

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



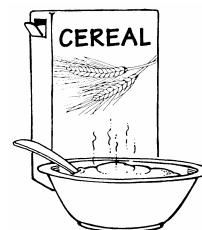
*Ideas For Eating Better For Less . . . .*

## Choosing Nutritious Cereals

Cereal for breakfast is a quick and economical meal.  
Choose your cereals wisely.

Look for nutritious hot and cold breakfast cereals:

- are made of whole-grains
- are low in sugar
- are high in fiber



Tips for selecting nutritious cereals:

- Read the Nutrition Facts label and the ingredient list.
  - Compare sugar content of cereals you like to eat. Choose the one with the lowest amount of sugar. Cereals with dried fruit will naturally be higher in sugar.
  - Choose whole-grain cereals. Cereals are a good source of fiber when they have 3.0 grams or more of fiber per serving.
  - Granola-type cereals and cereal with nuts have more fat than you think, especially if more than one serving is eaten.

### **Banana Nut Oatmeal** Serves 6.

3 cups skim milk

3 Tbsp. brown sugar or maple-flavored syrup

1/2 tsp. cinnamon

2 cups quick oatmeal flakes

2 small or 1 large banana, mashed or sliced

1/4 cup chopped nuts

1. In a medium pan combine milk, sugar/syrup, and cinnamon.
2. Bring to a boil. Add oats and gently stir.
3. Return to a boil. Reduce heat to medium. Cook for 1 minute or until liquid is absorbed.
4. Remove pan from heat. Add banana and nuts.
5. Serve while warm.

**NUTRITION FACTS** (per serving) - Calories 230 ~ fat 5 g ~ calories from fat 45 ~ sodium 70 mg ~ total carbohydrate 40 g ~ fiber 4 g

### **Confetti Bean Salsa** 6 (1/2 cup) servings.

1 can (15 ounces) red or black beans

1 chopped green chile (optional)

1 can (11 ounces) corn

1/4 cup chopped green pepper (optional)

1 cup salsa



1. Drain and rinse beans.
2. Drain corn.
3. Combine beans, corn, salsa, chiles, and green pepper in a bowl. Mix.

Serving suggestions: dip with corn chips, serve on top of tacos, broiled chicken or roasted pork.

**NUTRITION FACTS (per serving) - Calories 120 ~ fat 1 g ~ calories from fat 10 ~ sodium 520 mg ~ total carbohydrate 21 g ~ fiber 5 g**

**Tip of the Month:** Drink all of the milk in your bowl of cereal. Some vitamins are sprayed onto the cereal and will go into the milk. Milk is also a good source of protein and calcium.

## **Stay Active In The Winter**

### **Schedule Physical Activity Into Your Busy Day**

- Check with your doctor before doing or changing your physical activity.
- Set aside a special time during the day to be active.
- Be physically active at least 30 minutes each day.
- Choose activities you enjoy.
- Find ways to be more active. Park far away and walk, take stairs instead of elevator, walk faster, and exercise while watching television.
- See if your community offers free physical activity programs. (Check with the Park District.)



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