

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Smart Snacking

- Choose wholesome snacks - fruits, vegetables, whole-grain foods, milk, cheese, yogurt and lean luncheon meats.
- Encourage children to eat nutritious snack foods.
 - Have quick and easy healthful snacks on hand.
 - Be a good role model. Eat healthful snack foods with your children.
 - Include children in planning and shopping for snack foods.
- Snacks high in fat and sugar, such as soda, candy, cookies, and chips are not healthful snacks and should be eaten only on special occasions.
- Serve snacks that include foods from at least 2 of the food groups.
- Offer snacks about the same time every day such as mid-morning and mid-afternoon.
- Be Aware: Children younger than four years of age can choke on small, hard, or sticky foods, like hot dogs, hard and gel candies, nuts, grapes, popcorn, peanut butter, carrots and apple chunks.



Snack Ideas*

Fruit Shake

1/2 cup low fat yogurt
1/2 cup fruit juice



1. Combine yogurt and fruit juice in a jar/container with a lid.
2. Shake the mixture until well blended.

Pudding Shake

1/2 cup low fat or skim milk
3 Tbsp. instant pudding mix



1. Combine milk and pudding mix in a jar/container with a lid.
2. Shake the mixture until well blended.

*Recipe ideas from Colorado State University Cooperative Extension – Nutrition Resources

Rice & Salsa Serves 4

1 1/2 cups water

1 cup salsa

1 Tbsp. granulated sugar

1/4 cup finely chopped onions

2 cups instant brown or white rice

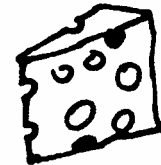
1/2 cup shredded cheese

1. Combine water, salsa, sugar, and onion in a medium saucepan.
2. Stir in rice and cover. Cook according to directions on rice package.
3. Remove lid and fluff rice with fork.
4. Top rice with cheese. Serve.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 540 mg ~ total carbohydrate 38 g ~ fiber 3 g

Cheese is in the Milk Group

- Cheese has calcium for strong bones.
- Cheese is high in fat. Cheese can be part of a healthy diet when eaten in small portions.
- Most natural/hard cheeses (cheddar, Swiss, Colby) have 8 - 9 grams of fat and 110 calories per 1 ounce serving.
- 1 1/2 ounces of natural/hard cheese or 2 ounces of processed cheese counts as 1 cup of milk.
- Lower fat cheeses ("reduced-fat" cheeses, part-skim mozzarella, and ricotta cheese) are good sources of calcium with less fat.
- Lactose intolerant individuals can often eat hard cheeses with no problems.



TIP OF THE MONTH: September is National Cholesterol Education Month. To control your cholesterol, eat foods low in saturated fat and cholesterol, maintain a healthy weight, exercise regularly and see a healthcare provider to have your blood cholesterol checked.



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FAMILY NUTRITION PROGRAM
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