



# Growing Up Healthy & Active

May

## Steps to a healthier family

Eating is one of life's great pleasures. The daily food choices you and your family make can have a positive (or negative) impact on your health today, tomorrow, and in the future. Regardless of age, our bodies need a variety of foods daily to get all the nutrients necessary for good health.

- Choose whole-grain foods—such as whole-wheat bread and crackers, oatmeal, brown rice, and low-fat popcorn—more often.
- Include a variety of colors of vegetables over several days.
- Eat fresh, frozen, canned, and dried fruit. Include 100% fruit juice as well but in smaller amounts and less frequently.
- Drink and eat low-fat and fat-free milk and milk products. Aim for three 8-ounce servings each day.
- Choose lean protein foods—such as meat, poultry, and fish. Experiment with more dry bean- and pea-based foods.
- Replace every other diet or regular soda with water—especially if you drink more than one a day.
- Eat something for breakfast; even last night's leftover pasta is better than nothing. Or take a banana, yogurt, or low-fat granola bar for a morning snack.

## Recipe of the Month: Taco Tossed Salad

*Turn this into a main dish by adding grilled chicken or fish, or browned ground beef, pork, or lamb.*

- 6 cups ready-to-serve romaine
- 2 cups cherry tomatoes, halved
- 1 cup drained canned beans (kidney, black, or garbanzo)
- 1 cup frozen corn, thawed (optional)
- 1/4 cup shredded mozzarella cheese
- 1 cup crushed baked tortilla chips
- 3 tablespoons vinegar
- 1/2 teaspoon salad oil
- Black pepper to taste

In large bowl combine romaine, tomatoes, beans, corn (if desired), and mozzarella. Cover and chill until ready to serve, up to 24 hours. Just before serving, add chips, vinegar, oil and pepper. Toss to mix. Makes 4 servings.

Nutrition information: 181 calories, 4 g fat, 1 g saturated fat, 5 mg cholesterol, 372 mg sodium, 29 g carbohydrate, 9 g protein, 7 g fiber

Adapted from *Communicating Food for Health*, May 2003, and *Food for Fitness and Fun*, May 2004.

## May Is Salad Month

Celebrate by stocking your pantry, refrigerator, and freezer with ready-to-assemble ingredients. Try these:

- canned or cooked beans
- canned tuna
- almonds, walnuts, pecans, soy nuts
- raisins and other dried fruit pieces
- canned pears and mandarin oranges
- strawberries, kiwi, apples, bananas
- carrots, celery, broccoli, radishes
- spinach, romaine, mixed greens
- cooked meat and hard-cooked eggs
- lowfat cottage cheese and yogurt
- frozen peas and cooked chicken
- lowfat dressings, flavored vinegars

## Physical Activity Challenge: Move More!

Recent U.S. Census Bureau data report that the average American spends 10 hours daily in sedentary activities. Try these ideas to help improve the average in your family.

- Stage an activity party. Center the next birthday party or family/friend gathering on a physical activity. Set up a backyard Olympics, bike to the park, or explore a local hiking trail. Give gifts that encourage physical activity.
- Make moving part of your daily routine. Look for opportunities to walk, bike, swim, dance, or stretch. Adults need at least 30 minutes of physical activity most days of the week; children need 60 minutes daily on most days.
- Have fun together. Play catch. Shoot baskets. Practice dance steps. Take a sunrise or sunset hike. Jump rope. Follow a yoga tape.

## For More Information

Visit these ISU Extension Web sites:  
*Nutrition*—[www.extension.iastate.edu/healthnutrition/](http://www.extension.iastate.edu/healthnutrition/)  
*Answerline*—[www.extension.iastate.edu/answerline](http://www.extension.iastate.edu/answerline)  
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