

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



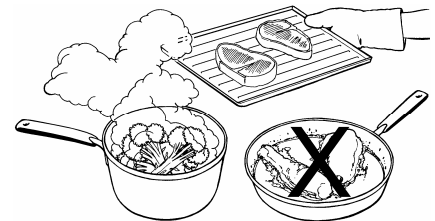
Ideas For Eating Better For Less

February is American Heart Month

Be Good To Your Heart. Eat Right & Exercise

♥ Choose low fat foods.

Season with herbs and spices, not butter.
Trim fat from meat.
Bake, broil or steam foods.



♥ Focus on Fruits

Eat a variety of fruit each day.

♥ Vary Your Veggies.

Eat more dark-green and orange vegetables.



♥ Make half your grains whole-grain foods.

♥ Be active for at least 30 minutes most days of the week.

Walk, dance, play sports, clean house, etc.

Banana Oatmeal Serves 4.

2 cups milk or prepared nonfat dry milk (NDM)
(2/3 cup NDM + 2 cups water)
Pinch of salt (1/8 tsp.)
3/4 cup water

2 cup quick oats
2 bananas, mashed
2 Tbsp. maple syrup or
brown sugar

1. In a small saucepan, combine milk, salt and water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and stir until creamy, about 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Pour into 4 bowls.

NUTRITION FACTS (per serving) - Calories 280 ~ fat 3 g ~ calories from fat 25 ~ sodium 150 mg
~ total carbohydrate 53 g ~ fiber 5 g

Tomato & Basil Soup Serves 4.

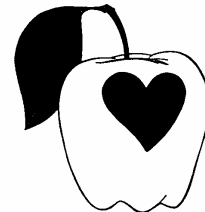
1 medium onion, chopped	1/4 tsp. black pepper
1 Tbsp. oil	1 tsp. dried basil
1 clove of garlic, crushed or 1/8 tsp. garlic powder	2/3 cup nonfat dry milk + 2 cups water or 2 cups skim milk
15.5 oz. can tomatoes, chopped	salt, to taste

1. In a medium saucepan, cook onion in oil over medium heat. Stir frequently until onions are tender about 4 minutes.
2. Add garlic and cook 1 minute longer. Add chopped tomatoes.
3. Cook uncovered over medium heat for 10 minutes. Mash tomatoes with masher in pan.
*For creamier soup, spoon 3/4 of tomato mixture into blender, puree until smooth. Return to saucepan.
4. In another medium saucepan, combine black pepper, basil, and prepared nonfat dry milk. Heat milk until hot but do not boil. Slowly pour tomato mixture into the milk. Stir constantly until well blended. Season to taste with salt and pepper. Serve immediately.

NUTRITION FACTS (per serving) - Calories 110 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 270 mg ~ total carbohydrate 13 g ~ fiber 2 g

More Tips for a Healthy Heart!

- **Maintain a healthy weight.**
If you need to lose weight, do it slowly by eating healthful foods and exercising.
- **Do not smoke.**
- **Get your blood pressure checked.**
See your healthcare professional to get your blood pressure under control.
- **Reduce stress in your life. Relax!**



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EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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* Local Extension Councils Cooperating
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