

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



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

## Achieve A Healthy Weight

Be physically active at least 30 minutes everyday.  
Know your portion sizes.

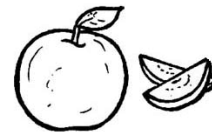
### Vegetable Group

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



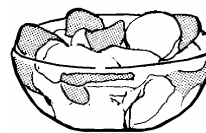
### Fruit Group

- 1 medium fruit
- 1/2 cup of fruit juice
- 1/2 cup of chopped fruit



### **Berries Delight** Serves 8.

- 1 large package (6 oz.) instant vanilla pudding mix
- 3 cups skim milk
- 3 cups fresh or frozen berries (thawed)
- 1 can (16 oz.) berry pie filling
- 8 graham cracker sheets, crushed



1. Prepare pudding using 3 cups of skim milk.
2. Mix together berries and pie filling.
3. Place half of graham cracker crumbs in bottom of 9 x 13 pan.
4. Top crackers with half of vanilla pudding, then berry mixture.
5. Layer again with other half of graham crackers, pudding and berry mixture.
6. Chill in refrigerator until ready to serve.

**NUTRITION FACTS (per serving)** - Calories 240 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 480 mg ~ total carbohydrate 55 g ~ fiber 2 g

## **Fruit & Veggie Kabobs** Serves 4.

1/2 cup soy sauce

1/4 cup pineapple juice

2 Tbsp. lemon juice

2 Tbsp. oil

1 Tbsp. brown sugar

2 garlic cloves, minced or

1/4 tsp. garlic powder

1/2 teaspoon ginger (optional)

1 lb. pork, beef or chicken, 1" cubes

1 large sweet green pepper, 1 1/2" chunks

1 med. zucchini, 1/2" slices

1 large tomato, 1 1/2" chunks or 8 cherry tomatoes

4 pineapple slices, quartered, fresh or canned

4 large or 8 small kabob sticks

1. In a bowl combine soy sauce, pineapple and lemon juices, oil, sugar, garlic and ginger.
2. Pour 1/2 of marinade mixture in a bowl and add meat. Cover and refrigerate for 1-4 hours. Save other 1/2 of marinade for basting.
3. On metal or soaked bamboo skewers alternate meat, pepper, zucchini, tomato and pineapple.
4. Grill, uncovered, over medium-hot heat for 3 minutes on each side.
5. Brush kabobs with unused marinade (basting) and continue basting while cooking for 4-6 minutes more or until meat is thoroughly cooked.

**NUTRITION FACTS (per serving) - Calories 350 ~ fat 18 g ~ calories from fat 160 ~ sodium 990 mg ~ total carbohydrate 20 g ~ fiber 2 g**

# Healthful Snack Choices

Fresh fruit

Vegetable sticks

Yogurt topped w/fruit

Low fat dips

Low sugar cereal topped w/fruit & milk

**TIP OF THE MONTH:** For healthful snacking, prepare bite-size pieces of "ready-to-eat" fruits and vegetables and store in the refrigerator.



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