag.
- 4 Dip zucchini in egg white and place inside bag. Shake until all the zucchini sticks are covered.
- 5 Place zucchini on baking sheet so they are not touching. Spray zucchini with cooking spray.
- 6 Bake for 7 minutes.
- 7 Turn the zucchini and spray with cooking spray.
- 8 Continue to bake until golden and just tender, about 5 minutes more.
- 9 Serve hot.

Nutrition Facts

Serving Size (222g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 10g	
Vitamin A 15%	Vitamin C 100%
Calcium 4%	Iron 15%



Mega-mash Chickpea Dip

What You'll Need

- 2 cloves garlic, minced
- 3 tablespoons lemon juice
- 1 14-ounce can of chickpeas, drained, liquid reserved
- 1/4 cup drained liquid from chickpeas
- 1/2 cup tahini (a paste made from ground sesame seeds)
- 1 teaspoon salt
- 1 teaspoon cumin (optional)
- pinch cayenne pepper (optional)

Serves 12

Let's Cook!

- 1 Place all ingredients in a food processor or blender and process until smooth, scraping the sides occasionally.
- 2 Spread on whole wheat crackers and pita wedges or use as dip for carrots and celery.

Nutrition Facts

Serving Size (48g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 8%



Appetizers

Salsa-molé Olé!

What You'll Need

- 2 1/2 cups chopped tomato, seeds removed
- 1/2 cup red onions, chopped
- 1/2 avocado, diced
- 2 tablespoons fresh lemon juice
- 2 tablespoons jalapeño pepper, seeded and chopped

- 1 tablespoon chopped cilantro
- salt and pepper to taste
- baked tortilla chips or baguette, toasted

Serves 4

Let's Cook!

- 1 Combine ingredients in a medium bowl.
- 2 Refrigerate until ready.
- 3 Serve with baked tortilla chips or toasted baguette.

Nutrition Facts

Serving Size (173g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 20%	• Vitamin C 35%
Calcium 2%	• Iron 2%

Appetizers



Silly Quesadilly

What You'll Need

1/2 cup green pepper, diced

1/2 cup red pepper, diced

1/2 cup onion, diced

1/2 cup zucchini, diced

1/2 cup black beans, drained

1/2 cup canned corn, drained

1 cup low fat cheddar cheese,
shredded

6 six-inch whole wheat tortillas

1 teaspoon olive oil

1 cup salsa

cooking spray

Serves 6

Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Spray a medium pan with cooking spray.
- 3 Add oil to pan and cook the peppers, onions and zucchini on medium heat until soft (about 5 minutes).
- 4 Add beans, corn and 1/4 cup of salsa and cook for 3 minutes.
- 5 Spray a baking sheet with cooking spray and place 3 tortillas on sheet. Spoon vegetable mixture on tortillas and spread close to edges.
- 6 Sprinkle 1/3 cup of cheese on each tortilla and place another tortilla on top of each.
- 7 Bake in the oven for 5-7 minutes until cheese is melted and tortillas are crispy.
- 8 Cut quesadillas in quarters and serve with remaining salsa.

Nutrition Facts

Serving Size (179g)
Servings Per Container 6

Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 620mg	26%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 10g	
Vitamin A 10%	Vitamin C 50%
Calcium 10%	Iron 6%



Appetizers

Main Dishes

- Can't Get Enough-alo Buffalo Chicken Fingers
- Catch of the Day
- Chopstick Chicken Salad
- Crunch and Munch Chicken Breast
- Curry in a Hurry Chicken Salad
- Golden Kernel Pie
- Harvest Chili
- Island Adventure Rice and Beans
- Just a Little Sloppy Joe
- Mighty Muffin
- Primetime Pasta Shells
- Pumpkin Pie Oatmeal
- Sensational Salmon Patties
- Shipwreck Pie
- Southwest Scramble
- Spicy Tortilla Soup
- Stoplight Stuffed Peppers
- Stuffed Squash Sailboats
- Sweet and Tangy Chicken Legs



Fried Chicken

Compare one serving of the Oven-Fried Chicken to fried chicken from these fast-food restaurants:

	Oven Fried Chicken (1 breast)	Kentucky Fried Chicken® Original Recipe (1 breast)	Popeye's® Chicken (1 breast – mild)	Church's Chicken® (1 breast – spicy)
Calories	280	350	320	350
Fat (g)	4	20	20	20
Cholesterol (mg)	75	115	179	75

Here are some things you can do to make your fried chicken healthier:

- » Bake your “fried” chicken instead of frying it.
- » Remove the skin. Taking off the skin reduces the fat and cholesterol.
- » Trim all the fat you can see from the chicken.
- » Use crushed Corn Flakes® to make a crunchy skin for your oven-fried chicken. Try making your own bread crumbs by mixing bread toasted in the oven with some of your favorite spices.

'Can't Get Enough-alo' Buffalo Chicken Fingers

What You'll Need

- 1 1/2 pounds boneless, skinless chicken tenderloins
- 1/4 cup hot sauce
- 1/8 cup low-sodium soy sauce
- 1/8 cup vinegar
- 1/8 cup tomato ketchup
- 2 teaspoons olive oil

Coating:

- 1 1/2 cups bread crumbs, seasoned or plain
- cooking spray

Serves 8

Let's Cook!

- 1 Combine first 6 ingredients in a mixing bowl and marinate in the refrigerator overnight, or for as long as possible, up to 12 hours.
- 2 Preheat oven to 375 degrees.
- 3 Place bread crumbs in a resealable plastic bag. Place each piece of chicken into bread crumbs and coat evenly.
- 4 Spray a baking pan with cooking spray and place strips on pan in a single layer.
- 5 Spray chicken strips with cooking spray.
- 6 Bake for 20 minutes, or until a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees and the chicken turns golden brown.

Nutrition Facts

Serving Size (126g)	
Servings Per Container 8	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 990mg	41%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 19g	
Vitamin A 0%	Vitamin C 10%
Calcium 4%	Iron 10%



Catch of the Day

What You'll Need

- 1/3 cup 1% low-fat milk
- 1 tablespoon brown mustard
- 1 teaspoon vinegar
- 1 teaspoon lemon juice
- 1 egg white
- 1/4 cup crushed crackers
- 1/2 cup cornmeal
- 1/2 cup breadcrumbs
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 tablespoon garlic powder
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- cooking spray
- 1 pound boneless, skinless fish (flounder, tilapia, cod), cut into pieces about 1 inch wide x 3 inches long

Serves 4

Let's Cook!

- 1 Preheat oven to 425 degrees.
- 2 Spray baking sheet with cooking spray.
- 3 Mix first 5 ingredients (milk to egg white) together in a bowl and set aside.
- 4 Mix next 8 ingredients (crackers to pepper) together in large resealable bag and set aside.
- 5 Dip fish strips into milk mixture and place in resealable bag to coat with dry ingredients. Place on baking sheet.
- 6 Spray strips with cooking spray.
- 7 Cook in oven for 8 minutes on one side. Turn and cook another 8 minutes until crispy.
- 8 Insert a food thermometer in center of a strip and make sure temperature is at least 160 degrees.

Nutrition Facts

Serving Size (201g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 860mg	36%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 30g	
Vitamin A 0%	• Vitamin C 2%
Calcium 6%	• Iron 15%

Fish

Eating fish can be good for your health. In addition to containing protein and other nutrients, (like vitamin D and selenium), fish contain a specific type of good fat called omega-3 fatty acids. Eating this type of fat may reduce the risk of developing medical problems such as heart disease. Fish is also lower in fat than other animal protein sources like beef and pork.

Although there are many benefits to eating fish, nearly all fish contain some mercury. The amount of mercury in different kinds of fish is not all the same. Young children, pregnant women and women of childbearing age should avoid eating fish with high levels of mercury because it may be harmful to an unborn baby or young child.

You can make fish part of a healthy diet by eating the right amounts of fish that are lower in mercury.

Age and gender	Recommended servings	Types of fish to avoid	Types of fish to eat
Children under 12 years	Age appropriate servings or 6 ounces each week (May safely eat up to 12 ounces)	Avoid large fish, such as shark, swordfish, tilefish or king mackerel	Fish and seafood that are most commonly eaten and low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.
Children over 12 years Women who could become pregnant, pregnant and lactating women	Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.	Avoid large fish, such as shark, swordfish, tilefish or king mackerel	Although white (albacore) tuna is a large fish, it is safe to eat up to 6 ounces each week
Women who are not at risk to become pregnant and males	Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.	Limit your intake of large fish, such as shark, swordfish, tilefish or king mackerel	Choose from a variety of seafood types if consuming more than 6 ounces each week

Information adapted from the U.S. Food and Drug Administration and the U.S. Environmental Protection Agency

In addition to choosing fish that is low in mercury and eating reasonable amounts, it's important to pay attention to how the fish is prepared. Making healthier fish choices will limit the amount of fat added to your diet. Choose tuna salads prepared with light mayonnaise or low-fat dressings instead of regular mayonnaise. Fish that is grilled, broiled or baked is a healthier choice than fish that is battered and deep fried.

Chopstick Chicken Salad

What You'll Need

Salad:

- 2 heads of romaine or other lettuce, chopped
- 1 medium cucumber, sliced
- 3 medium carrots, sliced
- 1 cup red bell pepper strips (about 1 small pepper)

Chicken:

- 2 boneless, skinless chicken breasts (about 6 ounces each)
- cooking spray

Dressing:

- 1/4 cup lime or lemon juice
- 2 tablespoons finely chopped fresh basil
- 2 tablespoons finely chopped fresh cilantro
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sugar
- 1 teaspoon dark sesame oil

Serves 4

Let's Cook!

Chicken:

- 1 Preheat oven to 350 degrees. Place chicken on grill rack or broiler pan coated with cooking spray.
- 2 Cook for 20-30 minutes or until a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees.
- 3 Cut into 1/4-inch-thick slices.

Dressing:

- 1 Combine dressing ingredients in a small bowl or cup, stirring well with a whisk.

Salad:

- 1 Combine salad ingredients in a large bowl.
- 2 Drizzle dressing over salad; toss gently to coat.
- 3 Divide salad evenly among 4 plates; top with chicken.

Nutrition Facts

Serving Size (391g)
Servings Per Container 4

Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 500mg	21%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 14g	
Vitamin A 460%	Vitamin C 120%
Calcium 8%	Iron 15%

Crunch and Munch Chicken Breast

What You'll Need

- 4 skinless chicken breasts, with bone
- 1 cup plain low-fat yogurt
- 1 cup plain bread crumbs
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground ginger
- 1 teaspoon ground mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley

Serves 4

Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Coat the chicken with the plain yogurt and set aside.
- 3 In a medium bowl, mix together the breadcrumbs and all the spices.
- 4 Roll each yogurt-covered chicken breast in the seasoned breadcrumbs.
- 5 Cover a cookie sheet with foil and spray with cooking spray. Place chicken bone-side down onto prepared cookie sheet.
- 6 Bake for 45 minutes. Make sure a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees.

Nutrition Facts

Serving Size (208g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 930mg	39%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 34g	
Vitamin A 6%	Vitamin C 4%
Calcium 15%	Iron 15%



When in Doubt, Throw it Out: Keep Food Safe

You can't see it, you can't smell it ... but it could be there! Old or rotten food doesn't always have a funny smell or have green mold on it. If you are suspicious of a food, throw it out. Don't risk getting sick.

Keep your food safe from the time you buy it to the time you put it on the table (or in your mouth).

Safe buying

1. Look on the food package for the "sell-by" date. Don't buy a food after that date.
2. Do not buy foods that are clearly damaged, like dented cans, packaging that is ripped, produce that is bruised or damaged or products that are leaky or melting, even if they are at a discounted price.
3. When you are shopping, pick up the refrigerated or frozen foods last so they stay cold or frozen on the way home.

Safe storing

1. Make sure your refrigerator is at or below 40°F and your freezer is at or below 0°F.
2. Do not leave food out of the refrigerator for more than two hours.
3. Keep stored food wrapped tightly or in a secure container to avoid contaminating other foods from leaky packages.
4. Store raw (not cooked) fish, beef or poultry on the bottom of the refrigerator to avoid contaminating fresh produce.
5. Cook or freeze poultry (chicken and turkey) and ground meats within two days of purchasing.

Safe preparing

1. Always wash your hands before touching or preparing any food.
2. Keep raw food away from other foods.
3. Use a separate cutting board and knife, spoon or fork when working with raw meats. Make sure to wash everything thoroughly when you are finished. You can sanitize cutting boards, utensils and countertops with a mixture of 1 tablespoon of unscented chlorine bleach and 1 gallon of water.

When in Doubt, Throw it Out (continued)

Be patient! Thaw your food the right way

- » Thaw in the refrigerator. Put a plate or tray below the food so it doesn't drip onto other foods.
- » Thaw in cold water. Place the frozen food in a sealed plastic bag and submerge it in cold water. Change the water every 30 minutes. Cook the food right after thawing.
- » Thaw in the microwave. Most microwaves have a "thaw" setting. Cook the food right after thawing.

Safe cooking

Cook your food to the right temperature. Use a meat thermometer to make sure it reaches the right temperature.

Cooking temperatures

1. All poultry (chicken, turkey) should be cooked to at least 165°F.
2. Ground beef, veal, lamb and all cuts of pork should be cooked to 160°F.
3. Beef, veal, lamb steaks, roasts and chops may be cooked to 145°F.

Safe serving

1. The "danger zone" is the temperature range where there is the most risk of foods growing bacteria. This is between 40°F and 140°F.
2. If a food has been left out for more than two hours, it needs to be thrown out. If the temperature outside or inside is above 90°F, the food should be thrown out after one hour of its sitting out.

Safe leftovers

1. If there is a large quantity of leftovers (like soup or stew), put the food in a few smaller containers — food will cool down faster that way — and freeze immediately. Don't wait until the food has cooled to put it in the refrigerator or freezer.
2. Be sure to use your leftovers within four days.

Information adapted from the United States Department of Agriculture Food Safety and Inspection Service, Food Safety Information

Curry in a Hurry Chicken Salad

What You'll Need

3 cups chopped, cooked, skinless and boneless chicken breast
1 cup halved seedless red grapes
1 cup diced, peeled apple
2 tablespoons raisins
1/2 cup reduced-fat mayonnaise

1 teaspoon curry powder
1 teaspoon fresh lemon juice
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
4 small whole wheat pita bread, cut in half

Serves 4

Let's Cook!

- 1 Combine first 4 ingredients in a large bowl.
- 2 Combine mayonnaise and next 4 ingredients (through pepper) in a medium bowl, mix together.
- 3 Pour mayonnaise dressing over chicken mixture and mix gently.
- 4 Cover and chill. Serve in a pita.

Nutrition Facts

Serving Size (171g)
Servings Per Container 4

Amount Per Serving	
Calories 360	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 860mg	36%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 15g	
Protein 27g	
Vitamin A 0%	Vitamin C 15%
Calcium 6%	Iron 15%



Golden Kernel Pie

What You'll Need

Pie filling:

- 1 1/4 cups fat-free milk
- 2 3/4 cups fresh corn kernels (about 5 ears)
- 2 tablespoons all-purpose flour
- 1/2 cup green onions, thinly sliced
- 2 tablespoons jalapeño pepper, seeded and chopped
- 3 tablespoons chopped olives (optional)
- 2 large egg whites, lightly beaten
- 1 large egg, lightly beaten
- cooking spray

Pie crust:

- 2 cups bread crumbs
- 1/2 cup crushed crackers
- 3 tablespoons grated fresh parmesan cheese
- 3 tablespoons soft tub margarine, melted
- 1 large egg white, lightly beaten

Serves 6

Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Combine bread crumbs, crackers and cheese. Add margarine and 1 egg white to dry mixture.
- 3 Mix with a fork until mixture is moist.
- 4 Coat a 9-inch pie plate with cooking spray.
- 5 Place crust mixture inside pie plate and press to the bottom and sides.
- 6 Bake for 5 minutes; set aside to cool.
- 7 Mix together pie filling ingredients in a medium bowl.
- 8 Pour mixture into cooled pie crust.
- 9 Bake at 400 degrees for 40 minutes or until center is cooked.

Nutrition Facts

Serving Size (263g)	
Servings Per Container 6	
Amount Per Serving	
Calories 370	Calories from Fat 100
<hr/>	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 830mg	35%
Total Carbohydrate 52g	17%
Dietary Fiber 4g	16%
Sugars 10g	
<hr/>	
Protein 14g	
<hr/>	
Vitamin A 8%	• Vitamin C 10%
Calcium 20%	• Iron 15%

Harvest Chili

What You'll Need

- 1 cup onion, finely chopped
- 3 carrots, diced
- 3 cloves garlic, minced
- 1 cup green pepper, diced
- 1 can drained corn
- 1 can kidney beans
- 1 24-ounce can diced tomatoes
- 1 can tomato paste
- 1 tablespoon chili powder
- 1 tablespoon cumin powder
- 6 tablespoons low-fat sour cream
- cooking spray

Makes 6 1-cup Servings

Let's Cook!

- 1 Spray a large saucepan with cooking spray and sauté onions for 3 minutes.
- 2 Add carrots and minced garlic. Sauté for another 3 minutes.
- 3 Add the other ingredients (green pepper, corn, beans, tomatoes, tomato paste, cumin and chili powder) and cook for 15-20 minutes on medium heat, uncovered, stirring occasionally.
- 4 Serve with 1 tablespoon low-fat sour cream.

Nutrition Facts

Serving Size (371g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 690mg	29%
Total Carbohydrate 38g	13%
Dietary Fiber 8g	32%
Sugars 15g	
Protein 10g	
Vitamin A 150%	Vitamin C 80%
Calcium 8%	Iron 20%



Start Roughing It!

Fiber refers to the part of any food that your body cannot digest.

Fiber is present in all plants, including fruits, vegetables, grains and legumes (beans and peas).

Why is fiber good for my body?

Fiber can help prevent heart disease by lowering your cholesterol.

Fiber helps with digestion and can decrease your risk of obesity, heart disease and diabetes. Eating foods that contain fiber also help fill you up and keep you feeling full longer.

What foods have fiber in them?

Foods that contain fiber include oats, barley, beans, apples, peas, oranges, wheat bran, whole grain cereals, whole-wheat flour, and other fruits and vegetables. However, for the fiber to work correctly, it is important to drink plenty of water.

Check foods' nutrition facts for fiber content, and review the ingredient list to make sure whole grains are listed first.

Tips for increasing fiber intake:

- » Choose vegetables and whole fruit instead of fruit juices, and choose snacks like low-fat popcorn or whole-wheat crackers instead of chips.
- » Choose whole-grain rice, breads, cereals and pasta.
- » Add high-fiber ingredients to your dishes. Top whole-grain cereals with berries; add oats to meatloaf, breads and cookies.
- » Substitute beans for meat two to three times per week in chili and soups. Add fresh, frozen or canned vegetables to soups, stews and stir-fries.

Island Adventure Rice and Beans

What You'll Need

- 1 15.5-ounce can kidney beans, drained
- 1 15.5-ounce can black beans, drained
- 4 large garlic cloves, crushed
- 2/3 cup unsweetened coconut milk
- 1 cup water
- 3 cups brown rice, cooked
- 1 12-ounce can diced tomatoes, drained
- 5 scallions, chopped
- 1 1/2 teaspoons dried thyme
- cooking spray

Serves 8

Let's Cook!

- 1 Spray large pot with cooking spray and sauté garlic on low heat for 5 minutes.
- 2 Add all ingredients except scallions and thyme; cook for 20 minutes on medium heat.
- 3 Add scallions and thyme, mix and serve.

Nutrition Facts

Serving Size (285g)	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 9g	
Vitamin A 6%	• Vitamin C 15%
Calcium 4%	• Iron 20%



To Eat, or Not to Eat

Ever wait until you're starving to eat, and then eat until you're stuffed? Recognizing when you're full and when you're hungry is an important part of healthy eating. It's important to think about what your body is telling you so you know when to eat — and when to stop eating.

Consider these things when you're about to eat:

Are you really hungry?

People may eat when they're happy, sad or bored. Consider whether you really are hungry before you eat. Take a break between bites — eating slowly gives your body time to tell your brain that you're full.

People sometimes respond to outside messages that tell them to eat. For instance, you may be reminded of a particular food or restaurant when you see commercials on TV or other advertisements. This may make you feel like you want to eat something when in fact you're not hungry.

Avoid distractions

Turn off the TV. Eating in front of the TV may distract you and cause you to eat more food than you actually need. It is important to pay attention to what you're eating so you can identify when you're full. Turning off the TV at mealtimes will help you focus on what you are eating, and how much. The same goes for video games and the computer!

Serve yourself

Large portion sizes may make you eat more than you actually need to feel full. At meals, put the amount you want to eat on your own plate. Remember — you can always get more if you're still hungry, so try not to overload your plate.

Just a Little Sloppy Joe

What You'll Need

- 1 medium onion, chopped
- 1 green pepper, chopped
- 1/2 cup unsweetened pineapple juice
- 1 pound lean ground turkey
- 1 6-ounce can tomato paste
- 1/2 cup water
- 2 garlic cloves, minced
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 tablespoon Worcestershire sauce
- cooking spray
- 6 whole wheat rolls

Serves 6

Let's Cook!

- 1 Spray a medium pan with cooking spray. Cook ground turkey, onion and green pepper until the temperature of the turkey mixture reaches 165 degrees on a meat thermometer and peppers and onion are soft.
- 2 Drain liquid and fat from meat mixture.
- 3 Add tomato paste, water, Worcestershire sauce, minced garlic, oregano, basil and pineapple juice, and cook on medium heat for about 15-20 minutes.
- 4 Serve on whole wheat rolls.

Nutrition Facts

Serving Size (200g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 150mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 16g	
Vitamin A 10%	Vitamin C 60%
Calcium 4%	Iron 10%

Nutrition facts do not include rolls.



Mighty Muffin

What You'll Need

- 1 whole wheat English muffin
- 2 egg whites
- 1 slice low-fat cheese

Chives, green onions, salsa,
diced peppers, mushrooms

Cooking spray

Serves 1

Let's Cook!

- 1 Spray a mug with cooking spray.
- 2 Pour egg whites into mug. Add any additional spices or vegetables. Place a small plate over the cup to avoid splattering.
- 3 Cook in microwave for 1½ minutes.
- 4 Put cheese on top of egg white and cook in microwave for an additional 10-15 seconds or until cheese has melted.
- 5 Toast English muffin.
- 6 Place cooked egg white and cheese between the muffins and serve as a sandwich.

Nutrition Facts

Serving Size (161g)
Servings Per Container

Amount Per Serving	
Calories 220	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 590mg	25%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 20g	
Vitamin A 2%	Vitamin C 0%
Calcium 30%	Iron 10%



Primetime Pasta Shells

What You'll Need

jumbo pasta shells
(12-ounce box), cooked

1 pound boneless, skinless
chicken breast, cooked
and diced

2 cups fat-free ricotta cheese

2 10-ounce packages frozen
chopped spinach, thawed
and drained

1/2 cup grated Parmesan cheese

1 egg

2 teaspoons dried basil

3 cloves garlic, minced

salt and pepper to taste

3 cups pasta sauce

additional pasta sauce as desired

Serves 8

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Mix chicken, drained spinach, ricotta cheese, Parmesan cheese, egg, basil and garlic together in a large mixing bowl. Season with salt and pepper.
- 3 Pour 1/2 cup of pasta sauce in a 9x13 baking dish. Spread over bottom of dish.
- 4 Fill each pasta shell with the spinach and chicken mixture. Place shells in baking dish.
- 5 Pour remaining pasta sauce over the shells.
- 6 Cover baking dish with aluminum foil and bake 30 minutes.

Nutrition Facts

Serving Size (325g)
Servings Per Container 8

Amount Per Serving	
Calories 370	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 770mg	32%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 32g	
Vitamin A 150%	Vitamin C 15%
Calcium 30%	Iron 25%



Calcium

Calcium is a mineral in your body that helps build strong bones and teeth. There is more calcium in your body than any other mineral. Your body gets calcium from the food you eat, and it is important to get enough of it in your diet. Foods high in calcium include dairy products like milk, cheese and yogurt, and vegetables such as leafy greens and broccoli.

Look at the table below to find some good sources of calcium. How much calcium your body needs depends on your age and other factors. Depending on your age, boys and girls need between 500 and 1,300 mg of calcium each day.

Visit <http://www.nichd.nih.gov/milk/milk.cfm> to find out your specific calcium needs.

Food	Serving Size	Calories	Calcium
Plain yogurt, fat-free	1 cup	137	488 mg
Calcium-fortified orange juice	1 cup (8 ounces)	110	351 mg
Fruit yogurt, fat-free	1 cup	233	372 mg
Milk	1 cup (8 ounces)	100-130*	200-300 mg*
soy with added calcium			
whole		150	276 mg
reduced fat (2%)		125	314 mg
low-fat (1%)		118	350 mg
fat-free (skim)		90	306 mg
Cheese	2 ounces (about 3 slices)	113	431 mg
American, low-fat or fat-free			
cheddar, low-fat or fat-free	1/2 cup	98	234 mg
Tofu, firm with added calcium	1/2 cup	183	861 mg
Spinach, cooked from frozen	1/2 cup	32	145 mg
Broccoli			
raw	1 medium stalk	51	71 mg
cooked	1 cup	54	62 mg
Almonds	1 ounce (22 nuts)	169	75 mg

* Amount of calories and calcium varies by type.

Pumpkin Pie Oatmeal

What You'll Need

1/2 cup cooked oatmeal

1/4 cup pumpkin puree

1 tablespoon brown sugar

1 tablespoon 1% milk

1/4 teaspoon ground allspice

1/4 teaspoon ground cinnamon

Serves 1

Let's Cook!

- 1 Combine all ingredients together in a bowl and reheat if needed.

Nutrition Facts

Serving Size (143g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 16g	
Protein 8g	
Vitamin A 180%	• Vitamin C 0%
Calcium 6%	• Iron 4%



Sensational Salmon Patties

What You'll Need

Salmon Patties

- cooking spray
- 1 teaspoon vegetable oil
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery
- 1 egg white, lightly beaten
- 3/4 cup finely crushed fat-free saltine crackers
- 1/4 teaspoon freshly ground black pepper
- 2 7.5-ounce cans salmon, drained, bones and skin removed

Yogurt Sauce

- 1/2 cup fat-free yogurt
- 2 teaspoons capers (look for them at your store near the pickles and olives)
- 1/2 teaspoon lemon juice
- 1/4 teaspoon ground black pepper
- 4 buns (toasted, if desired)

Serves 4

Let's Cook!

- 1 Mix yogurt sauce ingredients in a bowl and refrigerate.
- 2 Spray medium pan with cooking spray, add 1 teaspoon of oil and heat over medium heat.
- 3 Add onion and celery; sauté about 5 minutes; stir mixture to avoid burning.
- 4 Combine onion and celery mixture, 1/2 cup crackers, black pepper, salmon and egg white in a medium bowl.
- 5 Divide salmon mixture into 4 equal portions, shaping each into patties.
- 6 Coat each patty with the remaining crackers. Cover and refrigerate for 30 minutes.
- 7 Spray medium skillet with cooking spray.
- 8 Over medium heat, cook patties for 5 minutes on each side or until lightly browned.
- 9 Serve the salmon patty with yogurt sauce, plain or on a bun.

Nutrition Facts

Serving Size (175g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 30g	
Vitamin A 4%	Vitamin C 6%
Calcium 6%	Iron 8%

Nutrition Facts do not include bun

Spicy! Homemade Spice Recipes Without Salt

Spice mixes are a great addition to many recipes, but not all spice mixes are healthy choices. Instead of buying seasoning packets, which usually have a lot of salt and other additives in them, try creating your own. Making your own spice mixtures without salt will be healthier for you and your family, and it gives you the chance to invent something that suits your family's tastes. Once you have found a mix you like, make small batches, and keep them fresh in a dry airtight container in the refrigerator. Since spices lose flavor over time, try to use them within a month.

Cajun Seasoning

- 1 teaspoon white pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground red pepper
- 1 teaspoon paprika
- 1 teaspoon black pepper

Homemade Pumpkin Pie Seasoning

- 2 teaspoon ground nutmeg
- 2 teaspoon ground cloves
- 4 teaspoon ground ginger
- 8 teaspoon ground cinnamon

Italian Seasoning

- 3 tablespoons dried basil
- 3 tablespoons dried oregano
- 3 tablespoons dried parsley
- 1 tablespoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes

Salt-free Seasoning

- 5 teaspoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon dry mustard
- 1 teaspoon thyme
- 1/2 teaspoon black pepper
- 1/2 teaspoon celery seed

Taco Seasoning

- 1 tablespoon chili powder
- 2 teaspoon onion powder
- 1 teaspoon each ground cumin, garlic powder, paprika, ground oregano and sugar

Ethiopian Spice

- 1 teaspoon ground ginger
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground fenugreek
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika

Shipwreck Pie

What You'll Need

- cooking spray
- 1 pound lean ground beef
- 3/4 cup chopped onion
- 1/4 cup uncooked brown rice
- 1 1/2 cups chopped potatoes
- 1/2 cup chopped green pepper
- 1/2 cup chopped zucchini
- 1 15-ounce can kidney beans
- 1 6-ounce can tomato paste
- 1/2 cup water
- 1 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

Serves 6

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Spray skillet with cooking spray. Over medium-low heat, cook ground beef and onion until a meat thermometer reaches 160 degrees. Drain excess liquid or fat.
- 3 Spray 8x8 baking dish with cooking spray. Layer ground beef and onion mixture, rice, potatoes, peppers, zucchini and beans in dish.
- 4 Combine remaining ingredients (tomato paste, water, Worcestershire sauce, chili powder, pepper and salt) in a bowl and mix together.
- 5 Pour mixture over casserole.
- 6 Bake covered for 1 1/2 hours.

Nutrition Facts

Serving Size (285g)		Servings Per Container 6	
Amount Per Serving			
Calories 240	Calories from Fat 30		
%			
Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 40mg	13%		
Sodium 350mg	15%		
Total Carbohydrate 31g	10%		
Dietary Fiber 5g	20%		
Sugars 6g			
Protein 22g			
Vitamin A 10%	• Vitamin C 45%		
Calcium 2%	• Iron 20%		



Southwest Scramble

What You'll Need

- 4 whole wheat tortillas
- 2 whole eggs
- 2 egg whites
- ¼ cup diced green pepper
- ¼ cup diced onion (optional)
- ¼ cup black beans
- 2 tbsp salsa
- ½ cup shredded low-fat cheddar cheese
- Cooking spray

Serves 4

Let's Cook!

- 1 Spray a medium sauté pan with cooking spray.
- 2 Wisk eggs and egg whites together in a bowl.
- 3 Sauté onion and green pepper on medium heat for about 7 minutes or until tender.
- 4 Turn heat to low and pour in eggs, egg whites and black beans.
- 5 Sprinkle cheese on top and cook for another 4 minutes (until the eggs are cooked). Continue to stir.
- 6 Turn off heat and remove from stove.
- 7 Warm the tortillas in the microwave for 10-15 seconds.
- 8 Divide egg mixture into 4 and place a portion of the egg mixture onto the center of each tortilla.
- 9 Pour ½ tbsp of salsa on the egg.
- 10 Fold the bottom half of the tortilla over part of the egg mixture.
- 11 Fold one side of the tortilla over the eggs and fold the other side over.

Nutrition Facts

Serving Size (146g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 420mg	18%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 13g	
Vitamin A 4%	Vitamin C 15%
Calcium 8%	Iron 10%



Spicy Tortilla Soup

What You'll Need

12 ounces skinless boneless chicken breast, diced

2 14.5-ounce cans low-salt chicken broth

2 cups water

3/4 cup stewed tomatoes

2 cloves of garlic, minced

1/4 teaspoon ground cumin

1/8 teaspoon dried crushed red pepper

1 large onion, diced

3 tablespoons lime juice

1 tablespoon cilantro, finely chopped

12 tortilla chips, crumbled

cooking spray

Serves 4

Let's Cook!

- 1 Spray a pan with cooking spray and sauté chicken on medium heat for 10-15 minutes until a meat thermometer reaches 165 degrees.
- 2 In another large pan, combine the chicken broth, water, stewed tomatoes, garlic, ground cumin and onion and bring to a boil.
- 3 Reduce heat to low and cook for 5 minutes.
- 4 Add lime juice, red pepper and cilantro.
- 5 Serve in bowls, add salt and pepper to taste. Garnish with crumbled tortilla chips.

Nutrition Facts

Serving Size (534g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 290mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 26g	
Vitamin A 2%	Vitamin C 20%
Calcium 6%	Iron 8%



Stoplight Stuffed Peppers

What You'll Need

- 4 green bell peppers, tops and seeds removed
- 1/2 pound lean ground turkey
- 1 teaspoon olive oil, divided
- 1/2 medium onion, chopped
- 1 cup sliced mushrooms
- 1/2 cup zucchini, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup yellow bell pepper, chopped
- 1 cup fresh spinach
- 1 14.5-ounce can diced tomatoes, drained
- 1 tablespoon tomato paste
- 1 teaspoon garlic powder
- 1 teaspoon basil
- salt and pepper to taste
- cooking spray

Serves 4

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Place green bell peppers in a baking dish and cover with aluminum foil. Bake for 15 minutes in preheated oven.
- 3 Spray pan with cooking spray and add 1/2 teaspoon of oil. Cook turkey on medium heat until the temperature reaches 160 degrees with a meat thermometer. Drain fat and liquid.
- 4 Spray another pan with cooking spray, add 1/2 teaspoon of oil and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper and spinach over medium heat until soft.
- 5 Mix cooked turkey with vegetables and add tomatoes, tomato paste and spices.
- 6 Spoon meat and vegetable mixture into green peppers.
- 7 Bake peppers, covered with aluminum foil, in oven for 30 minutes.

Nutrition Facts

Serving Size (428g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 300mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 15g	
Vitamin A 40%	Vitamin C 350%
Calcium 4%	Iron 15%

Stuffed Squash Sailboats

What You'll Need

- 4 medium zucchini squash
- 1 pound lean ground turkey
- 1 medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 1/2 cup diced mushrooms
- 1/4 cup diced green pepper
- 1 teaspoon basil
- 1 teaspoon oregano
- 2 teaspoons Worcestershire sauce
- 1 15-ounce can tomato sauce
- 3 tablespoons Parmesan cheese

Makes 8 boats

Let's Cook!

- 1 Preheat oven to 325 degrees.
- 2 Cut zucchini in half lengthwise. With a spoon, scoop out the seeds and some of the pulp in middle. Leave some pulp at each end of the zucchini. Avoid taking out too much of the pulp, as it may make the zucchini too soft.
- 3 Cook meat, onion, pepper, mushroom and garlic in pan on medium heat until meat reaches 160 degrees on a meat thermometer. Drain liquid from meat.
- 4 Add basil, oregano and Worcestershire sauce.
- 5 Fill up zucchini "boats" with meat mixture and arrange in a 9x14 glass baking dish. Cover evenly with tomato sauce and top with cheese. Bake for 50 to 60 minutes, or until zucchini is tender.

Nutrition Facts

Serving Size (152g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat --g	
Cholesterol 50mg	17%
Sodium 430mg	18%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 13g	
Vitamin A 6%	Vitamin C 20%
Calcium 6%	Iron 10%



Sweet and Tangy Chicken Legs

What You'll Need

4 chicken leg quarters, skinned
1/2 teaspoon garlic powder
1/2 cup unsweetened applesauce

3 tablespoons vinegar
4 tablespoons low-sodium soy sauce
cooking spray

Serves 4

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Coat baking dish with cooking spray. Place chicken legs in dish.
- 3 Mix remaining ingredients together in a small bowl and coat chicken legs with the mixture.
- 4 Cover dish with aluminum foil and bake for 45 minutes and until a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees.

Nutrition Facts

Serving Size (190g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 500mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 27g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 8%



Salt Scoop

Salt facts

Did you know that salt was once used as money? And it was once considered a proper tradition to offer a houseguest salt and bread? Before the refrigerator was invented, salt was added to foods to prevent them from going bad. Today, salt continues to be added to foods to help with the taste, color and texture of the foods.

Why can too much salt be harmful to our bodies?

When you eat too much salt, or sodium, your body holds onto extra fluid, which can put pressure on your blood vessels.

How do we cut back on the salt we eat?

While some food has salt in it naturally, high amounts of added salt can be found in many foods, like packaged snacks (chips, pretzels, tortilla chips, popcorn) canned vegetables and soups, deli meats and cheeses, prepackaged dinners and side dishes, fast food, and condiments like barbecue sauce, hot sauce, Worcestershire sauce, steak sauce, olives and pickles.

To cut back on salt, try:

1. Flavoring your food with herbs and seasonings instead of salt.
2. Replacing the salt shaker on your table with a salt-free seasoning (like Mrs. Dash or McCormick salt-free seasonings) or ground pepper. If you do put salt on your food, sprinkle some in your hand first, then put it on your food.
3. Tasting your food before putting salt on it. Give your taste buds some time to taste the food the way it was prepared without extra salt. You never know, you might like it as it is!
4. Limit the amount of high-sodium foods that you eat. Read the nutrition label on the food package to find out how much salt you are eating. Remember to look for the words “sodium” and “salt” on the nutrition label. These terms can be used in place of each other.

Turkey Taco Salad

What You'll Need

- 12 ounces lean ground turkey
- 2 cups green pepper, chopped
- 2 cups bottled salsa
- 1/4 cup fresh cilantro, chopped
- 4 cups romaine lettuce, chopped
- 2 cups plum tomato, chopped
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup crumbled baked tortilla chips
- 1/4 cup green onions, chopped
- cooking spray

Serves 4

Let's Cook!

- 1 Spray medium pan with cooking spray. Cook turkey and pepper over medium-high heat until temperature reaches 160 degrees on a meat thermometer.
- 2 Drain liquid from meat mixture.
- 3 Mix in salsa and cook on low heat for 10 minutes.
- 4 Mix in cilantro.
- 5 Place 1 cup lettuce on each of 4 plates.
- 6 For each serving, spoon 1 cup turkey mixture over 1 cup lettuce and sprinkle each serving with 1/2 cup tomato, 1/4 cup cheese, 1/4 cup chips and 1 tablespoon onions.

Nutrition Facts

Serving Size (472g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1300mg	54%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 25g	
Vitamin A 90%	Vitamin C 150%
Calcium 20%	Iron 15%



Navigating Fast Food and Restaurants

Limiting how often you go out to eat is an important part of staying healthy. Take a look at these tips to help you stay healthy when you do go out to eat or when you are eating on the run.

- » Look for items that have nutrition information. Don't see it? Ask for it.
- » Avoid going to all-you-can-eat buffets or all-you-can-drink soda fountains. It's difficult to resist the temptation to overeat.
- » Skip the starters. Send back the bread basket and wait for your meal.
- » Avoid unlimited soda or other sugar-sweetened beverages. If the server asks you if you want another beverage, ask for a glass of water.
- » Control your portions! Share a meal or pack half of it to go before you start eating. Avoid large or super-sized portions.
- » Plan ahead — check out the menu ahead of time and figure out what you want to eat.
- » Ask questions — request healthier food preparation (baked, broiled or grilled) and ask for healthier ingredients (vegetable toppings, tomato-based sauces, mustard).
- » Ask for salad dressings on the side.

Side Dishes

- Can't Save it For Later Tater
- Down on the Farm Potato Salad
- Cooked with a Kick Green Beans
- Gold Medal Olympic Salad
- Good for you Greens
- Out of this World Onion Rings
- Pot Full of Goodness Greens and Beans
- Super Sweet Squash
- Slow and Simmered Stewed Tomatoes
- Tasty Toss Up Veggie Stir-fry



Can't Save it for Later' Tater

What You'll Need

- 4 baking potatoes, cut across and lengthwise into wedges
- 1 tablespoon olive oil
- 3 tablespoons Cajun seasoning cooking spray

Cajun Seasoning

- 1 teaspoon white pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground red pepper (optional)
- 1 teaspoon paprika
- 1 teaspoon black pepper

Serves 4

Let's Cook!

- 1 Preheat oven to 425 degrees.
- 2 In a bowl, combine potatoes, olive oil and Cajun seasoning. Mix until potatoes are coated.
- 3 Place wedges on baking sheet.
- 4 Coat lightly with cooking spray.
- 5 Bake for 20 minutes. Turn wedges over and bake for another 20 minutes until golden and crispy.

Nutrition Facts

Serving Size (176g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat -g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 0%	• Vitamin C 30%
Calcium 2%	• Iron 10%



Fat Facts

Fats are found in many foods, especially oil, butter, mayonnaise, peanut butter and cheese, to name just a few. A healthy diet includes some fats, but it is important to balance the type and amount of fats you eat during the day.

Are there different types of fats?

Some fats are better for you than others. The two fats that are considered “good fats” are monounsaturated fats and polyunsaturated fats. They are liquid at room temperature, like vegetable oil. Good fats help lower the cholesterol in your blood when eaten instead of bad fats. More on cholesterol in a minute!

Trans fats and saturated fats are called “bad fats.” These fats can raise your bad cholesterol and lower your good cholesterol. Bad fats are more solid at room temperature, like butter.

Don't be fooled — trans fat-free does not mean healthy.

Trans fats (one of those “bad” fats) were added to food labels in 2006. Just because a food is labeled “trans fat-free” doesn't make it healthy. Trans fat-free foods can still be high in calories and saturated fat. The best way to figure out if a food is healthy is to read the food label on the package.

Did someone say cholesterol?

Yes, back to cholesterol. Cholesterol is a soft, waxy, fat-like material found in your bloodstream and in the cells of your body. Too much cholesterol in your body can clog your arteries, putting you at greater risk for a heart attack. Your body makes cholesterol, but you also get cholesterol from the foods you eat. Foods that come from animals, such as beef, pork, poultry, cheese, butter and milk, have cholesterol in them. Foods from plants do not have cholesterol.

HDL is good cholesterol. It helps remove the bad cholesterol from your body. Bad cholesterol is called LDL. LDL is the kind of cholesterol that can clog your arteries.

Down on the Farm Potato Salad

What You'll Need

Dressing:

- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard
- 1/2 tablespoon vinegar
- 1/4 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon celery seeds

Potato salad:

- 1 1/2 pounds potatoes with skin on, diced into small pieces (about 1 inch)
- 1 cup broccoli florets, chopped into small pieces
- 1 cup frozen peas, thawed and drained
- 1/4 cup diced red bell pepper
- 1/4 cup diced celery
- 1/4 cup canned corn, drained
- 1/4 cup chopped green onions

Serves 8 (About 1-cup servings)

Let's Cook!

- 1 For the dressing, combine all of the ingredients, and mix together with a whisk. Store in refrigerator.
- 2 Place potatoes in a pan and cover with water. On high heat, bring potatoes to a boil, and then simmer for 10 minutes or until potatoes are soft.
- 3 Drain potatoes.
- 4 Combine potatoes, peas, broccoli, peppers, celery, corn and green onions in a large bowl.
- 5 Mix dressing, pour over salad and mix gently.

Nutrition Facts

Serving Size (135g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	
Vitamin A 10%	• Vitamin C 40%
Calcium 2%	• Iron 6%



Hot Potato!

Potatoes are a family favorite — kids and adults enjoy their flavor and the variety of ways they can be prepared. While potatoes are a vegetable, they should be eaten in moderation, like most foods. Here are some popular potato preparations and the calories and fat they contain.

Potato Dish	Serving Size	Calories	Fat
French fries (Burger King®)	medium	387	20g
Oven-baked fries 1.5 lbs sliced potatoes mixed with 1 tbsp. oil, serves 4	1 serving	160	3.5g
Plain baked potato	1 medium (the size of a computer mouse)	188	less than 1g
Plain baked sweet potato	1 medium (the length of a stapler)	112	less than 1g
Mashed potatoes with whole milk and margarine	1/2 cup	119	4.4g
	3/4 cup	178	6.6g

Tantalizing tater-toppers!

Choose from this list of delicious toppings to make a baked potato or baked sweet potato into a delicious and nutritious meal, side dish or snack:

- » vegetarian chili
- » stewed tomatoes
- » sautéed greens
- » salsa
- » steamed broccoli
- » low-fat or non-fat yogurt
and chopped chives
- » low fat cheese

Cooked with a Kick Green Beans

What You'll Need

- 1 garlic clove, crushed
- 1 tablespoon olive oil
- 4 cups canned, chopped tomatoes, (2 16-ounce cans)
- 1 cup water

- 1/4 teaspoon red pepper flakes (optional)
- 1 pound green beans, stems removed

Serves 4

Let's Cook!

- 1 In a large pan, heat olive oil on medium heat and cook crushed garlic until it browns lightly, about 1-2 minutes.
- 2 Stir in tomatoes, water and red pepper flakes. Bring to a boil and add beans.
- 3 Cover with a lid and cook on low heat for 30 to 40 minutes, stirring occasionally, until beans are soft.

Nutrition Facts

Serving Size (360g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 4%	Iron 6%



Gold Medal Olympic Salad

What You'll Need

Salad:

- 2 cups fresh tomato, seeded and diced
- 2 cups cucumber, peeled, seeded and diced
- 1/2 cup diced red bell pepper
- 2.2 oz. can of sliced olives
- 1/4 cup red onion, chopped
- 1 head of lettuce, romaine or red leaf, rinsed and chopped

Dressing:

- 1 tablespoon olive oil
- 2 tablespoons vinegar
- 1 teaspoon dried oregano
- 1/4 cup feta cheese, crumbled

Serves 4

Let's Cook!

- 1 Place all salad ingredients in a bowl and toss.
- 2 In a small bowl, mix all dressing ingredients together (except feta cheese) and pour over salad.
- 3 Toss salad and sprinkle feta cheese on top.

Nutrition Facts

Serving Size (290g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 150%	• Vitamin C 70%
Calcium 10%	• Iron 10%



Good-for-You Greens

What You'll Need

3 cups water

1 packet of sodium-free
chicken bouillon or

1 vegetable bouillon cube

1 16-ounce package of chopped
and diced kale

1 tablespoon vinegar (optional)

Serves 4

Let's Cook!

- 1 In a medium saucepan, add water and bouillon; cover and bring to a boil.
- 2 Add greens and cook on low heat for about 30 minutes.
- 3 Sprinkle with vinegar.

Nutrition Facts

Serving Size (292g)

Servings Per Container 4

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 8%

Sugars 0g

Protein 4g

Vitamin A 350% • Vitamin C 230%

Calcium 15% • Iron 10%



Out of this World Onion Rings

What You'll Need

- 4 large sweet onions, peeled and sliced into 1/4-inch-thick rings
- 3 egg whites
- 1 1/4 cups bread crumbs
- 1/4 teaspoon salt
- 1 teaspoon garlic powder
- 1/4 teaspoon chili powder (optional)
- 1/4 teaspoon pepper
- cooking spray

Serves 4

Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Lightly coat a baking sheet with cooking spray.
- 3 Separate sliced onion rings and set aside.
- 4 In a mixing bowl, beat egg whites until they become foamy.
- 5 Mix together bread crumbs, salt, garlic powder, chili powder and pepper in a bowl.
- 6 Dip onions in egg white mixture, then into dry mixture, one at a time. Place on baking sheet.
- 7 Coat onions with cooking spray.
- 8 Bake at 400 degrees for 25 minutes until rings are crispy.

Nutrition Facts

Serving Size (391g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 50g	17%
Dietary Fiber 5g	20%
Sugars 19g	
Protein 10g	
Vitamin A 0%	Vitamin C 25%
Calcium 15%	Iron 15%



Pot Full of Goodness Greens & Beans

What You'll Need

- 1 1/2 cups frozen baby lima beans
- 1 tablespoon olive oil
- 2 cups sliced red onion
- 3 cups fat-free, less-sodium chicken broth (or vegetable broth)
- 1 cup diced, cooked, smoked turkey breast
- 1/2 teaspoon dried thyme
- 1/4 teaspoon crushed red pepper
- 3 garlic cloves, minced
- 8 cups sliced collard greens (about 1/2 pound)
- 2 tablespoons red wine vinegar
- 1 14.5-ounce can diced tomatoes, undrained
- 1/4 teaspoon black pepper

Serves 4

Let's Cook!

- 1 Heat oil in pan over medium-low heat. Add onion and sauté 10 minutes.
- 2 Add beans, broth, turkey, red pepper, thyme and garlic; bring to a boil.
- 3 Stir in collards, vinegar, and tomatoes.
- 4 Continue to cook on medium heat for 20 minutes. Stir in pepper.

Nutrition Facts

Serving Size (285g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 630mg	26%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 10g	
Vitamin A 45%	Vitamin C 40%
Calcium 8%	Iron 15%



Super Sweet Squash

What You'll Need

1 large butternut squash, peeled, seeded and cut into cubes
1 egg, lightly beaten
2 egg whites, lightly beaten
3 tablespoons 1% milk
1 tablespoons lemon juice
1 cup brown sugar
2 tablespoons vanilla
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
cooking spray

Squash Topping

1/2 cup brown sugar
2 tablespoons soft tub margarine
2 tablespoons unsweetened applesauce
1/2 cup flour
1/2 cup chopped pecans

Serves 6

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Place squash in a 9x13 baking dish and add enough water to partially cover squash. Bake for 50 minutes, uncovered, until squash is soft.
- 3 Drain squash and mash with a hand mixer or a food processor.
- 4 Add margarine, egg, egg white, milk, lemon juice, brown sugar, vanilla, cinnamon and nutmeg to squash and mix together.
- 5 Spoon squash into an 8x8 baking dish that has been sprayed with cooking spray.
- 6 In a small bowl, mix topping ingredients together and sprinkle on top of squash.
- 7 Bake for 15 – 20 minutes, or until hot.

Nutrition Facts

Serving Size (207g)
Servings Per Container 6

Amount Per Serving	
Calories 270	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 45mg	2%
Total Carbohydrate 52g	17%
Dietary Fiber 4g	16%
Sugars 33g	
Protein 4g	
Vitamin A 310%	Vitamin C 50%
Calcium 8%	Iron 10%

Healthy Shopping List

Shopping for healthy food doesn't have to be a difficult task if you keep a few things in mind before you go.

Know what you need

Having a list will limit distractions and the possibility of putting less healthy items in your cart. A list may even save you time. Consider:

- » What is your time frame? Are you buying food for the week? The weekend? The month?
- » Check your cabinets to see what you already have; don't stock more than you need.
- » Make a grocery list that includes healthy foods for breakfast, lunch, dinner, snacks and beverages.
- » Include on your list healthy foods that last. Brown rice, canned beans, canned vegetables and canned fish are good choices. Also, frozen fruit and vegetables are great to have on hand.

Stick to your plan

Once you know what you need, avoid making last-minute choices that may be less healthy. These tips will help you stay on track.

- » Plan your meals and snacks ahead of time so you aren't left with an empty refrigerator and a drawer full of take-out menus.
- » Avoid going to the store hungry. If you're hungry, you're more likely to be tempted to buy unhealthy foods.
- » Get to know your grocery store so you can find all the healthy items on your list, and limit wandering around the store. Then you won't be as tempted by less-healthy products.
- » Avoid buying food or beverages in bulk. Discounts and sales can be tempting, but having large quantities on hand can lead the whole family to eat and drink more than usual.
- » With a list that includes items from all food groups, your cart will be full of items that will keep your family nourished and healthy.

Healthy Shopping List

This is an example of a shopping list with some healthy foods for breakfast, lunch, dinner, snacks and beverages. Fill it out with the healthy foods you need when you go shopping.

Breakfast

oatmeal
eggs or egg substitute
whole wheat bagel
low-fat cream cheese

Lunch

tuna fish
low-fat cheese
whole wheat tortilla
carrots
peanut butter
turkey deli meat

Dinner

skinless chicken
brown rice
string beans
spinach
broccoli
frozen fish

Snacks

apples, oranges, banana
canned peaches in natural juice
low-fat popcorn
low-fat yogurt

Beverages

fat-free or low-fat milk
100% orange juice
Crystal Light[®]

Slow & Simmered Stewed Tomatoes

What You'll Need

1 can (28 ounces) diced tomatoes or no-salt-added stewed tomatoes

1 cup celery, chopped

1/2 cup onion, chopped

2 tablespoons flour

1 tablespoon sugar

1/4 teaspoon salt

Dash of pepper

1/4 cup water

4 slices whole wheat bread, toasted

2 tablespoons Parmesan cheese

2 teaspoons olive oil

cooking spray

Serves 6

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Spray medium saucepan with cooking spray and add olive oil.
- 3 Sauté onions and celery until soft, and stir to avoid burning.
- 4 Add tomatoes and stir. Cover and simmer for 10 minutes.
- 5 Combine flour, sugar, salt and a dash of pepper in a small bowl. Add water and stir mixture.
- 6 Stir flour mixture into tomatoes.
- 7 Cook for 10 minutes until tomatoes are thick and bubbly.
- 8 Cut 3 slices of toast into small cubes and stir into tomato mixture.
- 9 Pour tomato mixture into a 1 1/2-quart casserole dish and bake for 30 minutes.
- 10 Cut remaining toast into small cubes and add to top of casserole.
- 11 Sprinkle with cheese and bake for another 20 minutes.

Nutrition Facts

Serving Size (189g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	24%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 4g	
Vitamin A 15%	Vitamin C 35%
Calcium 4%	Iron 10%

Which should we choose: fresh, frozen or canned?

Depending on the time of year, type of store and part of town, you may have more or fewer choices for fresh produce. Fresh vegetables and fruits are delicious, but they may not always be available or affordable.

Frozen and canned products are good to have on hand for when you can't get to the store or when fresh fruits and vegetables are out of season or out of your price range.

When buying fresh produce, use your senses of smell, touch and sight. Choose produce that is free from unusual odors or colors and signs of spoilage, such as mold. Produce that is in season and from local farms will be fresh and may be less expensive.

Frozen produce is a smart choice, too. Most frozen produce is flash-frozen just after picking. While many frozen fruits and vegetable have been lightly cooked, you can prepare them as you would fresh vegetables. Frozen foods also require little preparation — washing and slicing, for instance, is already done.

Canned vegetables are widely available, especially in small markets or corner stores. If you are careful about which cans you choose you will find healthy, convenient and delicious fruits and veggies. Avoid canned items with added seasonings, sauces and syrups. Look for fruits in their own juices, not sugary syrup. Choose canned fruits and vegetables labeled “Grade A” or “Fancy” if they are available. Remember, canned foods are cooked before packaging, so they are ready to use.

Tasty Toss-up Vegetable Stir-fry

What You'll Need

- 2 teaspoons vegetable oil
- 1 medium eggplant, peeled and chopped into small pieces
- 1 large onion, cut into 1-inch pieces
- 2 garlic cloves, minced
- 3 cups small broccoli florets
- 4 medium carrots, peeled, cut diagonally into thin slices
- 1 red bell pepper, cut into strips
- 3 tablespoons low-sodium soy sauce
- cooking spray

Serves 6

Let's Cook!

- 1 Spray pan with cooking spray and add oil.
- 2 Over medium heat, cook eggplant, onion and garlic. Sauté 10 minutes, stirring frequently while cooking.
- 3 Add broccoli, carrots, red pepper and soy sauce. Cook, stirring, about 10 more minutes.

Nutrition Facts

Serving Size (228g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 4g	
Vitamin A 220%	Vitamin C 130%
Calcium 4%	Iron 4%



Vitamins and Minerals

Vitamins and minerals play an important role in helping your body function day to day. Check out the list below to learn about key vitamins and minerals for your body.

Vitamin	What does it do?	What do I have to eat?
Vitamin A	Vitamin A keeps your eyes healthy. It helps you see in the dark and keeps your skin healthy, too	dark green leafy vegetables (like kale, collards, spinach), carrots, pumpkin, sweet potatoes, milk fortified with vitamin A (nonfat, low-fat or whole)
B Vitamins	B vitamins have a variety of jobs in your body. They help the body get energy from food; keep your nerves, skin and eyes healthy; and help the skin, hair, eyes, mouth and liver resist infection.	meat, poultry, fish, eggs, dried beans and nuts, peanuts, whole grains, green leafy vegetables
Vitamin C	Vitamin C helps your body heal from cuts and wounds. Your body also needs Vitamin C to prevent infection.	citrus fruits (like oranges and grape fruit), cantaloupe, strawberries, tomatoes, kiwi, red peppers
Vitamin D	Your body needs Vitamin D to help build strong bones and teeth. Vitamin D helps your body absorb calcium.	milk fortified with vitamin D, fish, egg yolks, liver, fortified cereal
Vitamin E	Vitamin E helps protect the tissues in your body. It also helps form red blood cells and helps the body use Vitamin K.	whole grains, leafy green vegetables, egg yolks, nuts and seeds, sardines
Vitamin K	Vitamin K is important for blood clotting, the body's way of stopping bleeding.	leafy green vegetables, dairy products, like milk and yogurt; broccoli, soybean oil
Mineral	What does it do?	What do I have to eat?
Calcium	Calcium is important to keep your bones and teeth strong and healthy.	milk (nonfat, low-fat and whole), yogurt, cheese; green leafy vegetables, such as kale, collards, mustard greens
Iron	You get oxygen from the air you breathe. Your body uses iron to take oxygen from your lungs to other parts of your body.	liver and other organ meats, egg yolks, dried legumes, ground beef, leafy green vegetables, shellfish, enriched breads, fortified cereals
Potassium	Potassium helps make the right amount of fluids flow through your body. This helps keep your muscles, like the heart, working correctly.	meats, milk, bananas, leafy green vegetables, citrus fruits
Zinc	When you get cuts or scrapes, zinc helps your body heal. It also supports your immune system.	oysters, organ meats, beef, pork, chicken, turkey, wheat germ

Desserts

- Banana Berry Brain Freeze
- Bee Sweet Banana Treat
- Change It Up Chocolate Cupcake
- Chocolate Cookie Meltdown
- Flavors of Fall Bread Pudding



Banana Berry Brain Freeze

What You'll Need

4 cups fresh berries, such as strawberries and blueberries, frozen (or store-bought frozen berries)

1 ripe banana, peeled, sliced into small pieces and frozen

1/2 cup water

1/4 cup 100% fruit juice concentrate (like apple juice), kept frozen

Serves 6

Let's Cook!

- 1 Place berries, bananas, water and juice concentrate in a blender or food processor and blend until completely smooth.
- 2 Serve immediately.

Nutrition Facts

Serving Size (145g)	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	
Vitamin A 2%	Vitamin C 60%
Calcium 2%	Iron 4%



'Bee Sweet' Banana Treat

What You'll Need

6 bananas, peeled and halved lengthwise

2 tablespoons soft tub margarine, melted

2 tablespoons orange juice

1/4 cup honey

Serves 6

Let's Cook!

- 1 Preheat oven to 325 degrees.
- 2 Place bananas in a shallow baking dish.
- 3 Mix together melted butter, orange juice and honey, and pour over bananas.
- 4 Bake bananas for 15 minutes.

Nutrition Facts

Serving Size (142g)

Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 0mg 0%

Total Carbohydrate 39g 13%

Dietary Fiber 3g 12%

Sugars 25g

Protein 1g

Vitamin A 4% • Vitamin C 20%

Calcium 0% • Iron 2%



Change-it-up Chocolate Cupcakes

What You'll Need

- | | |
|---|-----------------------------------|
| 1/2 pound carrots, peeled and finely shredded | 2 egg whites |
| 1 1/4 cups sugar | 2 cups all-purpose flour |
| 3 tablespoons vegetable oil | 2 teaspoons baking soda |
| 1/4 cup unsweetened applesauce | 1/2 teaspoon salt |
| 1/3 cup low-fat buttermilk* | 1/2 cup cocoa powder, unsweetened |
| 2 large eggs | 3 tablespoons powdered sugar |

Makes about 2 dozen

Let's Cook!

- 1 Preheat oven to 350 degrees. Line cupcake pan with paper liners.
- 2 Combine carrots, sugar, oil, applesauce, buttermilk, eggs and egg whites in a large bowl.
- 3 In another bowl, mix together flour, cocoa powder, baking soda and salt.
- 4 While stirring, gradually mix the flour mixture into the carrot mixture.
- 5 Fill cupcake holders 1/2 full with batter.
- 6 Bake for 20 – 22 minutes, or until a wooden pick inserted in the center comes out clean.
- 7 Cool on rack.
- 8 When completely cool, dust the cupcakes with powdered sugar.

*To make your own buttermilk, add 1 tablespoon lemon juice to enough low-fat milk to make a cup.

Nutrition Facts

Serving Size (49g)	
Servings Per Container 24	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 3g	
Vitamin A 35%	• Vitamin C 2%
Calcium 2%	• Iron 4%

Recipe Substitutions

Cakes, cupcakes, muffins and other baked desserts are treats for special occasions. There are ways, however, to change your recipes to help you bake delicious treats that will still fit into a healthy diet.

Here are some ideas for easy baking substitutions that only the chef will notice. You should find that the recipes come out moist and delicious, but with much less fat and many fewer calories!

If a recipe calls for...	substitute with...	and...
1/2 cup of oil or margarine	1/3 cup of applesauce	If you are substituting all of the oil or margarine with applesauce, add 2 teaspoons of oil when combining with dry ingredients.
oil as the only liquid ingredient	the same amount of applesauce and buttermilk (in equal parts)	
1/2 cup oil in chocolate desserts, such as brownies	1/2 cup of puréed prunes*	If you are substituting all of the oil for pureed prunes, add 2 teaspoons of oil when combining with dry ingredients. Also, reduce sugar by 2 teaspoons for each half-cup of puréed prunes.
eggs	two egg whites for each whole egg	If a recipe calls for 2 eggs, do not replace both eggs in the recipe with egg whites. Use one whole egg and substitute the other egg with 2 egg whites

* Use baby food prunes or make your own by placing 3/4 cup of dried, chopped pitted prunes in a blender and adding 3 tablespoons of very hot water or any other liquid called for in the baking recipe. Blend until prunes are smooth.

Chocolate Cookie Meltdown

What You'll Need

- | | |
|--------------------------------|--|
| 2 1/4 cups all-purpose flour | 1 teaspoon vanilla extract |
| 1 teaspoon baking soda | 1 egg |
| 1 teaspoon salt | 2 egg whites |
| 1/4 cup soft tub margarine | 2 cups (12-ounce package) semi-sweet chocolate chips |
| 3/4 cup canned pumpkin puree | cooking spray |
| 3/4 cup granulated white sugar | |
| 3/4 cup packed brown sugar | |

Makes about 3 dozen

Let's Cook!

- 1 Preheat oven to 375 degrees.
- 2 Combine flour, baking soda and salt in small bowl.
- 3 Beat margarine, pumpkin puree, granulated sugar, brown sugar and vanilla in large mixer bowl.
- 4 Add egg, then egg whites, one at a time, beating well after each addition. Gradually beat in flour mixture.
- 5 Stir in chocolate chips.
- 6 Lightly coat baking sheets with cooking spray. Drop cookie batter onto baking sheets using a rounded tablespoon.
- 7 Bake for 9 to 11 minutes, or until golden brown.
- 8 Place on wire racks to cool completely.

Nutrition Facts

Serving Size (38g)	
Servings Per Container 36	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 2g	
Vitamin A 15%	• Vitamin C 0%
Calcium 0%	• Iron 2%

Nutrition Facts for one cookie



Servings and portions

How big is one serving? How much should we eat?

One serving is a standard amount of a specific food. When trying to eat a certain number of servings of a specific food group, understanding serving size is important.

Listed below are standard serving sizes for the food groups.

One serving of:	is about the same size:
bread/grains (1 ounce)	a CD case
leafy greens and milk or yogurt (1 cup)	a tennis ball
red meat, chicken, fish (3 ounces)	a deck of cards
small baked potato	a computer mouse
peanut butter (1 tablespoon)	a ping pong ball
cheese (1 ounce)	four dice

A balanced diet usually includes different serving amounts for each food group. For example, it might be recommended that you eat three servings of breads/grains each day. MyPyramid can help you understand how many servings of different types of foods will keep your family healthy. Keeping in mind the number servings you're aiming for can help you plan how many servings to eat at each meal.

Portions are personal

How much you eat at one sitting is called the portion size. The amount you eat at a meal may be more or less than one serving. The right portion size is the one that provides the right number of servings to meet your needs for that meal. For example, if you are aiming for five servings of fruits and vegetables daily, and by dinnertime, you've only had two servings, making a portion of three servings of fruit and vegetables the main part of your meal will help you meet your goal and stay healthy.

Over time, portion sizes served at restaurants and fast-food chains have grown. The portion you get at a restaurant may be more than you need, so it is up to you to decide how much is enough. MyPyramid helps you understand how much you need, and the serving guide helps you figure out how much of the oversized restaurant portion is the right amount for you and your family.

Visit the MyPyramid website for more information about services and portions: <http://www.mypyramid.gov/>

Flavors of Fall Bread Pudding

What You'll Need

4 cups whole wheat bread, toasted and cubed (about 4-6 slices of thick bread)

1/2 cup unsweetened applesauce

1 1/2 cups apple, peeled, cored and shredded; or ripe banana mashed

1 whole egg, lightly beaten

2 egg whites, lightly beaten

2 cups skim milk

1/4 cup sugar

2 tablespoons vanilla extract

1 teaspoon cinnamon

1/2 teaspoon nutmeg

cooking spray

Serves 6

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Spray 8x8 baking dish with cooking spray.
- 3 Place bread in baking dish.
- 4 Mix remaining ingredients together and pour over bread. Make sure each piece of bread is covered with liquid. Cover with plastic wrap.
- 5 Refrigerate for 30 minutes.
- 6 Bake uncovered for 50 – 60 minutes.

Nutrition Facts

Serving Size (194g)
Servings Per Container 6

Amount Per Serving

Calories 180 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 230mg **10%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 16g

Protein 8g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 6%

Nutrition Facts for recipe made with apples



Snack and Beverages

- Ants on a Log
- Fruit Pie in the Sky
- Mix and Match Snack Attack
- PB & J Banana Dog
- Mr. Bagel Head
- Smart and Sweet Popcorn
- Creamy Fruity Smoothie
- Frosty Fruity Smoothie
- Smoothie on the Go
- Twists and Shout
- Spritzer Punch
- Sweet Delight Fruit Parfait
- Veggie Pie in the Sky



Ants on a Log

What You'll Need

4 stalks celery, cut lengthwise
1/2 cup peanut butter or 1/2 cup
fat-free cream cheese

1/4 cup of your favorite “ants”
(see “Examples” below)

Serves 4

Let's Cook!

- 1 Place 8 celery sticks on a plate.
- 2 Spread peanut butter or cream cheese in the center of the celery.
- 3 Place a line of ants down the center of the celery stick.

Ants:

- raisins
- dried cranberries
- blueberries
- sliced toasted almonds
- sunflower seeds (without shell)
- low-fat granola

Variation: Stuff on a Log

Instead of the ant options listed above, you can top your log with:

- salsa
- sliced olives
- wasabi peas
- carrot shreds
- peas
- diced peaches, pineapple or apples

Please note: small food items are a choking hazard for young children.



Fruity Pie in the Sky

What You'll Need

- 2 tsp 1/3-less-fat cream cheese
- 2 strawberries sliced in half
- 2 tsp no-sugar-added fruit jam
- 4 raisins
- 1 whole wheat English muffin
- ¼ of a banana, sliced

Serves 1

Let's Cook!

- 1 Mix fruit jam with cream cheese.
- 2 Toast English muffin.
- 3 Spread cream cheese on English muffin.
- 4 Place fruit on top of cream cheese.

Nutrition Facts

Serving Size (155g)
Servings Per Container

Amount Per Serving	
Calories 220	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 7g	
Vitamin A 4%	Vitamin C 40%
Calcium 20%	Iron 15%



Easy Snack Ideas

- » Salsa Chipster: Dip baked tortilla chips in salsa
(See Salsa-mole Ole! recipe)
- » Veggie Sliders: Dip sliced vegetables in hummus or low- fat dressings
(See Mega-Mash Chickpea Dip recipe)
- » Fruity-yos: Dip fresh fruit skewers in low-fat yogurt
- » Berry Bonanza: Top strawberries with yogurt
- » Fruity Ways: Pair cottage cheese with fruit and sprinkle with cinnamon or raisins
- » Strong Strings: Serve reduced-fat string cheese with whole-wheat crackers
- » Lava Layers: Low-fat yogurt and fruit parfait
(Layer 8 ounces yogurt with 1/2 cup of your favorite fruit)
- » Philly Twists: hot pretzels dipped in mustard
- » Spicy Pops: air-popped pop corn with your favorite spice mix
- » Mix-and-Match Snack Attack (See recipe)

Mix-and-Match Snack Attack

What You'll Need

Make your own snack by mixing together five ingredients from the list below. For the best-tasting snack, pick ingredients from both groups.

Slightly Sweet

- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1/2 cup dried apricots
- 1/2 cup chocolate chips
- 1/2 cup Honey Nut Cheerios
- 1/2 cup Wheat Chex
- 1/2 cup low-fat granola
- 1 cup low-fat kettle corn popcorn
- 1/2 cup Frosted Mini-Wheats

Slightly Salty

- 1 cup mini pretzel sticks or squares
- 1 cup low-fat popcorn
- 1/4 cup sunflower seeds
- 1/4 cup peanuts or soy nuts

Sample Snack Attack

What You'll Need

- 1/2 cup dried cranberries
- 1/2 cup Honey Nut Cheerios
- 1 cup low-fat kettle corn popcorn
- 1 cup mini pretzel sticks or squares
- 1/4 cup sunflower seeds

Let's Cook!

- 1 Mix five ingredients together in a resealable bag or a container.

Nutrition Facts

Serving Size (43g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 10%

Nutrition Facts are for one serving of Sample Snack Attack.

Serves 4



PB and J Banana Dog

What You'll Need

- 1 whole wheat hot dog bun
- 1 ripe banana, peeled and sliced
- 2 teaspoons of peanut butter
- 1 teaspoon seedless strawberry jam or jelly

Serves 2

Let's Cook!

- 1 Spread peanut butter on hot dog bun.
- 2 Place sliced banana on top.
- 3 Spread strawberry jam or jelly on top of the banana.
- 4 Cut dog in half and serve.

Nutrition Facts

Serving Size (89g)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 35
<hr/>	
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 12g	
<hr/>	
Protein 4g	
<hr/>	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 4%



What's in the Package?

Why should I read the nutrition facts on the food label?

It's important to know:

- » what the serving size is
- » how many servings are in a package
- » how many calories and other nutrients are in each serving

Where do I start?

First, look at the serving size at the top of the Nutrition Facts label.

This will tell you how much a serving is. A serving is a standard amount that is measured in cups, ounces, tablespoons or pieces.

Next, look at the servings per container or the number of servings in the package. Many packages have more than one serving. The information printed on the Nutrition Facts label is for one serving.

If there are two servings in the package and you eat everything in the package, you are eating double the amount of what is printed on the Nutrition Facts label.

How do I know if the serving is the right amount for me?

Depending on the amount of calories you eat and drink, and the amount of calories you use, you might be looking for a low, moderate or high calorie food. The calories you eat throughout the day should be balanced between meals and snacks. In general, if a serving has 40 calories or fewer, it is considered low in calories. If a serving has 100 calories it is considered to be moderate, and if a serving has 400 calories, it is considered to be high.

What else should I look for on the Nutrition Facts label?

To get the most nutrition out of your food, look at the other nutrients listed on the label and the percent daily value, or %DV.

What's in the Package? (continued)

What is the percent daily value, or %DV?

It is the amount of a nutrient, listed as a percent based on a 2,000-calorie diet. It can be used to help you find out whether a serving contains a lot or a little of a particular nutrient.

In general, if a nutrient (like total fat, total carbohydrate, sodium or calcium) is 5 percent of the daily value or less, this means that the food is low in that nutrient. If a nutrient is 20 percent of the daily value or more, this means the food is high in that nutrient.

Your nutrient and calorie needs are based on many factors, like your age, sex, weight, height, activity level and overall health. Because everyone's nutrition needs are different, this information should be used only as a general guide for how to read Nutrition Facts labels.

1

A serving is a standard amount that is measured in cups, ounces, tablespoons or pieces.

3

In general, if a serving has 40 calories or fewer, it is considered low in calories. If a serving has 100 calories it is considered to be moderate, and if a serving has 400 calories, it is considered to be high.

5

When looking at the Nutrition Facts label, keep in mind that you want to limit these.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

2

Many packages have more than one serving. The information printed on the Nutrition Facts label is for one serving.

4

In general, if the Nutrition Facts label says a nutrient (like total fat, total carbohydrate, sodium or calcium) is 5 percent of the daily value or less, this means that the food is low in that nutrient. If the Nutrition Facts label says a nutrient is 20 percent of the daily value or more, this means the food is high in that nutrient.

6

Look for these nutrients to make sure you get enough.

Mr. Bagel Head

What You'll Need

4 whole wheat bagels, separated and toasted

1/2 cup low-fat cream cheese

1/2 cup chopped fruits (strawberries, blueberries, bananas, kiwi)

1/2 cup chopped vegetables (cherry tomatoes, sliced celery, olives, shredded carrots, sliced red or green peppers, shredded lettuce)

1/4 cup raisins or dried cranberries

Serves 8

Let's Cook!

- 1 Place bagels on separate plates.
- 2 Spread cream cheese on top of bagels.
- 3 Make faces using your favorite fruits and vegetables.

Examples:

- **eyes:** raisins or dried cranberries, olives
- **ears:** sliced celery, sliced kiwi (cut in half)
- **lips:** sliced red or green peppers
- **nose:** strawberries, blueberries, bananas
- **hair:** shredded carrots, shredded lettuce



Be Cool in School: Eat Lunch.

For many kids, lunchtime at school is the best part of the day. It's a time to talk to friends, plan after-school activities, take a break and reenergize. Making healthy choices at lunch can be hard, but it will help keep you focused for the rest of the day.

- » Plan ahead. Check out your school menu to plan lunch for the week. Highlight the healthy options to guide your choices. If you don't find healthy items on your school menu, bring your lunch from home.
- » Work with your parents to pack healthy and tasty lunches. Keep healthy ingredients on hand to keep things easy and quick.
- » Keep your packed lunch cool with an ice pack and insulated bag.
- » Change what you eat for lunch each day to keep it exciting and fun!

Make some healthy changes to your lunch

Instead of this:	Try this:
white bread, rolls, tortillas, crackers or English muffins	whole-grain bread, rolls, tortillas, crackers or English muffins
cheese	fat-free or low-fat cheese
mayonnaise or oil	light or low-fat mayonnaise or mustard
potato chips, tortilla chips, cheese crackers or other fried snacks	baked potato chips, whole-grain pretzels and crackers, or low-fat popcorn
fruit snacks or diced fruit in syrup	diced fruit in natural juice or whole fruit
cookies, cakes, brownies or candy	graham crackers, low-fat granola bars, dried fruit without added sugar
ice cream and water ice	low-fat yogurt or fruit sorbet (no added sugar)
sugar-sweetened beverages like soda, Hugs®, fruit punch, orange drinks or other beverages without 100% juice (or those with just a small amount of 100% juice)	water, skim or low-fat milk, or 100% fruit juice

Smart and Sweet Popcorn

What You'll Need

12 cups low-fat, low-sodium microwave popcorn, or 12 cups air-popped popcorn
butter-flavored cooking spray
1 1/2 teaspoons cumin
1 teaspoon garlic powder
1 teaspoon onion powder

1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon brown sugar
1/2 teaspoon paprika
1 teaspoon cayenne pepper (optional)

Serves 8

Let's Cook!

- 1 Preheat oven to 250 degrees.
- 2 Place popcorn in a large mixing bowl or large resealable plastic bag.
- 3 Lightly spray the popcorn with cooking spray.
- 4 Combine cumin, garlic powder, onion powder, paprika and cayenne pepper in a small bowl.
- 5 Sprinkle spices over popcorn and toss to coat evenly.
- 6 Mix Worcestershire sauce and brown sugar in a small bowl until sugar dissolves. Sprinkle mixture over popcorn and toss.
- 7 Spread popcorn evenly in large baking pan.
- 8 Bake for 10 minutes.

Nutrition Facts

Serving Size (19g)	
Servings Per Container 8	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 4%



Meals and Snacks

Families are busy with work, school and other activities. It may be difficult to eat structured meals and snacks, but there are lots of reasons to make eating regularly, and as a family, part of your day. Not skipping meals, and eating meals at regular times without distractions, can help improve your family's eating habits.

Try eating three meals each day. Start with a healthy breakfast every day of the week. Eating breakfast is a great way to start the day and can help you choose healthy foods for the rest of the day. Eating breakfast helps improve focus in school or work.

Learn to listen to your body to know when you are hungry or full. If you get hungry between meals, eating a healthy snack will hold you over until your next meal. Treat them like mini-meals; choose snacks with no more than 200 calories. Plan ahead so you have a healthy snack handy when you need it.

Creamy Fruity Smoothie

What You'll Need

1/2 cup diced fruit (strawberries, peaches, bananas, pineapples or mangos)

3/4 cup fat-free yogurt

1/2 cup skim milk

2 tablespoons orange juice

4 ice cubes

Serves 1

Let's Cook!

- 1 Place all ingredients in a blender and blend until smooth.

Nutrition Facts

Serving Size (485g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 11g	
Vitamin A 20%	Vitamin C 110%
Calcium 35%	Iron 2%



Frosty Fruity Smoothie

What You'll Need

- 1/2 cup chilled pineapple juice
- 1/2 ripe banana
- 1/2 cup fresh strawberries, cut in half
- 4 to 5 ice cubes

Serves 1

Let's Cook!

- 1 Place all ingredients in blender and blend until smooth.

Nutrition Facts

Serving Size (345g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 26g	
Protein 1g	
Vitamin A 2%	Vitamin C 90%
Calcium 4%	Iron 4%



Smoothie on the Go

What You'll Need

1 banana

½ cup fat-free, fruit-flavored yogurt

3 ice cubes

½ cup skim milk

1 tsp vanilla extract

Serves 1

Let's Cook!

- 1 Place all ingredients in a blender and blend until smooth.

Nutrition Facts

Serving Size (354g)
Servings Per Container

Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 45g	15%
Dietary Fiber 3g	12%
Sugars 31g	
Protein 11g	
Vitamin A 6%	Vitamin C 20%
Calcium 35%	Iron 2%



Healthy Food Attitude

Do you have a healthy food attitude? A healthy attitude is important to eating right. It means setting realistic goals for you and your family and being supportive to those who are trying to make healthy changes. These are some tips to help your family have a healthy attitude.

Eat and cook as a family

- » Cook food the whole family can eat; avoid cooking special foods for one person in the family.
- » Try to eat dinner as a family every night. If this is difficult, aim for once or twice a week.
- » Eat meals and snacks at a table in the kitchen or dining room. Avoid eating in front of the TV or computer, or while playing video games.

Avoid preoccupation with food

- » Kids should not have to finish everything on their plate.
- » Don't use food as a reward or punishment, or to appease a child.
- » If you are trying to encourage a child to try a new food, work with the child to take a few bites of the food and praise her after she has reached the goal.

Set realistic, attainable goals

- » If you are trying to change your eating habits, make sure you set goals.
- » There is a better chance that the goal will be reached if a child sets the goal for herself.
- » Write the goal down. This helps to keep it in focus.
- » Monitor goals as a family. Check up on goals weekly.
- » Remember to reward both successes and efforts – tell your family how proud you are!

Plan your meals ahead of time

- » Planning your meals and snacks ahead of time will help you stick to your goals.

Be a role model

- » Try to encourage the whole family to change their habits to be healthier. Children are easily influenced by their parents or caregivers.
- » Pay attention to what you eat and how you eat because your family may be taking your lead.

Twists and Shout

What You'll Need

- | | |
|------------------------------|---|
| 1 1/2 cups warm water | 2 1/4 cups all-purpose flour |
| 5 cups warm water | 2 ounces soft margarine, melted |
| 1 tablespoon sugar | cooking spray |
| 2 teaspoons salt | 1/4 cup baking soda |
| 1 package active dry yeast | pretzel salt (or large coarse salt) |
| 2 1/4 cups whole wheat flour | 1/2 cup additional flour to put on surface for kneading |

Serves 12

Let's Cook!

- 1 Combine 1 1/2 cups warm water, yeast, sugar, salt in a bowl, and allow it to sit for 5 minutes.
- 2 Add flour and butter to yeast mixture and mix together until well combined. Form dough into a ball and place on a flat, clean surface that has been sprinkled with 1/2 cup of all-purpose flour.
- 3 Knead dough for 3 minutes. Spray dough ball with cooking spray.
- 4 Place dough back in bowl and cover with plastic wrap. Let it sit to rise in a warm place for 50-55 minutes.
- 5 Preheat oven to 450 degrees.
- 6 Clean a flat surface and spray with cooking spray. Place dough on surface and divide into 12 pieces. Roll each piece into a long rope and make into a pretzel shape: hold both ends of the rope to form a U shape and place it on the surface. Cross the ends of the dough and press to the bottom of the U.
- 7 Fill a large bowl with 5 cups of very warm water and stir in baking soda. Dip each pretzel into the water and then place on baking sheet coated with cooking spray. Sprinkle pretzels with coarse salt.
- 8 Bake until dark golden brown in color, approximately 12 to 14 minutes.

Nutrition Facts

Serving Size (120g)	
Servings Per Container 12	
Amount Per Serving	
Calories 310	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 63g	21%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 11g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 20%

Spritzer Punch

What You'll Need

- 1 liter of seltzer water
- 2 cups 100% fruit juice

- 1 cup strawberries, sliced
- 1 cup raspberries

Serves 6

Let's Cook!

- 1 Combine ingredients in a large pitcher.
- 2 Chill in refrigerator for 2 hours.

Nutrition Facts

Serving Size (296g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 5
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
<hr/>	
Vitamin A 2%	• Vitamin C 90%
Calcium 2%	• Iron 2%



Sweet Delight Fruit Parfait

What You'll Need

½ cup fat-free, fruit-flavored yogurt

½ cup diced fruit

¼ cup low-fat granola (or another cereal)

Serves 1

Let's Cook!

- 1 In a large cup, place half of the fruit.
- 2 Place ½ the yogurt on top of fruit.
- 3 Sprinkle a small amount of cereal over yogurt.
- 4 Repeat steps 1-3.

Nutrition Facts

Serving Size (217g)
Servings Per Container

Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 6g	
Vitamin A 10%	Vitamin C 80%
Calcium 15%	Iron 4%

Snacks and Beverages



Did You Know?

Drinks made with different types of sugars are called sweetened drinks. Sweetened drinks offer lots of calories and few vitamins and minerals. That's why they should not be a big part of your diet.

Some examples of sweetened drinks are:

- » regular soft drinks (Coke®, Pepsi®, Sprite®, Dr Pepper®)
- » sport drinks (Gatorade®, PowerAde®)
- » fruit-flavored drinks (Capri Sun®, lemonade, Hi-C®, Kool-Aid®, Sunny Delight®, Hugs®, fruit punch)
- » specialty coffee drinks or tea with cream, sugar or whipped cream

Sugars and sweeteners go by many different names, which may make them hard to find. Try searching for these names in the list of ingredients to find out if a drink is sweetened:

- » high fructose corn syrup
- » fruit juice concentrates
- » sugar
- » fructose
- » corn syrup
- » sucrose
- » dextrose
- » honey

What about 100% fruit juice?

100% fruit juice is healthier than sweetened drinks but still has a lot of sugar. The best way to get fruits into your diet is to eat them.

Here are some ways to make smarter drink choices:

- » choose water over sweetened drinks
- » add some flavor to water with slices of lemon, lime, orange or watermelon
- » drink low-fat, skim milk or soy milk
- » try diet soda or diet iced tea instead of regular soda or tea, but make it a small size, and limit choices with caffeine in them

Veggie Pie in the Sky

What You'll Need

2 whole wheat English muffins
or mini bagels, separated
and toasted

4 tablespoons pizza or
pasta sauce

1/2 cup shredded low-fat
mozzarella cheese

1/2 cup vegetables, chopped*

1/4 teaspoon oregano

1/4 teaspoon garlic powder

Serves 4

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Cover a baking sheet with aluminum foil.
- 3 Place muffins face-up on baking sheet.
- 4 Spread 1 tablespoon of sauce on each.
- 5 Add vegetables on each muffin and sprinkle cheese on top.
- 6 Sprinkle spices on top of cheese.
- 7 Bake until cheese is melted (5-7 minutes).

*Experiment with different vegetables - give these pizza toppers a try and see which you like the best!

- olives
- green or red peppers
- carrots, broccoli
- onions
- spinach
- sliced tomatoes
- onions

Nutrition Facts

Serving Size (66g)

Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 200mg 8%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 8%

Sugars 2g

Protein 7g

Vitamin A 10%

Vitamin C 20%

Calcium 25%

Iron 4%



Balancing Act

Everything we eat and drink provides our bodies with vitamins, minerals and energy so we can breathe, run, think, talk and live! The best way to make sure you eat and drink the right amount is to keep track of what goes into your body.

Energy from food is measured in calories. The number of calories in a food describes how much energy you will get from that food. Eating too many or too few calories may not be healthy, so it's important to balance what you eat and drink with the energy you use up.

Ideas to balance your energy intake

- » Eat from all food groups (grain, vegetable, fruit, milk, meat and beans) each day.
- » Read the nutrition facts label on food packages to find out the serving size and how much energy (calories) the food will provide to your body.
- » Eat regularly and avoid skipping meals. Try to eat three meals and one to two small snacks each day (if you get hungry between meals).
- » If you can't balance your calories in your head, write them down in an "energy balance" diary so you don't forget.
- » Avoid letting yourself get very hungry by not skipping meals or by eating a small snack between meals.
- » Avoid letting yourself get stuffed by eating slowly and stopping before you feel full.
- » Eat high-fat/high-sugar foods only on special occasions or once in a while.
- » Ask your corner store to stock healthy foods like fruit, dried fruit, yogurt, low-fat milk and granola bars.



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