

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Know the Limits on Sugars

Limit foods with “empty” calories of added sugars such as soda, candy, cakes and cookies.

Read food labels to find added sugars such as corn syrup, high fructose corn syrup, honey, sucrose, molasses, and brown sugar.

Choose water, fat-free milk, 1% milk or unsweetened tea or coffee as a beverage.

Limit sweet snacks and desserts.

Select unsweetened, whole-grain cereals. If desired, add sugar or other sweeteners to taste.

Choose canned fruits in 100% fruit juice. Fruit canned in syrup should be drained.



Homemade Soft Pretzels Makes 12 pretzels

2 cups white flour

2 cups whole-wheat flour

1 pkg. active dry yeast (1 Tbsp.)

1-1/3 cups warm water (not hot to touch)



3 tablespoons cooking oil

1 tablespoon honey or corn syrup

Salt to taste

1. Stir together the white and whole-wheat flours. Measure 1-1/2 cups of the flour mixture into a mixing bowl. Stir in the yeast.
2. Add the water, oil and honey. Beat until smooth (about 2 minutes).
3. Add enough of the remaining flour to make dough stiff. Knead 4 minutes until dough well mixed.
4. Cut into 12 pieces. Roll each to a “rope” 15 inches long.
5. Shape into pretzel form. Brush with water and sprinkle very lightly with salt.
6. Bake on a greased cookie sheet at 425° for 20 minutes or until lightly browned.

NUTRITION FACTS (per pretzel with NO salt) - Calories 170 ~ fat 4 g ~ calories from fat 35 ~ sodium 0 mg ~ total carbohydrate 31 g ~ fiber 3 g

Chili Bean Dip Makes 1-1/3 cups

16-ounce can kidney beans or pinto beans (or 2 cups cooked dried beans)

1 teaspoon chili powder

1/2 cup chopped onion

1/2 cup shredded cheese



1. Drain beans and mash in a bowl.
2. Add chili powder, onion, and cheese.
3. Serve warm or cold with vegetables or crackers.

NUTRITION FACTS (per tablespoon) - Calories 35 ~ fat 1 g ~ calories from fat 10 ~ sodium 60 mg ~ total carbohydrate 4 g ~ fiber 1 g



Choose and prepare foods and beverages with little added sugars.



Sugars and sweets should provide only “extra” (discretionary) calories in amounts that will not cause weight gain.

Most “extra” calorie allowances are very small, between 100 and 300 calories, especially for those who are not physically active.

May is **National Osteoporosis Awareness & Prevention Month.**

Osteoporosis is a disease where bones become fragile and more likely to break. Prevent osteoporosis: Drink low-fat milk with vitamin D and other low-fat dairy products and be physically active.



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
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