

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Find Your Balance Between Food & Physical Activity

Be physically active everyday for good health and to prevent weight gain.

- To help you stay healthy in adulthood you need to do at least 30 minutes of moderate physical activity on most days of the week.
- To help you keep a healthful body weight and prevent weight gain in adulthood you need to do at least 60 minutes of moderate to vigorous physical activity on most days of the week and not eat more calories than your body needs.
- To keep from gaining back weight that you have lost you need to do at least 60 to 90 minutes of daily moderate physical activity on most days of the week and not eat more calories than your body needs.



Fish & Tomatoes Serves 4.

1 Tbsp. vegetable oil	1 can (15 oz.) tomatoes, diced
1 small onion	1 lb. fish fillets
1 garlic clove, crushed or 1/8 tsp. garlic powder	Season to taste; parsley, pepper

1. Heat oil in large skillet. Sauté onion and garlic.
2. Add tomato with juices, onion, and garlic. Stir well and cook over medium heat until heated through.
3. Push tomato mixture to the side and add fish. Cover fish with tomato mixture. Cover skillet and cook 10 minutes or until fish is thoroughly cooked.
4. Season fish and tomato dish with parsley and pepper to taste.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 4.5 g ~ calories from fat 35 ~ sodium 200 mg ~ total carbohydrate 7 g ~ fiber 2 g

Peanut Butter Apple Raisin Spread Serves 6.

2/3 cup peanut butter
1/4 cup chopped raisins
1/4 cup applesauce
1/8 tsp. ground cinnamon

1. Mix the ingredients together. Cover and refrigerate for a couple of hours to allow the flavors to mix.
2. Spread it on bread or muffins.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 14 g ~ calories from fat 130 ~ sodium 135 mg ~ total carbohydrate 13 g ~ fiber 2 g

Breakfast Raisin-Banana Tortilla Roll-up Serves 4.

4 (8-inch) flour tortillas
1/2 cup peanut butter
2 medium bananas, sliced
1/3 cup raisins

1. For each sandwich; spread 1 side of 1 tortilla with 2 Tbsp. peanut butter.
2. Cover with half of 1 sliced banana and sprinkle with 1-1/2 tablespoons raisins.
3. Roll tortilla up tightly; cut in half to serve.

NUTRITION FACTS (per roll-up) - Calories 390 ~ fat 19 g ~ calories from fat 170 ~ sodium 190 mg ~ total carbohydrate 46 g ~ fiber 6 g

Be Fit - Move More

Examples of moderate physical activity:

gardening and yard work
dancing
brisk walking
bicycling ≤10 mph

Examples of vigorous physical activity:

running and jogging
bicycling >10 mph
swimming
aerobics



Note: Most healthy adults do not need to see their healthcare provider before starting a moderate-intensity physical activity program. However, men older than 40 years and women older than 50 years who plan a vigorous program or who have either a chronic disease or risk factors for a chronic disease should see their physician to design a safe, effective program.