

# WHAT'S FOR DINNER?

## HEALTHIER CHOICES MADE EASIER

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### FRUITS

Slice bananas or strawberries on your cereal.

Make a fruit smoothie by blending milk with fresh or frozen fruit.

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### GRAINS

Try rolled oats or crushed whole grain cereal as a breading for baked chicken or fish.

Serve whole-grain versions of cereal, bread or pancakes at breakfast.

Make a sandwich on a multigrain wrap.

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### DAIRY

Top a baked potato with low-fat cheese or yogurt.

Add milk instead of water to hot cereals, soups, and box mixes.

Make a yogurt dip for fruits or vegetables.

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### VEGETABLES

Add chopped vegetables to sauce, lasagna and pizza.

Shred carrots or zucchini into meatloaf or casseroles.

Keep cut-up vegetables like broccoli, red pepper and carrots in the fridge for quick snacks.

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### PROTEIN

Vary your proteins; include beans and peas at dinner at least once a week.

Have nuts or seeds for a snack, on salads or in main dishes.

Choose fish more often for lunch or dinner.



# PHYSICAL ACTIVITY + NUTRITION WORK TOGETHER

FOR BETTER HEALTH AND A MORE FUN-FILLED LIFE!



When you get your body moving, you are investing in your future by fighting off disease, relieving stress, and discovering your unique strengths and abilities. Don't forget the kids! They need at least 60 minutes of physical activity every day to develop strong bodies and to maintain a healthy weight.

## MAKE FAMILY TIME ACTIVE TIME!

- Take a walk or bike ride after dinner.
- Play together — toss a ball, shoot some hoops, jump rope, or play tag.
- Walk to school with your kids.
- Play on a playground or hike at a park.

## REFUEL YOUR BODY CHUNKY MONKEY SMOOTHIE

Chocolate milk contains a perfect mix of proteins and carbohydrates to help your body recover after a workout. Add even more protein and potassium with yogurt and banana!

### INGREDIENTS *Single Serving*

- ½ medium-size banana (frozen)
- ½ cup low-fat vanilla yogurt
- 8 oz fat-free chocolate milk

*Blend banana, yogurt and chocolate milk together.*

Calories	279
Total Fat	2g
Carbohydrates	52g
Protein	15g



## FITTING IN FITNESS

- Park a little further away from your destinations, or get off the bus or subway one stop early and walk the rest of the way.
- Walk up and down the sidelines when watching your kids play sports.
- Keep an eye out for free classes where you can try something new — Martial arts? Dance? Yoga?
- Join in your office softball or bowling team.



## WEATHER BAD? EXPLORE THE INDOORS!

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt: see how fast everyone can find clues scattered around your home.

