

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



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

MAY IS NATIONAL ARTHRITIS MONTH

## Plan To Move More



**Spring and summer weather make it easier to add physical activity to your busy schedule.**

- ◆ Spring and summer bring more daylight hours, warmer weather and a greater variety of activities that make it easy to be active outside.
- ◆ Start by simply adding 15 minutes of a physical activity you enjoy to your schedule each day. Your goal should be to increase your activity level to at least 30 minutes each day.
- ◆ It is easier to stay active when you join others in planned physical activities.
- ◆ Make “moving more” a family affair. Choose activities your whole family can do together like walking, riding bikes, planting a garden, swimming, etc.

### **Spaghetti Olé Serves 6.**

1 lb. ground beef	1/2 tsp. garlic powder
2 1/4 cups water	1 pkg. (7 oz.) thin spaghetti, broken
1 can (15 oz.) tomato sauce	3 med. yellow squash or zucchini, cut into small, thin chunks
1 Tbsp. chili powder	
2 Tbsp. sugar	1 cup low fat cheddar cheese, shredded

1. In a large skillet brown beef until thoroughly cooked. Drain, set beef aside.
2. In large skillet combine water, tomato sauce, chili powder, sugar and garlic powder. Bring to a boil.
3. Stir in spaghetti; return to boil and gently boil for 6 minutes longer.
4. Add squash/zucchini and cook 4-5 minutes longer until spaghetti and squash/zucchini are tender.
5. Stir in beef. Sprinkle with cheese.

NUTRITION FACTS (per serving) - Calories 390 ~ fat 15 g ~ calories from fat 140 ~ sodium 580 mg ~ total carbohydrate 38 g ~ fiber 3 g

**Fruit Salad** Serves 6.

2 apples, cored and cubed	1/2 cup dried fruit (raisins, chopped figs, dates or prunes).
2 bananas, cut into chunks	
1 can (about 8 oz.) fruit (peaches, pineapple) chunks, drained	8 oz. container low fat lemon or vanilla yogurt
	Dash of nutmeg or cinnamon (optional)

1. Combine fruit in a medium bowl. Mix gently.
2. Gently stir in lemon yogurt.
3. Sprinkle with nutmeg or cinnamon.

NUTRITION FACTS (per serving) - Calories 150 ~ fat .5 g ~ calories from fat 5 ~ sodium 30 mg ~ total carbohydrate 36 g ~ fiber 4 g

**Keep Moving Those Aching Joints**  
***Improve Your Arthritis By Achieving and Maintaining Your Ideal Body Weight and Being Physically Active***

**What should you do if you suspect you have arthritis?**

- See a health care provider to get a correct diagnosis and a personalized treatment plan.
- Find out what physical activities are good for your arthritis. It is important you keep moving.
- Eat a healthful diet.
- It is important to have a healthful weight. Excess weight puts stress on your joints and can mean more pain and make your arthritis worse.
- For more information contact the Arthritis Foundation: **Call 1-800-283-7800**



UNIVERSITY OF ILLINOIS  
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