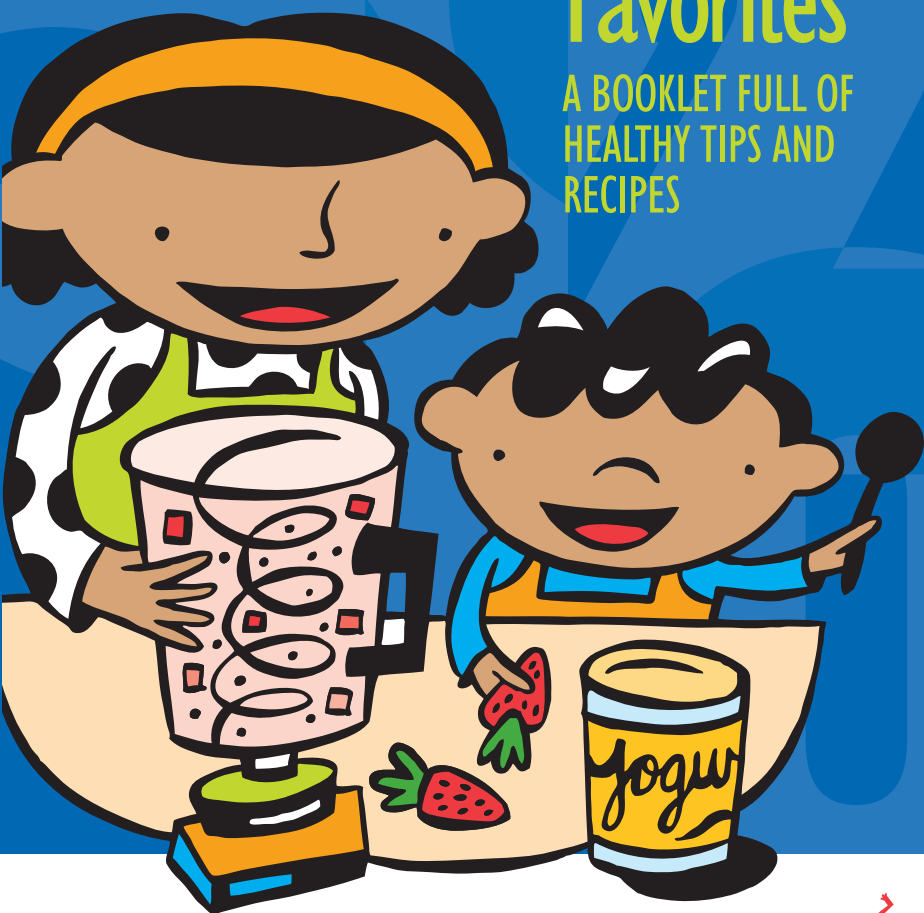


5210 Every Day!

Healthy Favorites

A BOOKLET FULL OF
HEALTHY TIPS AND
RECIPES



Eat right. Be active. Get healthy.
www.letsgo.org



Acknowledgements

*We would like to extend our gratitude
to the following funders:*

- *Mattina R. Proctor Foundation*
- *Let's Go!*
- *The Barbara Bush Children's Hospital at Maine
Medical Center*
- *MaineHealth*

This recipe book was created by:

Joanne Maddock, MPH, RD, CDE

Anna Moorman

Victoria W. Rogers, MD

*For more information about this booklet, please call,
(207) 662-4982.*

Welcome!

Let this booklet guide you on your journey to good health! The tips, suggestions, and recipes contained here will give you the tools to get started today! You have the power to create healthy lifestyle habits, which will benefit you and your family for a lifetime.

So ***Let's Go!***

A good place to start is to practice 5-2-1-0 everyday!

- 5** Eat at least five fruits and vegetables a day.
- 2** Limit TV or computer use (not related to school) to two hours or less a day.
- 1** Get one hour or more of physical activity every day.
- 0** Drink less sugar. Try water and low fat milk instead of soda and drinks with lots of sugar.



LET'S GO!

Eat right. Be active. Get healthy.
www.letsgo.org



Table of Contents

- 1. Healthy Lifestyle Tips1
- 2. Meal Planning Tips & Ideas5
- 3. Recipes13

Healthy Lifestyle Tips



Be a Role Model...

It's as easy as 5-2-1-0

- 5** EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGETABLES A DAY
- Try new fruits & vegetables with your family.
 - Reach for fruits & vegetables when it's snack time.
 - Add fruits to cereal, pancakes, and other breakfast foods.
- 2** LIMIT TV AND COMPUTER USE (NOT RELATED TO SCHOOL) TO TWO HOURS OR LESS A DAY
- Limit yourself to two hours or less of screen time daily.
 - Turn off the TV and encourage the family to spend time together.
- 1** GET ONE HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY
- Fit physical activity into your day before or after work.
 - Get a workout by playing with your kids.
- 0** DRINK LESS SUGAR—TRY WATER AND LOW FAT MILK INSTEAD OF SODA AND DRINKS WITH LOTS OF SUGAR
- Have a pitcher of water or milk on the table at all family meals.
 - Give each family member a water bottle to take to work or school.

TIPS TO MAKE IT EASIER:

- Start by making small changes.
- Encourage the whole family to embrace a healthy lifestyle.
- You are your child's number one role model, so start practicing the healthy habits you want your child to use.

Increase Your Activity Level and *Get Up and Go!*

- If you can, walk or bike to your destination.
- Get off the bus a stop or two early and walk the rest of the distance.
- Park at the end of the parking lot.
- Take the stairs whenever possible.
- Get the whole family involved in an activity.

TIPS TO MAKE IT EASIER:

- You can choose how you get an hour of physical activity—you can break up the time throughout your day or put in an hour at the beginning or end of your day.
- Incorporate physical activity into your daily routines.
- Make gradual changes to increase your level of physical activity.
- Try tracking your level of physical activity using a pedometer.
- Keep physical activity fun!!!



Limiting TV Time

You can help your child develop positive TV habits. To get started, try some of these ideas:

- Set family guidelines for age-appropriate shows.
- Set limits on the amount of time your child spends in front of a screen (TV, computer, game boy, etc); less than two hours a day is recommended.
- Help your child plan television viewing in advance.
- At mealtimes, turn off the TV.
- Consider removing the TV/computer from the room where your child sleeps.
- Try making one day a week a “No TV Day” in your home.
- Make a list of fun activities to do instead of sitting in front of the screen.



SAMPLE SCREEN-FREE ACTIVITIES:

- Puzzles
- Play board games
- Dancing
- Play ball (basketball, catch, soccer, etc.)
- Walk, run, or jog
- Ride a bike

Meal Planning Tips & Ideas



The Importance of Family Meals

In such a busy world, it is often difficult for families to sit down together for meals. On the other hand, children who eat regularly with their family are more likely to eat fruits, vegetables, and whole grains, so make family meals a priority.

TIPS:

- Choose a time when everyone can enjoy at least one meal together—it may be breakfast, lunch, or dinner.
- Include your children in preparing the meal.
- Gather around the table for a meal and turn off the TV.
- Keep the conversation fun and easy at mealtime.
- Help your child learn good manners and mealtime behaviors.

Meal Planning Made Easy!

Use the **FIVE FOOD GROUPS** to help you choose foods that are good for you.

- Select foods from at least three food groups for breakfast.
- Select foods from each of the five food groups at most lunch and dinner meals.
- Select snacks from at least one of the food groups.

Five Food Groups

SUGGESTIONS FOR HEALTHY CHOICES:

1. **DAIRY** or Dairy Substitute: Choose low fat milk (skim or 1%), low fat or nonfat yogurt, cheese, or calcium-fortified soy milk or cheese.
2. **PROTEIN**: Choose chicken, fish, lean meats, eggs, nuts, peanut butter, beans, or soy products.
3. **VEGETABLES**: Choose colorful veggies, such as carrots, peppers, or broccoli.
4. **FRUITS**: Choose fresh, frozen, or canned fruits packed in water or their own juices.
5. **GRAINS**: Choose whole grains, such as whole wheat bread and pasta, whole grain cereals, whole grain crackers, popcorn, or brown rice.

When planning meals, remember:

1. Healthy fats can be part of a good diet. They include:
 - Vegetable oils, such as olive or canola oil
 - Low fat mayonnaise, low fat salad dressing
 - Soft tub margarines
2. Compare food labels and limit unhealthy saturated fats, trans fats, and hydrogenated oil as much as possible.
3. Limit candy, sweets, and high fat, salty snacks.
4. Remember to eat the healthy foods **FIRST!**
5. No food is a “bad” food, but it’s important to recognize the difference between everyday foods and occasional treats.
 - Everyday foods should be selected from the five food groups. For example, choose an apple from the fruit food group.
 - Occasional treats may include: cakes, cookies, candy, chips & soda.

The Importance of Portion Control

Lately, everything is getting bigger, from plates and bowls, to our waistlines. With portion sizes bigger than ever, it's hard for people to know what a serving size is and when to stop eating. Here are some tips to help you keep your portions under control:

- Teach your children portion size by relating food to everyday items. For example, a deck of cards is equal to a serving of meat, fish, or poultry. An apple or serving of fruit is about the size of a tennis ball.
- Eat three meals a day; this will help you eat sensible portions so you won't overeat later.
- Serve food on smaller plates.
- Serve meals at the counter and avoid bringing all the food to the table.
- Skip the "clean plate" club. Instead, encourage your children to start with smaller portions and eat until they are satisfied.
- Avoid eating directly out of the package. Try putting snacks into a small bowl or snack-size baggie.

Healthy Snack Ideas

BEVERAGES

Water

Seltzer

Low fat milk

DAIRY

Yogurt (low fat)

String cheese

Low fat milk

Yogurt smoothie

WHOLE GRAINS

Granola bars (avoid candy-type products)

Rice cakes

Pretzels

Graham or animal crackers

Cereal with or without milk

Popcorn

FRUITS/VEGGIES

Apple slices

Bananas

Fresh strawberries, blueberries, or raspberries

Applesauce

Melon balls

Orange sections

Raisins

Celery sticks with peanut butter

Sliced colored peppers (red, yellow, or green)

Baby carrots or cucumbers with dip

Kids Need Calcium

Children need calcium each day to build strong bones and teeth.

DAIRY FOODS ARE THE RICHEST SOURCE OF CALCIUM:

- Milk, yogurt, cheese.
- Foods made with dairy, such as chowder, pudding, or macaroni and cheese.

IF YOUR CHILD DOES NOT DRINK MILK:

- Read food labels and choose “calcium fortified” or “calcium enriched” foods, such as cereals, graham crackers, juice, soy milk or tofu.
- Offer cheese and yogurt.
- If your child is lactose intolerant, try lactase-treated milk/dairy foods.
- Talk with your doctor or other healthcare provider about a calcium supplement.

How Much Calcium Does Your Child Need?

WHICH MILK FOR YOUR CHILD?

For 1–2 year olds: drink whole milk

2 years and older: drink low fat milk



1–3 years: 500 mg of calcium =

2 cups* milk or 2 servings high calcium foods



4–8 years: 800 mg of calcium =

3 cups* milk or 3 servings high calcium foods



9–18 years: 1300 mg of calcium =

4½ cups* milk or 4½ servings high calcium foods



Create the calcium habit by serving milk or other high calcium foods with every meal.

*1 cup = 8 ounces

Guidelines for Other Healthy Beverages



DRINK WATER—IT'S THE #1 THIRST QUENCHER!

- Try zero-calorie flavored water, seltzer, or sparkling water.
- Naturally flavor your water with a slice of fresh lime, lemon, or orange.

LIMIT 100% FRUIT JUICE

- 1- to 6-year-olds: no more than 6 oz. daily (a little less than a cup)
- 7- to 18-year-olds: no more than 12 oz./day
- If weight control is a problem, you may want to avoid all juice

LIMIT SODA AND OTHER SUGAR-SWEETENED BEVERAGES, INCLUDING KOOL-AID, PUNCH & VITAMIN WATER

Drinks like these should be considered a treat rather than an everyday choice.

AVOID SPORTS & ENERGY DRINKS

When you exercise, you sweat, and when you sweat you LOSE water and minerals. It is important to replace the water you lose when you sweat. Water should be the primary source of hydration, not sports drinks, like Gatorade™ or Powerade™.

Energy drinks are NOT sport drinks and should never be used to replace water. Most Energy drinks, like Red Bull™ and SuperStar™, contain CAFFEINE. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches and sleep problems.

Healthy Tips for Eating in Restaurants

Check out the serving size of your meal. Some restaurants serve enough for 3 people on one plate! If this happens, eat only a portion of the meal and take the rest home for later or share with others.

SUGGESTIONS FOR PORTION CONTROL AT EACH MEAL:

- 3 ounces of protein, such as chicken, lean meat, fish, tofu, or 2 tablespoons of peanut butter
- ½ cup to 1 cup of a starch, such as pasta, potato, rice, or 2 slices bread
- ½ cup to 1 cup of vegetables
- ½ cup or one small piece fresh fruit
- 1 cup milk or 1–2 ounces of low fat cheese

CHOOSE:

- Junior or child size items
- Grilled chicken or fish
- Baked potatoes
- Salads with low fat, non-creamy dressings
- Soups (low fat if is a creamed soup)
- Steamed, baked, grilled or broiled foods
- Ham or Canadian bacon instead of sausage or bacon
- English muffin instead of muffin, donut, biscuit, or pastry
- Tuna fish or chicken salad if made with low fat mayonnaise
- Veggie burger

RESTAURANT FOODS TO SKIP:

- Fried anything (that includes French fries)
- Jumbo, deluxe, or super-sized foods
- Crispy tacos or noodles
- Alfredo/cream sauces
- Egg rolls
- Breaded foods
- Deep dish, pepperoni, sausage, loaded/supreme pizza

Remember, most menus have a low fat or heart-healthy section.

Recipes



Breakfast

CINNAMON APPLE OATMEAL (2 servings)

1 cup diced apple (1 medium apple)

$\frac{2}{3}$ cup apple juice

$\frac{2}{3}$ cup water

Dash of cinnamon and nutmeg

$\frac{2}{3}$ cup quick-cooking rolled oats, uncooked

1. In a saucepan, combine apple, juice, water, cinnamon and nutmeg. Bring to a boil.
2. Stir in rolled oats. Cook 1 minute.
3. Cover. Let stand for several minutes before serving.

Nutrition Information per Serving = 183 calories, 2 grams fat, 5 grams dietary fiber

WHOLE WHEAT BLUEBERRY MUFFINS (12 muffins)

1 cup whole wheat flour

$\frac{3}{4}$ cup all-purpose flour

$\frac{1}{4}$ cup firmly packed light brown sugar

1 Tablespoon + 1 teaspoon baking powder

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon ground all spice

1 cup skim milk

2 Tablespoons canola or vegetable oil

2 Tablespoons unsweetened applesauce

1 egg lightly beaten

1 cup frozen or fresh blueberries

1. Lightly spray muffin tin with cooking spray.
2. In large bowl, combine flours, brown sugar, baking powder, cinnamon and all spice.
3. In another bowl, whisk together milk, oil, applesauce and egg. Mix this into flour mixture, just enough to combine, but do not overmix.
4. Stir in blueberries.
5. Spoon batter evenly into muffin cups.
6. Bake at 400 for 20 minutes or until golden brown.

Nutrition Information per Muffin = 123 calories, 3 grams fat, 2 grams dietary fiber

Adapted from Moving Toward a Plant-Based Diet: American Institute for Cancer Research

CINNAMON FRENCH TOAST (2 servings)

2 large eggs

2 Tablespoons skim milk

$\frac{1}{8}$ teaspoon vanilla

$\frac{1}{2}$ teaspoon ground cinnamon,
or to taste

2 slices whole wheat bread

2 Tablespoons light pancake syrup

1. Thoroughly mix eggs, milk, vanilla and cinnamon.
2. Dip bread slices, one at a time, into egg mixture, wetting both sides.
3. Re-dip if necessary, until all the egg mixture is absorbed into the bread.
4. Spray a nonstick skillet with cooking spray. Heat over medium heat.
5. Place dipped bread slices on heated skillet. Cook 2–3 minutes per side or until both sides are golden brown.
6. Drizzle with pancake syrup. Serve warm.

Note: Also delicious with sliced banana or berries.

*Nutrition Information per Slice = 176 calories, 6 grams fat,
2 grams dietary fiber*

BANANA-NUT BREAD (2 loaves)

1 cup ripe bananas, mashed

$\frac{1}{3}$ cup skim milk

$\frac{1}{2}$ cup brown sugar, packed

$\frac{1}{4}$ cup soft (tub) margarine

1 egg

2 cups all-purpose flour, sifted

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ cup pecans or walnuts (optional)

1. Preheat oven to 350°. Spray two 9 X 5 inch loaf pans with nonstick spray.
2. Stir together mashed bananas and milk; set aside.
3. Cream brown sugar and margarine together. Beat in egg. Add banana mixture. Mix well.
4. Sift together flour, baking powder, and baking soda. Add to banana mixture. Stir until well blended. Stir in nuts (optional).
5. Pour into loaf pans.
6. Bake at 350° for 50–55 minutes or until toothpick inserted into the center comes out clean. Cool 5 minutes in the pans. Remove from pan onto a wire rack before slicing.

Note: Each loaf should make 12 slices.

Nutrition Information per Slice = 68 calories, 1 gram fat

Adapted from "A Healthier You: U.S. Department of Health & Human Services"

GRAB N' GO BREAKFAST SANDWICH (2 servings)

2 eggs

2 Tablespoons skim milk

1 oz. sliced ham, cut into small pieces

2 slices low fat American or Swiss cheese

1 6-inch whole wheat pita pocket,
cut in half

Optional: Add your favorite vegetables and cook in the egg mixture: chopped spinach, tomatoes, peppers, broccoli etc.

1. Spray a nonstick skillet with cooking spray.
2. In a small bowl, stir together eggs, milk and ham.
3. Place skillet over medium heat and add egg mixture.
4. Cook eggs 3–5 minutes or until thoroughly cooked.
5. Line each pocket half with 1 slice cheese.
6. Spoon warm egg mixture into pocket. Wrap in foil. Grab n Go!

Nutrition Information per Serving = 189 calories, 4 grams fat, 2 grams fiber

BREAKFAST HINTS:

- All healthy foods can be “breakfast foods.” Try dinner leftovers!
- Bake healthy muffins on the weekends to eat during the week.
- A bowl of cereal with low fat milk and a piece of fruit is a great way to start the day!
- Try a whole wheat English muffin with peanut butter and a glass of low fat milk.

Lunch

QUICK AND EASY ENGLISH MUFFIN PIZZA (1 serving)

1 wheat English muffin

$\frac{1}{4}$ cup shredded mozzarella cheese

$\frac{1}{4}$ cup tomato/pizza sauce

$\frac{1}{4}$ teaspoon oregano

Optional: cooked ground turkey, chopped vegetables such as broccoli or peppers

1. Slice the muffin in two.
2. Spread the sauce on each muffin half.
3. Sprinkle cheese on top. Top with oregano.
4. Place on a baking sheet in a preheated oven or toaster oven at 400°.
5. Bake for 8–10 minutes or until cheese is golden brown.

Nutrition Information per Serving = 236 calories, 6 grams protein, 3 grams fiber

TORTILLA WRAP

Flour or corn tortilla

Chopped vegetables (peppers, lettuce, spinach, tomatoes, grated carrots)

Possible fillings include:

Sliced meats or cooked meats, fish or eggs
(chicken, turkey, ham, beef, pork, tuna, etc.)

Spreads:

Honey mustard, hummus, low fat sour cream, cranberry sauce, salsa

Beans (black, pinto, kidney, etc.)

1. Place your favorite ingredients in the middle of the tortilla, roll up, and enjoy!!

Adapted from "Healthy Foods You Can Do," Maine Nutrition Network

VEGETABLE SOUP (6 servings)

- | | |
|---------------------------|--|
| 2 cups diced sweet onions | 1 can (48 oz.) light or fat-free chicken broth (or vegetable broth), divided |
| 1 ½ cups diced carrots | 2 cups peeled and diced potatoes |
| 1 cup diced celery | 3 Tablespoons chopped parsley (<i>optional</i>) |

1. Pour ½ cup broth into a large heavy pot, over medium heat cook and stir onions, carrots and celery.
2. Add remaining broth and potatoes.
3. Heat to a boil. Reduce heat; simmer for 20–25 minutes or until potatoes are tender.
4. Add parsley and other vegetables as desired.

Nutrition Information per Serving = 58 calories, 0 grams fat, 4 grams fiber

BEEF VEGETABLE STEW (8 servings)

- | | |
|---|----------------------------------|
| 1 pound beef round steak, cut into ½ inch cubes | ½ cup chopped celery |
| 1 Tablespoon vegetable oil | 2 teaspoon dried basil leaves |
| ½ cup chopped onion | 1 can (14.5 oz.) stewed tomatoes |
| 1 can (48 oz.) light or fat-free beef broth | 2 cups sliced carrots |
| 2 cups water | 2 cups bow tie noodles |
| | 2 cups fresh spinach leaves |

1. Place oil and beef cubes in a 4-quart pot. Cook over medium heat until brown.
2. Add onion, cook until tender.
3. Stir in broth, water, celery and basil. Bring to a boil.
4. Cover, reduce heat and simmer one hour.
5. Add tomatoes, carrots and noodles. Bring to a boil.
6. Reduce heat and simmer uncovered 25 minutes.
7. Stir in spinach. Cook 5 minutes longer. Serve.

Nutrition Information per Serving = 265 calories, 4 grams fat, 3 grams dietary fiber

Adapted from www.collegeinn.com/Recipes

Dinner

CHEESE CHICKEN CASSEROLE

1 can (10¾ oz.) 98% fat-free condensed cream of chicken soup	½ teaspoon onion powder
1 ½ cups water	¼ teaspoon ground black pepper
¾ cup uncooked regular long-grain white rice	2 cups frozen mixed vegetables
	3 skinless, boneless chicken breast halves
	½ cup low fat shredded cheddar cheeses

1. Combine the soup, water, rice, spices and vegetables.
2. Spoon mixture into an 11 X 8 inch shallow baking dish.
3. Place chicken breasts on top. Cover.
4. Bake at 375° F for 50 minutes or until chicken is thoroughly cooked and the rice is tender. Sprinkle cheese on top. Let casserole sit for 10 minutes. Stir rice. Serve.

Nutrition Information per Serving = 295 calories, 5 grams fat

Note: To increase fiber, you can use brown rice, however cooking time will be longer.

Adapted from a Campbell's recipe.

OVEN BAKED CHICKEN FINGERS (2-3 servings)

2 chicken breasts (6 oz. each), each sliced into 3 pieces	½ teaspoon garlic powder
½ cup Italian bread crumbs	½ cup grated parmesan cheese
	¼ teaspoon ground black pepper

1. Mix bread crumbs, garlic powder, cheese and pepper in a bowl.
2. Dip each chicken piece into the crumb mixture, coating on all sides.
3. Place in baking dish, sprayed with nonstick cooking spray.
4. Bake at 375° for 35–40 minutes, or until chicken is thoroughly cooked.

Nutrition Information per 2 Pieces = 146 calories, 1 gram fat

HAM BROCCOLI ROLL-UPS (3-4 servings)

12 slices deli style ham (approx. 5 oz.)	1 cup skim milk
2 packages frozen broccoli spears (10 oz. each)	1 cup shredded, low fat cheddar cheese (4 oz.)
1 Tablespoon light margarine	½ teaspoon dry mustard
1 Tablespoon flour	

1. Steam broccoli until slightly tender. Set aside.
2. In saucepan, melt margarine over low heat. Stir in flour and cook for 1 minute.
3. Add milk, cheese, & dry mustard. Continue cooking over low heat. Keep stirring until cheese has melted. Remove from stove.
4. Place 2 slices of ham together, then place broccoli spear across ham slice, roll up, & place seam side down in 11 X 8 baking dish. Continue until all ham and broccoli are used.
5. Pour cheese sauce over ham roll-ups.
6. Bake uncovered 350° F oven for 20–25 minutes.

Nutrition Information per 2 Roll-ups = 323 calories, 11 grams fat, 10 grams fiber

Note: May use low sodium ham, may substitute turkey slices for ham, and may substitute asparagus for broccoli.

TURKEY MEATBALLS (16 meatballs)

1 pound ground turkey – 98% fat-free	¼ teaspoon basil
1 egg	½ teaspoon Italian seasoning
¼ teaspoon parsley flakes	A pinch of onion powder, garlic powder and pepper
¼ teaspoon ketchup	

1. Mix all ingredients in a medium bowl.
2. Form mixture into small balls.
3. Spray a frying pan with nonstick cooking spray.
4. Cook meatballs over medium heat for 15–20 minutes, turning to cook on all sides. The inside should not be pink and juices should run clear.

Nutrition Information per 2 Meatballs = 120 calories, 6 grams fat

Adapted from “Maine Kids Eat Smart, A Recipe Booklet Just for Kids,” Maine Nutrition Network

MACARONI AND CHEESE (Serves 6)

- | | |
|---|---------------------------------------|
| 12 oz. elbow macaroni or small shells
($\frac{3}{4}$ box) | 1 cup skim milk |
| 2 Tablespoons light tub margarine | 10 oz. package low fat cheddar cheese |
| 2 Tablespoons flour | $\frac{1}{4}$ teaspoon dry mustard |
| | $\frac{1}{8}$ teaspoon pepper |

1. Cook macaroni according to package directions. Drain & set aside.
2. On low heat, melt margarine in heavy saucepan. Stir in flour. Cook 1 minute.
3. Add milk and cheese, dry mustard, pepper. Cook over low–medium heat until cheese melts. Stir constantly.
4. Spray casserole dish with cooking spray. Pour macaroni into the dish. Pour cheese mixture over the noodles. Stir to thoroughly combine. Cover.
5. Bake 375° F for 45 minutes.

Nutrition Information per Serving = 370 calories, 13 grams fat

Sides

OVEN BAKED FRIES (Serves 6)

- | | |
|--|--|
| 3 large potatoes, washed, but not peeled
and cut lengthwise into 8 wedges | $\frac{1}{4}$ teaspoon salt |
| 2 teaspoons vegetable oil | <i>Optional: other seasonings as desired</i> |

1. Set rack on the upper level and preheat oven to 450°F.
2. Spray a baking sheet with nonstick cooking spray.
3. Combine oil, and seasonings in a large bowl. Add the potato wedges. Toss to coat.
4. Spread the potatoes evenly on the baking sheet. Bake for 20 minutes. Loosen and turn potatoes. Continue baking 10 minutes or until golden brown.

Nutrition Information per Serving = 144 calories, 1 gram fat, 3 grams fiber

Adapted from www.mainenutrition.org/Maine/MBSept27.htm

BROCCOLI SALAD (8 servings)

4 cups fresh broccoli florets
1 cup thinly sliced red onion
 $\frac{1}{2}$ cup sweetened, dried cranberries

$\frac{1}{2}$ cup low fat Italian dressing
2 Tablespoons dry-roasted sunflower seeds

1. Combine all ingredients in a bowl. Toss to coat.
2. Refrigerate 1–2 hours to allow flavors to blend.
3. Toss, serve and enjoy!

Nutrition Information per $\frac{1}{4}$ Cup Serving = 75 calories, 3 grams fat, 2 grams fiber

FRUIT SLAW (4 servings)

8 oz. can of pineapple chunks
2 cups shredded cabbage
 $\frac{2}{3}$ cup chopped apple
 $\frac{1}{2}$ cup shredded carrot
 $\frac{1}{4}$ cup chopped green pepper

1 Tablespoon cooking oil
1 Tablespoon honey
1 Tablespoon lemon juice
 $\frac{1}{8}$ teaspoon ground ginger

1. Drain pineapple, but set aside 2 Tablespoons of the juice.
2. In large bowl, combine pineapple, cabbage, apple, carrot, and green pepper.
3. In a container with a tight fitting lid, combine pineapple juice, oil, honey, lemon juice, and ginger. Cover and shake well to mix. Pour over salad and lightly toss.
4. Chill 24 hours & toss before serving.

Nutrition Information per Serving = 104 calories, 4 grams fat, 3 grams fiber

Adapted from the "Better Homes & Gardens New Dieters Cookbook" (1992)

Snacks

ANTS ON A LOG (Makes 9 logs)

3 stalks celery

3 Tablespoons raisins

3 Tablespoons peanut butter

1. Wash and dry celery stalks. Cut each into 3 pieces.
2. Spread peanut butter inside the curve of the celery.
3. Put raisins on top of the peanut butter.

Note: Any type of dried fruit or granola may be substituted for the raisins.

Nutrition Information per 3 Logs = 140 calories, 8 grams fat, 1 gram fiber

CRUNCHY BANANA POP (2 servings)

2 popsicle sticks

$\frac{1}{4}$ cup low fat granola (or other crushed cereal)

1 banana medium

2 Tablespoons peanut butter

1. Peel banana, cut in half, width-wise.
2. Insert a popsicle stick into each banana.
3. Cover each banana with peanut butter.
4. Roll in granola.

Nutrition Information per Serving = 210 calories, 9 grams fat, 2 grams fiber

TORTILLA CHIPS

One package soft tortillas (whole wheat, white or corn)

1. Preheat oven to 350° F. Spray baking sheet with cooking spray.
2. Cut tortillas into triangles.
3. Place tortilla triangles onto baking sheet.
4. Bake until crisp (12–15 minutes)

Note: May want to sprinkle “chips” with your favorite seasonings – garlic powder, chili powder or cinnamon.

* Nutrition information will depend on the type of tortillas you select.

Adapted from “Maine Kids Eat Smart, A Recipe Booklet Just for Kids,” Maine Nutrition Network

CORN AND BLACK BEAN SALSA

15 oz. can black beans, drained

16 oz. jar salsa

15 oz. can corn, drained

1. Combine all ingredients in a mixing bowl.
2. Cover and chill. Serve with homemade tortilla chips or put some in a wrap with cheese and heat in the microwave.

Entire recipe: 588 calories, 0 grams fat, 22 grams fiber

Adapted from "Maine Kids Eat Smart, A Recipe booklet Just for Kids," Maine Nutrition Network

FRUITY GRANOLA YOGURT PARFAIT (1 serving)

½ cup low fat granola

½ cup fresh or frozen blueberries, sliced
strawberries, raspberries or banana

¾ cup (6 oz. container) low fat vanilla or
plain yogurt

1. In a clear drinking glass or bowl, layer the ingredients any way you like. We suggest ¼ cup granola, 3 oz. yogurt, ¼ cup fruit, repeat layers.

Nutrition Information per Serving = 354 calories, 2 grams fat, 5 grams fiber

FRUIT CRISP (6 servings)

FILLING:

½ cup sugar

3 Tablespoons flour

1 teaspoon lemon peel, grated

¾ teaspoon lemon juice

5 apples, unpeeled and sliced

1 cup cranberries

1. Combine sugar, flour and lemon peel. Mix well. Add lemon juice, apples and cranberries. Stir. Spoon into a 6-cup baking dish.
2. Prepare topping as follows:

TOPPING:

⅔ cup rolled oats

⅓ cup brown sugar, packed

¼ cup whole wheat flour

2 teaspoon ground cinnamon

1. Melt 1 Tablespoon of soft (tub) margarine.
2. Combine oats, brown sugar, flour, and cinnamon in a small bowl. Stir in melted margarine.
3. Sprinkle topping over filling.
4. Bake at 375° F for 40–50 minutes until filling is bubbling and the top is light brown.

Variation: 4 cups fresh or unsweetened frozen (thawed) peaches and 3 cups of fresh or unsweetened (unthawed) blueberries in place of apples and cranberries.

Nutrition Information per Serving = 252 calories, 2 grams fat, 5 grams fiber

Adapted from "A Healthier You, U.S. Department of Health and Human Services"

PEACH CAKE (8 servings)

- | | |
|---|---|
| 2 ¼ cup (29 oz. can) canned peaches,
light syrup, drained, chopped | 1 teaspoon baking soda |
| ½ cup sugar | 2 Tablespoon vegetable oil |
| 1 cup flour | 1 teaspoon vanilla |
| 1 egg | 2 Tablespoon brown sugar, firmly packed |
| | 2 teaspoon milk |

1. Preheat oven to 350° F. Spray an 8X8 inch pan with cooking spray.
2. Spread peaches in baking pan. Mix remaining ingredients, except brown sugar and milk, together in a mixing bowl. Spread over peaches.
3. Bake 30–35 minutes or until toothpick inserted into cake center comes out clean.
4. Combine brown sugar and milk in a small bowl. Drizzle over the top of the cake. Return cake to oven and bake 2–3 minutes.

Nutrition Information per Serving = 205 calories, 4 grams fat

Adapted from "A Healthier You, U.S. Department of Health and Human Services"

PUMPKIN SPICE CAKE (12 servings)

- 1 box spice cake mix
- 1 15 oz. can pure pumpkin (not pie filling)

1. Combine spice cake mix and pumpkin thoroughly.
2. Spray 11 X 8 baking pan with cooking spray. Bake 350° F for 35 minutes or until a toothpick inserted into the center comes out clean.
3. Cool on a wire rack. Cut into 12 pieces.

Note: You may want to add raisins or nuts to the mixture. You can also top off this cake with some powdered sugar. This cake also freezes well.

Nutrition Information per Serving = 195 calories, 3 grams fat, 1 gram fiber

CHEWY OATMEAL COOKIES (3 dozen)

½ cup light tub margarine

1 cup applesauce (sweetened)

1 cup brown sugar

1 egg

2 teaspoon vanilla

1½ cup flour

1 teaspoon baking soda

1½ teaspoon cinnamon

3 cups quick cooking oats

Optional: raisins and nuts

1. Combine margarine, applesauce, brown sugar, egg and vanilla.
2. In a large bowl, combine flour, baking soda, cinnamon and oats.
3. Add margarine mixture to flour mixture. Blend well. Add raisins or nuts if desired.
4. Drop by teaspoon onto baking sheet. Bake in preheated oven 350°F for 10 minutes or until golden brown. Cool on rack.

Nutrition Information per Cookie = 78 calories, 2 grams fat, 1 gram fiber

SAMPLE MENU – DAY 1

	Meals	Food Groups
Breakfast	8 oz. skim/1% milk Whole wheat English muffin with peanut butter 1 orange	Milk/dairy Grain & protein Fruit
Lunch	Tuna sandwich with lettuce and tomato Vegetable soup* 8 oz. skim/1% milk 1 pear	Meat/protein, grain & vegetable Vegetable Milk/dairy Fruit
Snack	Crunchy banana pop*	Fruit & protein
Dinner	Baked chicken fingers* Oven baked fries* Whole wheat bread Broccoli salad* Fruit cocktail 8 oz. skim/1% milk Chewy oatmeal cookies*	Meat/protein Vegetable Grain Vegetable Fruit Milk/dairy Other
Snack	Graham crackers	Grain

** Featured in the recipe section of this booklet*

SAMPLE MENU – DAY 2

	Meals	Food Groups
Breakfast	1 cup low fat yogurt Grab n' Go breakfast sandwich* 1 banana	Milk/dairy Meat/protein & grain Fruit
Lunch	Turkey and vegetables in a pita pocket 8 oz. skim/1% milk 1 apple	Meat/protein, vegetable & grain Milk/dairy Fruit
Snack	String cheese	Milk/dairy
Dinner	Hamburger on a bun with mustard & catsup Green beans 8 oz. skim/1% milk 1 orange Pumpkin spice cake*	Meat/protein & grain Vegetable Milk/dairy Fruit Other
Snack	low fat popcorn	Grain

** Featured in the recipe section of this booklet*

SAMPLE MENU – DAY 3

	Meals	Food Groups
Breakfast	8 oz. skim/1% milk Cinnamon apple oatmeal* Whole wheat blueberry muffin 6 oz. 100% fruit juice	Milk/dairy Grain & fruit Grain Fruit
Lunch	1 cup low fat yogurt Ham wrap with low fat cheese, lettuce & tomato* Grapes	Milk/dairy Meat/protein, grain & vegetable Fruit
Snack	Ants on a log*	Vegetable & protein
Dinner	8 oz. skim/1% milk Thin crust cheese & vegetable pizza Fruit slaw* Cantaloupe Fruit crisp*	Milk/dairy Dairy, grain, & vegetable Fruit Fruit Other
Snack	Pretzels	Grain

** Featured in the recipe section of this booklet*

Dear Reader,

Thank you for taking the time to review our booklet. We hope that you found some helpful tips and ideas that will help you create healthy habits. We encourage you to set realistic goals and consider making small changes to start. Remember, it takes time to create new habits and routines, but your efforts will benefit you and your family for years to come. Don't forget to make your journey fun and enjoy the ride!

Sincerely,

Joanne, Anna, Tory





Every Day!

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk



Eat right. Be active. Get healthy.
www.lets-go.org