

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Serve Fruits & Vegetables

**Carefully cook fruits and vegetables so they taste great and keep their full nutritional value.**

- **Rinse** - Rinse fresh fruits and vegetables with water before eating.
- **Trim** - Trim fruits and vegetables as little as possible. They are high in fiber when you eat the skin.
- **Cook** - Cook vegetables as little as possible and in very little water so fewer vitamins are lost.



### **Green Bean Potato Salad** Serves 6.

1 pound green beans, canned or fresh, cooked  
3 large potatoes, cooked, diced  
1 small onion, sliced  
1/4 cup low fat Italian salad dressing  
1/4 cup bacon bits (optional)



1. Place beans, potatoes and onion in a medium bowl.
2. Pour salad dressing over vegetables and gently mix.
3. Add bacon bits and gently mix.
4. Cover salad and refrigerate for several hours or overnight.

**Serving Suggestions:** Add cooked ham to make the salad a main dish.

**NUTRITION FACTS** (per serving) - Calories 190 ~ fat 0 g ~ calories from fat 5 ~ sodium 140 mg  
~ total carbohydrate 43 g ~ fiber 5 g

**Tip of the Month:** July is National Blueberry Month. Toss blueberries on top of your favorite cereal, pancakes or waffles. Mix blueberries with other fresh or canned fruits for a fruit salad.

### **Melon Berry Salad** Serves 6.

1 cantaloupe, cut into small pieces	2 Tbsp. honey
2 apples, cut into small pieces	2 Tbsp. lemon juice
1 cup blueberries	Non fat whipped topping (optional)

1. Combine cantaloupe, apple and blueberries in a glass serving bowl.
2. In a small dish combine honey and lemon juice.
3. Pour honey mixture over fruit and toss gently.
4. Cover and refrigerate for one hour before serving.
5. Serve with whipped topping.

**Serving Suggestions:** Serve with frozen yogurt or sherbet.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 0 g ~ calories from fat 0 ~ sodium 20 mg ~ total carbohydrate 25 g ~ fiber 3 g

## **Summer Food Safety!**



- ☀ On hot days if you have a long ride home, keep cold and frozen foods -- like milk, meat and frozen vegetables - cold and safe by placing them in a cooler.
- ☀ Store leftovers in refrigerator or freezer within two hours. In hot weather (90° F and above), food should never sit out for more than one hour.
- ☀ Grill food safely.
  - ☀ Use a meat thermometer to be sure meat is fully cooked.
  - ☀ Don't let juices from uncooked meat come into contact with cooked meat or ready-to-eat food.
  - ☀ Serve hot grilled food immediately.



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FAMILY NUTRITION PROGRAM  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

**University of Illinois \* United States Department of Agriculture**  
**\* Local Extension Councils Cooperating**

University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Food Stamp Program.