

# The Power of Choice

yourCHOICE...

Great Tastes!

Cool Moves!

---

## Get a Life!

Cool, weird, fun. Do your life and your body exist in a frantic whirl of change? If so, that's okay.

**You're normal.**

Do you want to get the most out of life? Look and do your best? Feel good? Have energy? **You can.**

In fact, that's what this booklet is all about. It's stuffed with easy, fun ways to eat smart, move more, and do what's right for you and your body now, and in years to come. **You decide.**

*On these pages, write in your own ideas for good-for-you eating and fun, active living. Think about what's important to you, too, and how you'll reach your goals. **Your life: it's your choice!***

## Eat Smart

*Snacks, breakfast, fast foods, school meals:* your food choices fuel your active, changing body.

For the nutrients in foods that you need to grow, have energy, and stay healthy, think about two main things: *what you eat* and *how much*.

### Eat Less Often...

**Solid fats and added sugars** that add extra calories and provide few nutrients or none at all (such as candy, soda, jelly, stick margarine, cream cheese, butter, fats from animal foods).

### Eat Enough...

Fat-free or low-fat milk or milk products for calcium and lean meats or beans for iron,

Fruits and vegetables compared to what you're used to eating.

Whole-grain breads and cereals, brown rice, and whole-grain pasta.

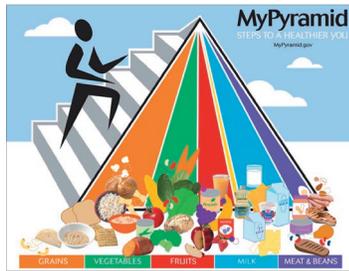
## Tri-Oh!

**1 Try different foods for their great tastes.** You'll boost your chances of getting the many nutrients your body needs to grow and stay healthy. *Try a new food today!*

**2 Eat all kinds of foods. Go easy on amounts.** Watch "how much" so you get enough variety without overdoing on any one food or food group. *Choose mostly foods with less solid fat and added sugar.*

**3 Make your food choices count over several days.** If you come up short on food-group amounts for one day, just make up for it the next day. *Pick snacks to fill in the gaps.*

**Use this!** MyPyramid is a guide to help you eat smart. In your day's food choices, fit in the amounts of foods you need from all five major food groups.



## Move More

Okay, you know you're smart to move more. But why? How many reasons can you come up with?

Check out all the great things you do for your "bod" when you stop sitting around and start moving!

### Healthy "Bod" Benefits...

- Sleep better.
- Cope with stress.
- Build strength and endurance.
- Improve weight.
- Feel good about one's self.
- Get over the "blues."
- Look better.
- Develop skills in sports.
- Improve family relations.
- Move easier.
- Promote overall health.
- Why not? It's fun!

**Make your moves! Move toward at least 60 active minutes a day**—all at one time or in several shorter spurts. Riding a bike, walking, or dancing adds up. Each is fast, fun, and easy.

**Boost the benefits.** Move longer or harder. Try running or playing one-on-one basketball.

## Power of Choice Be Your Best YOU!

**E**very day you make lots of choices. Some are part of your routine: what to eat or wear, what to do after school, when to do homework. Others may not seem so simple, perhaps how to spend your money, whether to join a sports team, who you want as a friend.

Your choices, even many small ones, can affect the direction of your life. That includes becoming your best you.

To get **POWER** from **YOUR CHOICES**...

### Know what matters to you.

That way you can make choices that match what you care about.

### Make choices that are right for you.

You don't need to do what everyone else does or be like anyone else either.

### Make smart choices about food and active living.

They add up to helping you be your best!

**Try this!** Here's a way to make smart choices—especially when the decision seems hard.

- ❖ **Figure out what you need to decide.**
- ❖ **Get facts.** Figure out how much time, money, and energy you have.
- ❖ **Consider each option** by weighing the pros and cons to help you reach your goals. Doing nothing is an option, too.
- ❖ **Make a choice** that's best for you and what you care about.
- ❖ **Act on your decision.**
- ❖ **Think about the result** and how it affected you and others. Was it the best choice?

**Six Steps to Your Goals!**

- ❖ *Pick realistic goals*—match your abilities.
- ❖ *Make a plan*—pace yourself to get there with small steps.
- ❖ *Face challenges*—create ways to deal with things, such as time or money.
- ❖ *Ask for help*—support from your family and friends helps a lot.
- ❖ *Give yourself a break*—nobody’s perfect, even you.
- ❖ *Pat yourself on the back*—even for a small success.

**To sit less and move more, I can...**

- Watch TV less often.
- Find some active fun to do with my friends after school.
- Walk, bike, or roller-blade to the store, school, or friends’ houses.
- Help my family with chores.
- Dance or walk to relieve stress.
- Walk while I talk on the phone.
- Play computer games less often.
- Go out for a community or school sport.

**Here’s more I can do to move:**

- \_\_\_\_\_
- \_\_\_\_\_

**The Choices are Yours!**

*Small steps add up! What can you do to be your best? Check (✓) them off. Add your own!*

**To eat smart, I can...**

- Eat breakfast.
- Drink juice, milk, or water when I’m thirsty—maybe with fast food.
- Use food labels to find good-for-me snacks.
- Drink milk with lunch or supper.
- Order regular-size fast foods.
- Compare my usual amounts to servings on food labels, so I don’t overeat.
- Use labels to pick snacks with less fat and less sugar.
- Take fruit in my school bag to snack on when I’m hungry.
- Try a new vegetable this week.
- Eat slowly; stop when I’m full.
- Ask my family to buy healthful snacks, such as fruits and veggies.

**Here’s more I can do to eat smart:**

- \_\_\_\_\_
- \_\_\_\_\_

**Give Me a “Healthful High Five!”**

**Five New Foods I’ll Try**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Unscramble these fruit and veggie snacks. Try to find them in your store. Better yet, buy ‘em and taste ‘em!

- WIJK UFTRI \_\_\_\_\_
- YAPPAA \_\_\_\_\_
- MAICJA \_\_\_\_\_
- CZIUNHCI \_\_\_\_\_
- GONAM \_\_\_\_\_
- DRE PREEPP \_\_\_\_\_

**Five Smart Snacks for My Shopping List**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Five Great Snacks to Share With Friends!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## What Did You Eat and Drink Today?

	Vegetables?	Fruits and fruit juices?	Milk and foods made from milk?
Morning			
Midday			
Evening			
Snacks			
How many servings?	Total	Total	Total

## Did You "Move 'n Groove" Today?

What "moves" did you make?	For how long?

## Yo...What's Important to You?

Check (✓) what you care about. Add any other goals that are important to you, too. Do you want to...

- feel good?
- have energy for active, fun things?  
What? \_\_\_\_\_
- look your best?
- get good grades?
- do well at something special?  
What? \_\_\_\_\_

**You can do it!** Reaching your personal goals just takes a little thinking, some planning, and the commitment to face challenges.  
*Remember:* Your goals may differ a little from what your friends or family members care about. If you respect one another's different priorities and choices, that's okay!

**To Help You Reach Your Goals...  
Eat Smart, Move Enough!**

Take a quick look to see how your food choices and physical activities stacked up today.

### TODAY

**Did you choose enough:**

- Vegetables? \_\_\_\_\_
- Fruits and fruit juices? \_\_\_\_\_
- Milk and foods made from milk? \_\_\_\_\_

(Use the MyPyramid and Serving Sizes to help you decide. *Tip:* What counts is *what* and *how* much you eat over several days—not just one day or one meal.)

**Did you "Power Up.?"**

- At least 60 minutes of fun, physical moves today? \_\_\_\_\_
- Enough, do you think? \_\_\_\_\_  
Why? \_\_\_\_\_

## Fast Foods Fit

Heading to a local burger place with friends? Cruising the food court at the mall? Ordering out for pizza?

Most fast-food meals and snacks are *high* in fat, calories, and sodium, and they're *low* in fiber, calcium, and other nutrients, too. Most orders don't have many fruits, vegetables, or calcium-rich foods (such as milk) either.

**You can** be smart when ordering fast foods.

### For enough fruits and veggies...

- Ask for tomato, lettuce, and other veggies on your sandwich.
- Order a fruit smoothie.
- Get a salad instead of fries.
- Load pizza with veggies.
- \_\_\_\_\_

### For enough calcium...

- Drink low-fat milk with fast food.
- Order cheese on a burger or sandwich.
- Buy low-fat or fat-free yogurt if you can.
- \_\_\_\_\_

### For less solid fat...

- Order regular-size burgers, burritos, and tacos.
- Split a small order of fries with a friend, or skip them.
- Order grilled chicken.
- Skip cream cheese, bacon, sour cream, and butter.
- \_\_\_\_\_

### For less added sugar...

- Order a regular-size soda or water.
- Skip soda.
- Skip fruit pies.
- \_\_\_\_\_

### For more food variety...

- Try something different: wraps, sushi, veggie sandwiches, or \_\_\_\_\_.

**Try this!** Write down a typical fast-food meal or snack you might buy.

**Check (✓)** at least three ways you might enjoy these fast foods and still eat smarter. Use the fast-food tips here, or add your own.

## Cool Moves! Sit Less—Move More

Moving your body is fun, good for you, and helps you look good. Besides, it's easier to do than you think! Try these ideas to fit at least 60 minutes of "cool moves" in your life each day.

1. **Put your feet to the ground and walk!** Forget about the bus or asking for a ride.
2. **Try in-line skating or skateboarding.** It's fast, easy-to-learn, outside fun with friends. Remember: wear the gear (helmet plus knee, wrist, and elbow pads).
3. **Take the stairs every chance you can.** Forget the elevator. You'll get a workout without even thinking.
4. **Walk the dog.** Whether you volunteer or get paid, dog walking is fun for moving more!
5. **Turn up the music.** Shake, rattle, and roll to your favorite tunes. It doesn't matter if you move to rap, hip hop, or salsa music, or do the twist. Just move as you groove.
6. **Earn extra cash as you help your body.** Try mowing lawns, washing cars, weeding gardens, shoveling snow, or cleaning garages.

7. **Be a good neighbor!** Help older folks by walking their dogs or volunteering for household jobs.
8. **Go out and play.** Rake a mountain of leaves; jump in it. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Jump rope: double-Dutch with two ropes for more fun!
9. **Try martial arts.** Make your moves with karate, yoga, taekwon do, or kickboxing.
10. **Baby-sit.** Sounds silly, but just try to keep up with toddlers. They move—fast!
11. **Lap it up.** For fun, swim and dive with friends.
12. **Play one-on-one basketball.** Talk about a total body workout. First person to 21 wins!

Your ideas: \_\_\_\_\_

**Moving Enough?** If you can talk while you move, your pace is probably right for you. If you're too breathless to talk, slow down. If you can sing, get moving faster or harder.

## Eat Enough... Not Too Much

- ❖ **When you don't eat enough**, you may miss out on nutrients you need for energy and for growing strong and healthy.
- ❖ **If you eat too much**, you may get more food energy (calories) than you need to grow and move. And you may gain weight.

**Try this!** Move more to use up more food energy. Why? You won't need to be as concerned about how much you eat. Cool!

**How Much Do You Eat?** Next time you heap food on your plate, find out. Either get out the measuring cups, or use visual cues to figure out how much you're eating. Surprised?

These are the	size of common measures
Small computer mouse	= about 1/2 cup
Baseball	= about 1 medium fruit or 1 cup
8-ounce glass	= 1 cup of milk
2 9-volt batteries	= about 1 1/2 ounces cheese, cheddar
6-inch plate	= 1 tortilla (6 inches)
Deck of cards	= about 3 ounces meat, poultry, or fish
CDs (equal to 1/2 inches)	= about 1 ounce slice of bread or a pancake or waffle

**Try this!** To eat enough but not too much:

- ❖ Skip the urge to eat from a bag. Measure out one serving. Put the rest away.
- ❖ Buy packages with just one serving.
- ❖ If you buy a big package, put small amounts into separate bags or containers. Eat just what's in a smaller one.

## Check out the Facts

**H**ow can you eat smart when you have so many foods to pick from? Just use "5-20% DV" guide to check the Nutrition Facts on food labels and then decide what to buy and eat.

**Practice here.** Can you find the Nutrition Facts on a food label? Almost every food has them.

- ❖ **Serving size.** It might be more or less than your usual amount. *To find out, measure or remember the visual cues.*
- ❖ **Number of servings in the package.**
- ❖ **Calories in one serving.** If you eat two label Servings, you double the calories. *Pay attention, so you can be at a healthy weight.*
- ❖ **Nutrients that need your attention.**
- ❖ **% Daily Value (DV).** It is a number that allows you to know whether there's a lot or a little of a nutrient in a serving of food.
- ❖ **Footnote (bottom).** It shows how much or how little of some nutrients an average person needs each day. You may need more or less depending on your energy needs.

**Here's how the "5-20% DV" guide works:** Look at the % DVs, and use the "5-20% DV" guide as a helpful tool that provides a way to balance food choices for the day. It does not turn foods into good or bad foods. It helps you see if a food has a little or a lot of a nutrient. For example:

- ❖ **5% DV or less is low:** For nutrients you want to get less of (such as saturated fat, cholesterol, and total fat), try to choose foods with a low % DV.
- ❖ **20% DV or more is high:** For nutrients you want to consume more of (such as calcium or fiber), try to choose foods with a high % DV.

**To be healthy:**

- ❖ Get less fat, especially saturated fat, *trans* fat cholesterol, sodium
- ❖ Get enough fiber, vitamins A and C, calcium, iron

Do you have a favorite, good-for-you snack recipe? Put it here!

Recipe name \_\_\_\_\_

What's in it and how much _____ _____ _____ _____	How many portions it makes <input style="width: 100px; height: 25px;" type="text"/>  What food groups it fits in <input style="width: 100px; height: 25px;" type="text"/>
How to make it _____ _____ _____ _____	

In the Mood For Food?

Do you eat when you feel...

- stressed?
- bored?
- lonely?
- angry?
- depressed?

Do you nibble when you...

- watch TV?
- do homework?
- go out with friends?
- want to reward yourself?
- are involved in other things?  
*(Nibbling is just a habit.)*

If you eat when you're not really hungry, you can eat too much. That leaves some people feeling guilty or bad about themselves. And either feeling can lead to more overeating.

Most people feel better about themselves when they're in control of their eating. **Jot down** some things you can do instead of reaching for food

**Eating too fast?** Then you may eat too much and get stuffed. Slow down so your stomach has 20 minutes to talk to your brain. That's how long it takes your stomach to say, "I'm full." You know yourself best. How can you slow down at the table? **Your ideas:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

when you really aren't hungry. Let these three ideas start your mental juices:

- Draw or play music.
- Read a magazine or book.
- Roller-blade or shoot some hoops.
- \_\_\_\_\_
- \_\_\_\_\_

## Fruit Dippers

*Sweeten your life with this fruity finger food!*

1/2 cup low-fat vanilla yogurt  
2 tablespoons chopped peanuts  
2 cups fruit (grapes, banana slices, apple wedges, strawberries)

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt-peanut mixture.

*Makes 4 servings.*

**Scrub 'Em!** Rinse fresh fruits and veggies under running water before eating them. Use a vegetable brush on foods with firm surfaces. Cut out the bruised or damaged spots where bacteria often grow.

**More ideas:** Like chocolate? Mix nonfat hot fudge sauce into the yogurt-peanut mixture.

**Your turn:** Mango, kiwi, pineapple, and cantaloupe chunks taste great with a dip. What other way might you enjoy a yogurt-peanut dip?

### Nutrition Facts

Serving Size 1 serving (427g)  
Servings Per Container 6

**Amount Per Serving**  
**Calories** 320 **Calories from Fat** 100

%Daily Value*	
<b>Total Fat</b>	11g <b>17%</b>
Saturated Fat	2.5g <b>12%</b>
Trans Fat	0g
<b>Cholesterol</b>	5mg <b>2%</b>
<b>Sodium</b>	160mg <b>7%</b>
<b>Total Carbohydrate</b>	46g <b>15%</b>
Dietary Fiber	8g <b>33%</b>
Sugars	36g
<b>Protein</b>	12g

Vitamin A 4% • Vitamin C 270%  
Calcium 25% • Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓  
↓  
LOW=5% or less HIGH=20% or more  
↑  
↑

## Veggie Noodles

*Have fun with pasta shapes: spirals, bowties, or tubes.*

1 pound uncooked pasta  
2 cups canned, drained vegetables  
1 cup spaghetti sauce  
1/2 cup (2 ounces) shredded cheese

1. Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain.
2. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat *just* until the vegetables are hot.
3. Sprinkle with cheese *just* before serving.

*Makes 4 servings.*

**More ideas:** If you have leftover cooked pasta or veggies in your refrigerator, heat them up for quick Veggie Noodles!

**Your turn:** No canned veggies on hand? Use frozen or fresh ones. Just cook them before tossing with pasta. Which veggies might you use?

**In Doubt? Throw Out!** If you're not sure if food is safe to eat, toss it without tasting it.

### Nutrition Facts

Serving Size 1 bowl (268g)  
Servings Per Container 4

**Amount Per Serving**  
**Calories** 630 **Calories from Fat** 90

%Daily Value*	
<b>Total Fat</b>	10g <b>15%</b>
Saturated Fat	3.5g <b>19%</b>
Trans Fat	0g
<b>Cholesterol</b>	15mg <b>4%</b>
<b>Sodium</b>	540mg <b>23%</b>
<b>Total Carbohydrate</b>	116g <b>39%</b>
Dietary Fiber	5g <b>21%</b>
Sugars	14g
<b>Protein</b>	21g

Vitamin A 15% • Vitamin C 15%  
Calcium 10% • Iron 25%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓  
↓  
LOW=5% or less HIGH=20% or more  
↑  
↑

### Stuffed 'Tato

Stuff a baked potato for a quick meal or snack—delicious any time of day!

- 1 medium potato
  - 1/4 cup chopped veggies (green pepper, cooked carrot or broccoli, corn, tomato, or any others you like)
  - 2 tablespoons salsa
  - 2 tablespoons shredded cheese
1. Microwave the potato on HIGH for 3 to 4 minutes.
  2. Top your potato with veggies, salsa, and cheese.

Makes 1 stuffed baked potato.

**Go for Plastic!** Use plastic cutting boards. Clean them with hot, soapy water or in a dishwasher.

**More ideas:** Top your 'tato with chili, baked beans, spaghetti sauce—even scrambled eggs with chopped ham.

**Your turn:** A sweet potato makes an awesome Stuffed 'Tato. What seems interesting to you to try as a sweet potato topper?

Nutrition Facts	
Serving Size 1 item (253g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 45
%Daily Value*	
<b>Total Fat</b> 5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 180mg	7%
<b>Total Carbohydrate</b> 53g	18%
Dietary Fiber 6g	23%
Sugars 4g	
<b>Protein</b> 9g	
Vitamin A 10%	Vitamin C 80%
Calcium 15%	Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

### Confetti Bean Salsa

Scoop salsa with raw veggies or baked tortilla chips—or spoon it over rice!

- 1 can (15 ounces) red or black beans
  - 1 can (11 ounces) corn
  - 1 cup salsa
1. Drain and rinse the beans. Drain the corn.
  2. Combine beans, corn, and salsa in a medium-size bowl. Mix.

Makes 3 cups salsa or 6 (1/2 cup) servings.

**Wipe Them Off!** Clean the lids of canned foods before you open them. That keeps debris from getting into your food.

**More ideas:** Like it hot? Add a few drops of hot sauce or chopped green chiles. Try chopped cilantro, parsley, or green pepper in your salsa, too.

**Your turn:** Check out the grocery shelves for other canned beans. You'll see many types to try. Experiment with different ones to enjoy new flavors and have several ways to make Confetti Bean Salsa

Nutrition Facts	
Serving Size 1 serving (108g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 5
%Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 6g	23%
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 4%	Vitamin C 8%
Calcium 2%	Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

## Stuffed Pockets

Make these sandwiches in pocket bread, or “wrap and roll” them in soft tortillas.

- 2 ounces lean sliced beef, cut into thin strips
  - 1/2 cup chopped vegetables (tomato, pepper, carrot, cucumber, or any others you like)
  - 1/4 cup (1 ounce) lite mozzarella shreds
  - 1 whole-wheat pocket bread, cut in half
  - 2 tablespoons low-fat salad dressing
1. Stuff meat, vegetables, and cheese into pocket bread.
  2. Drizzle salad dressing on top.

Makes 1 pocket sandwich (2 halves).

**Be a Label Reader!** Meat and poultry packages tell how to store these foods properly at home, so they’re safe to eat. Follow the tips on the label.

**More ideas:** Pocket bread is a handy, edible container for leftovers: rice and beans, tuna salad, pasta salad, tossed salad, and cooked vegetables.

**Your turn:** Stuffed Pockets make great finger foods. What else might you stuff inside for a quick snack or meal that goes wherever you go?

Nutrition Facts	
Serving Size 1 sandwich (226g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 378	Calories from Fat 100
%Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 928mg	<b>38%</b>
<b>Total Carbohydrate</b> 42g	<b>13%</b>
Dietary Fiber 6g	<b>23%</b>
Sugars 4g	
<b>Protein</b> 32g	
Vitamin A 12%	Vitamin C 22%
Calcium 23%	Iron 21%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

## Frozen Fruit Pops

Nothing to do? Freeze fruit pops to have on hand later—whenever you’re hungry!

- 1 can (8 ounces) crushed pineapple
  - 1 cup (8 ounces) low-fat fruit yogurt
  - 1 can (6 ounces) orange juice concentrate, thawed
1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
  2. Freeze until slushy—about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
  3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Makes 4 frozen fruit pops.

**More ideas:** Mix ingredients for fruit pops, and freeze in ice cube tray instead of cups. They make great “ice cubes” in fruit juice.

**Your turn:** Make Frozen Fruit Pops with any fruit or juice concentrate in your kitchen. What’s your favorite fruit combo?

**Keep Counters Clean!** Put your backpack on the floor not on the counter or table where you put food.

Nutrition Facts	
Serving Size 1 fruit pop (162g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 80	
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber < 1g	<b>0%</b>
Sugars 14g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 45%
Calcium 8%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

### Peanut Butter 'N Fruit-Wich

Chase down this snack with milk!

- 1 slice whole-wheat bread
- 2 tablespoons peanut butter
- 1/4 apple or banana, sliced thinly
- (Optional) 2 tablespoons sliced or grated carrot

1. Spread 2 tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. (Optional) Top with grated carrot.

Makes 1 open-faced sandwich.

**Carry Food Safely!** Use an unused paper or plastic bag or a clean insulated lunch bag. Wash reusable bags each time you use them.

**More ideas:** Make a Peanut Butter 'N Fruit-Wich on crunchy graham crackers, or roll up the filling in a soft tortilla.

**Your turn:** Instead of fresh fruit use canned pineapple on a fruit-wich. Just drain it first. What other canned fruits might be yummy to try?

### Nutrition Facts

Serving Size 1 fruit-wich (112g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	340
Calories from Fat 170	
%Daily Value*	
<b>Total Fat</b>	19g <b>29%</b>
Saturated Fat	3.5g <b>18%</b>
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	160mg <b>7%</b>
<b>Total Carbohydrate</b>	35g <b>12%</b>
Dietary Fiber	6g <b>22%</b>
Sugars	8g
<b>Protein</b>	12g
Vitamin A	0% • Vitamin C 4%
Calcium	2% • Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

### Veggie Pizza

For great taste and more fiber, make this pizza on whole-wheat pocket bread.

- 2 tablespoons pizza or spaghetti sauce
- 1 pocket bread (or bread slice)
- 1/2 cup chopped vegetables (broccoli, bell pepper, mushroom, zucchini, carrot, or any others you like)
- 2 tablespoons (1/2 ounce) grated cheese

1. Spread pizza sauce on pocket bread.
2. Sprinkle vegetables and cheese on top.
3. Place on a baking pan, and bake at 375 °F until cheese melts—about 10 minutes.

Makes 1 veggie pizza.

**More ideas:** Try leftover cooked chicken or meat on your pizza if you have any in your refrigerator.

**Your turn:** All types of veggies taste great on pizza. Whether they're canned, frozen, or fresh, use what you have: What other veggies might you try on pizza?

**Clean Up!** Always wash cutting board with hot, soapy water if you use it to cut meat, poultry, or fish *before* you cut vegetables and fruits.

### Nutrition Facts

Serving Size 1 pizza (177g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	260
Calories from Fat 40	
%Daily Value*	
<b>Total Fat</b>	4.5g <b>7%</b>
Saturated Fat	2g <b>11%</b>
Trans Fat	0g
<b>Cholesterol</b>	10mg <b>3%</b>
<b>Sodium</b>	600mg <b>25%</b>
<b>Total Carbohydrate</b>	43g <b>14%</b>
Dietary Fiber	4g <b>16%</b>
Sugars	4g
<b>Protein</b>	13g
Vitamin A	25% • Vitamin C 100%
Calcium	25% • Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

### Cool Smoothie

Chill out when you're thirsty with a sweet, refreshing cool smoothie.

- 1 cup low-fat or fat-free milk or yogurt\*
- 1/2 cup sliced fruit (canned or fresh) or fruit juice\*\*

1. Put the ingredients in a blender or food processor.
2. Swirl in the blender until smooth.

Makes 1 serving.

**Taste "Wise!"** Always use a clean tasting spoon, so you don't spread bacteria from your mouth to the food or drink.

**Try this!**

**\*Choose any milk:**

- Fat-free milk
- 1% low-fat milk
- 1% low-fat chocolate milk
- Low-fat fruit yogurt
- Frozen-fruit yogurt

**\*\*Choose any fruit or fruit juice:**

- Banana
- Cantaloupe
- Mango
- Peaches, canned
- Pineapple, canned
- Strawberries
- Apple juice concentrate
- Orange juice concentrate
- Grape juice concentrate

**Your idea:**

### Nutrition Facts

Serving Size 1 smoothie (493g)  
Servings Per Container 1

Amount Per Serving		
<b>Calories</b>	250	Calories from Fat 25
%Daily Value*		
<b>Total Fat</b>	3g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	125mg	5%
<b>Total Carbohydrate</b>	51g	17%
Dietary Fiber	2g	8%
Sugars	47g	
<b>Protein</b>	9g	
Vitamin A	10%	Vitamin C 45%
Calcium	35%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

### Shake-a-Pudding

Turn up the music, and dance while you shake the pudding!

- 2 cups fat-free or low-fat milk\*
- 1 small box instant vanilla pudding mix
- 1 cup sliced fruit (canned or fresh)\*\*

1. Pour milk into a quart jar with a tight-fitting lid.
2. Add the pudding mix; screw lid on jar. Shake until the mixture is smooth.
3. Divide fruit into 4 paper cups, or put in a serving bowl. Pour pudding over the fruit. Chill.

Makes 4 servings.

**Chill Out!** For food safety, keep cold foods cold (at or below 40 °F) to keep bacteria from multiplying too fast. For take-along foods, pack frozen, bottled water to help keep other foods cold.

**Try this!**

**\*Try any milk flavor:**

- Cherry flavor
- Chocolate flavor
- Grape flavor
- Orange flavor
- Raspberry flavor

- Strawberry flavor
- Unflavored

**Your idea:**

**\*\*Try any fruit:**

- Apple
- Banana
- Berries
- Kiwi
- Mango
- Melon
- Orange
- Papaya
- Peach
- Pear
- Pineapple

**Your idea:**

### Nutrition Facts

Serving Size 1 serving (197g)  
Servings Per Container 4

Amount Per Serving		
<b>Calories</b>	140	Calories from Fat 10
%Daily Value*		
<b>Total Fat</b>	1.5g	2%
Saturated Fat	1g	4%
Trans Fat	0g	
<b>Cholesterol</b>	< 5mg	0%
<b>Sodium</b>	240mg	10%
<b>Total Carbohydrate</b>	28g	9%
Dietary Fiber	1g	4%
Sugars	23g	
<b>Protein</b>	4g	
Vitamin A	6%	Vitamin C 2%
Calcium	15%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

### Snacks—Mix ‘em Up!

Mix up a batch to take with you.

- 1 cup popped popcorn
- 1/2 cup bite-size pretzels
- 1/4 cup raisins
- 1/4 cup peanuts

1. Put the ingredients in a medium-size bowl.
2. Toss gently.

Makes 2 cups or 4 (1/2 cup) servings.

**Try this!** Look for a variety of dried fruits in your store: apples, cranberries, peaches, apricots, pineapple, pears, bananas.

**Your turn:** What other dried fruits or nuts might you mix up for a tasty snack mix?

**Wash Up!** Always wash your hands carefully in warm, soapy water before and after you make or eat a snack or meal. Wash for 20 seconds for the best chance of washing away bacteria on your skin.

#### Nutrition Facts

Serving Size 1 serving (96g)		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	430	Calories from Fat 200
%Daily Value*		
<b>Total Fat</b>	22g	<b>33%</b>
Saturated Fat	3g	<b>15%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	600mg	<b>25%</b>
<b>Total Carbohydrate</b>	53g	<b>18%</b>
Dietary Fiber	6g	<b>24%</b>
Sugars	25g	
<b>Protein</b>	12g	
Vitamin A	0%	Vitamin C 2%
Calcium	4%	Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓  
↓  
LOW=5% or less HIGH=20% or more  
↑  
↑

### Cinnamon Fruit Toast

Enjoy fruit toast for a quick snack or an easy breakfast.

- 1 slice bread
- 1 teaspoon margarine
- 1/2 apple, sliced thinly
- 1 slice American cheese
- 1/4 teaspoon cinnamon
- 1 teaspoon sugar

1. Spread one side of bread with margarine. Put bread on a baking pan with margarine side facing down.
2. Arrange apple and cheese slices on the bread. Combine cinnamon and sugar; sprinkle on top.
3. Bake at 375 °F until bread turns light brown on bottom—about 10 minutes.

Makes 1 serving.

**Try this!** Instead of fresh apples use canned, drained peaches or pears.

**Your turn:** Ask your family to buy whole-grain bread (whole wheat, oatmeal, multigrain). Which one will you try first for delicious Cinnamon Fruit Toast?

**Use Clean Towels!** Clean up with paper towels or a clean towel. With paper towels, bacteria go into the garbage can!

#### Nutrition Facts

Serving Size 1 serving (141g)		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	300	Calories from Fat 120
%Daily Value*		
<b>Total Fat</b>	13g	<b>20%</b>
Saturated Fat	5g	<b>27%</b>
Trans Fat	0g	
<b>Cholesterol</b>	20mg	<b>7%</b>
<b>Sodium</b>	510mg	<b>21%</b>
<b>Total Carbohydrate</b>	39g	<b>13%</b>
Dietary Fiber	5g	<b>20%</b>
Sugars	15g	
<b>Protein</b>	9g	
Vitamin A	10%	Vitamin C 6%
Calcium	15%	Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.

↓  
↓  
LOW=5% or less HIGH=20% or more  
↑  
↑

# SNACKS...

## Fast, Fun, Flavor

**S**tomach growling? Try no-hassle, good-for-you snacks. Circle ones you'll try. Jot down your own ideas, too. *Can you figure out what food groups they fit in?*

**Ultra easy, no fuss**

- ❖ Baby carrots
- ❖ Yogurt topped with your favorite fruit
- ❖ Whole fruit
- ❖ Baked tortilla chips (or sliced cucumber or jicama) with salsa
- ❖ Frozen fruit-juice bar
- ❖ Cereal topped with low-fat milk or yogurt
- ❖ Handful of pretzels or peanuts
- ❖ Low-fat string cheese
- ❖ **Your ideas:**

**Easy, not much to do**

- ❖ Cut-up fruit in an unsugared ice cream cone
- ❖ Two or more fruit juices mixed together
- ❖ Low-fat ice cream sandwich made with oatmeal cookies
- ❖ Microwaved noodle soup with corn or other vegetables mixed in
- ❖ Sliced fruit mixed in a single-serving pudding cup
- ❖ **Your ideas:**

**A little more effort**

- ❖ Sliced fruit and dip (low-fat or fat-free yogurt and chopped nuts)
- ❖ Peanut butter and banana slices rolled in a flour tortilla
- ❖ Leftover chili in a pita pocket; leftover rice and beans in a flour tortilla

- ❖ Bagel half topped with low-fat or fat-free cheese or lean meat
- ❖ **Your ideas:**

**Try this!** If you snack on foods with some fat or sugar, keep the amount sensible. Share with a friend. Eat them less often. Skip the urge to eat from the container, and serve your snack on a plate/bowl to control how much you eat. Pick a special plate/bowl that will make snacktime even more enjoyable.

*Turn the page for easy snack recipes.*

---

## More Cool, Healthful Ways To Be "My Best Me"

Jot them down here!


Your choices help you feel good,  
look and do your best, and reach your goals.