

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Keep Active by Gardening and Shopping

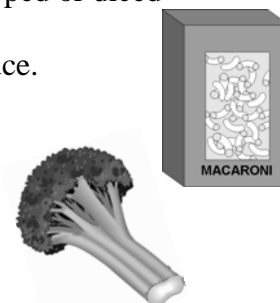
- Gardening is a great way to be physically active.
- Gardening burns about 170 calories/30 minutes.
- Preparing and cooking vegetables and fruits burns about 80 calories/30 minutes.
- Shopping at Farmers' Markets or the grocery store for your fruits and vegetables burns about 70 calories/30 minutes.



Veggie Mac & Cheese (Serves 4 as a main dish, serves 8 as side dish)

2 cups dry macaroni	1 cup skim milk
2 Tbsp. margarine	2 cups shredded cheese
2 Tbsp. all-purpose flour	1 1/2 cup cooked vegetables, chopped or diced

1. Cook macaroni according to package directions while preparing sauce.
2. Melt margarine in a medium saucepan.
3. Add flour and stir until well blended over medium heat.
4. Slowly stir milk into flour/margarine mixture and mix thoroughly over medium heat.
5. Stir in cheese until melted.
6. Fold cooked macaroni into melted cheese mixture.
7. Fold vegetables into macaroni and cheese.



Simple meal tip: Add vegetables to a box of macaroni & cheese mix.

NUTRITION FACTS (per side dish serving) - Calories 250 ~ fat 11 g ~ calories from fat 100 ~ sodium 250 mg ~ total carbohydrate 26 g ~ fiber 2 g

Tip of the Month: If you have never gardened or you have no room to grow a garden, try growing a tomato or pepper plant in a large container. This is called Container Gardening.

Fast Salsa Pasta (Serves 4 as a main dish, serves 8 as side dish)

1 pound extra lean ground beef 3 cups cooked pasta (6 ounces uncooked)
1/2 tsp. garlic powder 1 cup shredded cheese
2 cups salsa

1. Cook beef until browned over medium-high heat, about 7 minutes. Drain fat from meat.
2. Add garlic powder and salsa. Cook over low heat for about 10 minutes.
3. Mix meat salsa with cooked pasta.
4. Top with cheese.

Serving Suggestions: Serve “Fast Salsa Pasta” as a main dish and include fruit with the meal.

NUTRITION FACTS (per main dish serving) - Calories 430 ~ fat 13 g ~ calories from fat 120 ~ sodium 700 mg ~ total carbohydrate 41 g ~ fiber 1 g

Portion Control Is Important For Weight Loss & Maintenance

Bread, Cereal, Rice, and Pasta

1 slice of bread
1/2 cup of cooked cereal, rice, or pasta
1 ounce of ready-to-eat cereal

Vegetables

1/2 cup cooked or chopped raw vegetables
1/2 cup vegetable juice
1 cup of raw leafy vegetables

Fruits

1 apple, banana, or orange
1/2 cup of fruit juice
1/2 cup of chopped, cooked, or canned fruit

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2 to 3 ounces of cooked lean meat, poultry
or fish

These foods count as eating 1 oz. of meat:

1/4 cup of cooked dry beans
1 egg
1 tablespoon of peanut butter
1/2 ounce nuts and seeds

Milk, Yogurt, and Cheese

1 cup milk
1 1/2 to 2 ounces of cheese
1 cup yogurt



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