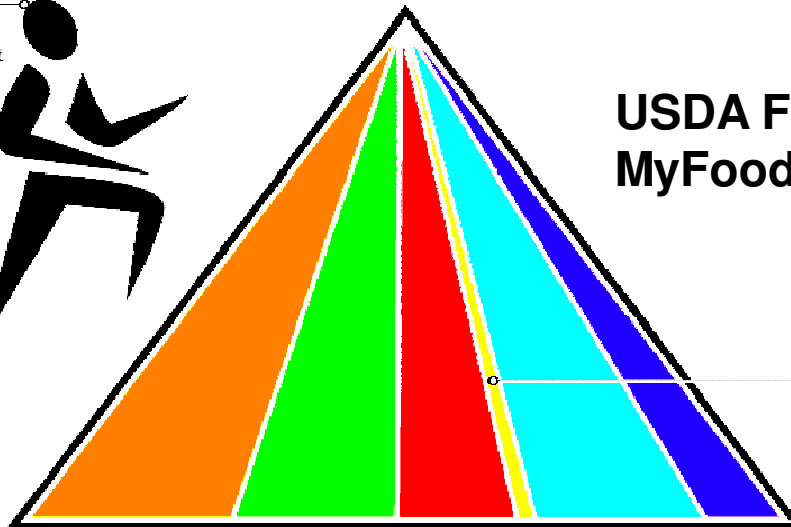


What Your Kids Learned Week Six:

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



USDA Food Pyramid: MyFoodPyramid.gov



Oils

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

CATEGORY

Grains

Vegetables

Fruits

Milk

Meat and beans

RECOMMENDATION

Half of all grains consumed should be whole grains.

Vary the types of vegetables you eat.

Eat a variety of fruits. Go easy on juices.

Eat low-fat or fat-free dairy products.

Eat lean cuts, seafood and beans. Avoid frying.

Words of Food Wisdom

Think about what is going into your body: good foods (low fat & cholesterol) when you go to the grocery store

Trade-Offs: A little fat is okay to get proper protein (i.e. from fish or chicken or turkey)

Drink **Pure Water**
& **Decrease Fat Intake**

Be who you are: We come in all shapes and sizes. Just make healthy choices for your body and lifestyle

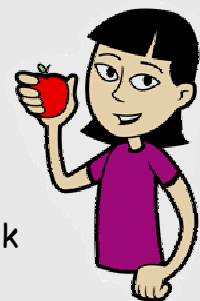
Weekly Family Challenge

Healthy Snacking

Use snacks to connect the dots between meals & to compensate for deficiencies in meals..

Examples:

- One banana or apple
- Serving of baby carrots
- One protein bar
- Half cup of sorbet
- 8oz. glass of low/nonfat milk
- One low/nonfat yogurt



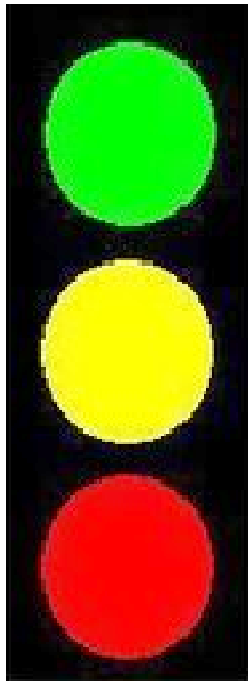
Healthy Eating for all Occasions

EATING OUT

- ✓ **Avoid All-You-Can-Eat Buffets:** even salad bars
- ✓ **Watch portion size:** At a typical restaurant, a single serving provides enough calories for at least two meals
- ✓ **Share:** Get to sample and avoid overindulgence
- ✓ **Order sauce and dressing on the side:** Save on fat & calories by removing or reducing condiments

The Grocery Store

Green Light: Anytime.
Yellow: Sometimes.
Red: Rarely



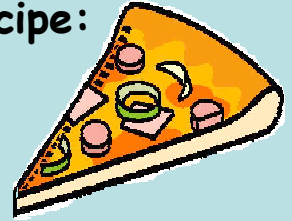
Whole grains: bread/cereal
Chicken, Fish, Egg White
Low-salt lunch meats
Vegetables & fruit
Low/nonfat yogurt & milk
Olive oil & nuts

White bread & white rice
Beef, pork, peanut butter
Frozen yogurt & Sorbet
Regular Fruit juice
Regular Cheese

Chips & Cookies
Fried chicken & shellfish
Artificial dyes, High Salt
Regular soda
Heavy Butter & mayonnaise

Tasty Recipe:

PIZZA!
PIZZA!



Ingredients:

- 1 cup lukewarm water
- 1 package yeast
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 1 cup tomato sauce (or spaghetti sauce)
- 1-1/2 cup grated light cheese
- 1-2 cups of toppings: veggies, baked chicken, pineapple, shrimp

Directions:

Sprinkle yeast & sugar over 1/2c water & let it stand until bubbly. Stir 3/4c water, salt, & olive oil into yeast.

Add flours gradually, stirring until dough is stiff. Turn out onto well-floured counter & knead until elastic. Allow dough to rise until double original size. After dough has risen, punch it down & make it into a ball.

Let set for 10 min. while you preheat oven to 400-degrees. Sprinkle a cookie sheet with cornmeal; roll or stretch dough into a circle or rectangle one-half inch thick.

Pour tomato sauce over center & spread to edges, leaving 1/2 inch of crust uncovered.

Spread toppings. Sprinkle with cheese. Bake for 20-25 min.