

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

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

## A Healthy Body Weight Optimizes Your Health

The right number of calories for you to eat each day depends on your age, gender, activity level and whether you are trying to gain, maintain, or lose weight.

**Choose fruits, vegetables, whole grains, fat-free or low-fat milk and milk products most often.**

**To maintain body weight**, your body must burn the calories you eat and drink and not have any left over that can be stored as fat.

**To prevent gradual weight gain as you age**, each year make small decreases in food and beverage calories and increase your level of physical activity.



**To lose body weight**, your body must burn more calories than you eat and drink. Aim for a slow, steady weight loss by eating less and moving more.

### **Hawaiian Green Beans** Serves 4.

1 can (16 oz.) green beans or 1 lb. fresh beans	1 Tbsp. cornstarch
1 can (6 oz.) pineapple pieces, drained (keep liquid)	1/4 tsp. salt
3 Tbsp. vinegar	1/8 tsp. black pepper
2 Tbsp. sugar	1 Tbsp. butter

1. Drain canned green beans saving 1/3 cup liquid. (Cook fresh beans in water and save 1/3 cup of cooking liquid.)
2. Combine bean liquid, pineapple juice, and vinegar in a saucepan.
3. Blend together sugar, cornstarch, salt and pepper and add to liquids in saucepan.
4. Boil 3 minutes, stirring constantly.
5. Add beans, pineapple and butter. Heat thoroughly.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 3 g ~ calories from fat 25 ~ sodium 520 mg  
~ total carbohydrate 19 g ~ fiber 2 g

## Italian Tomatoes Serves 4.

4 small (2 1/2-inch) tomatoes  
1 tsp. vegetable oil  
1 tsp. garlic salt

1 tsp. dried oregano and/or basil  
1 tbsp. grated parmesan cheese

1. Preheat oven to 450° F.
2. Core tomatoes and cut off the top of each tomato, discard.
3. Sprinkle top of each cored tomato with oil, garlic salt, oregano and/or basil and then sprinkle with parmesan cheese.
4. Place tomatoes on a tray or oven-proof dish. Bake in oven at 450° F until tomatoes are soft and warm throughout, about 10 -15 minutes.

**Grilling** - Brush a little more vegetable oil on bottom of tomatoes. Place on grill surface cut side up and cook until lightly charred about 3 to 5 minutes. Turn tomatoes over and grill until soft and warm throughout, about 3 to 5 minutes more.

NUTRITION FACTS (per serving) - Calories 35 ~ fat 2 g ~ calories from fat 15 ~ sodium 280 mg  
~ total carbohydrate 4 g ~ fiber 1 g

## Walking is a Safe and Fun Way to Increase Your Level of Physical Activity

- Choose a safe place to walk. Do not wear jewelry or headphones while walking and be aware of your surroundings. Walk with a friend or a group of people.
- Wear comfortable shoes and clothing.
- Walk with chin up and shoulders held slightly back. The heel of your foot should touch the ground first as you walk. Walk with your arms swinging at your sides.
- The last five minutes of your walk slow down so you can cool down.

