

Help your family choose healthful foods:

- **Focus on fruit** – eat a fruit for a snack or with a meal. Try orange smiles (slices) or a fruit kabob (cubes of fruit on a toothpick) or 100% fruit juice.
- **Vary your vegetables** – bite on beans and broccoli; crunch on carrots, corn, and cauliflower.
- **Make half your grains whole**– eat whole-grain breads & tortillas, oatmeal, and brown rice.
- **Blast off with breakfast** – any healthful food is a breakfast food even leftovers from dinner.
- **Find the fat** – check out the food label to help you pick foods lower in fat.
- **Snack smart** – try a milk smoothie – blend low fat milk or plain yogurt with mashed fruit or fruit juice – that’s smart yet satisfying!
- **Try new tastes** – try one new food each week.

Family Activity 1: Work together as a family and choose one of the healthy eating suggestions from above to try for a week. Post it on the refrigerator door as a reminder. Keep trying new ways to eat healthy and make them habits.

Family Activity 2: Have each member of your family add up the fruits and vegetables he or she ate today. If you ate less than 4 1/2 cups, try eating more tomorrow. Keep up the good work!

2

Nutrition Birdseed

Supplies:

4 cups ready-to-eat cereal (1 cup each of different varieties)	1 cup cheese crackers
1 cup raisins	1 cup peanuts (or other nuts)
1 cup mini-pretzels	

What to Do:

1. Mix all ingredients together
2. Place 1 cup of mixture in small plastic bags. Serve or store

Banana Berry Shake (Serves 6)

Supplies:

1 large banana, peeled and cut into ½-inch slices	1 cup frozen strawberries (unsweetened)
1 teaspoon lemon juice	1 cup skim milk
1 ½ cups strawberry frozen yogurt	

What to do:

1. Toss banana slices with lemon juice.
2. Place slices on a cookie sheet; cover and place in freeze for 1 hour.
3. After 1 hour, combine all ingredients in a food processor or blender.
4. Process until smooth, scraping down sides often. Serve.