

# Nutritious Dishes CREW

## COOK SMART... EAT SMART

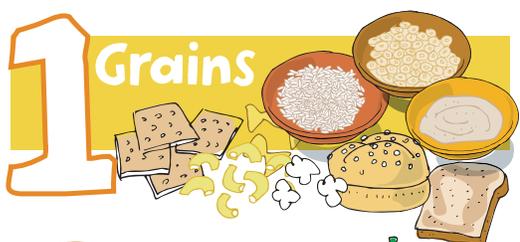
Dear Parent/Guardian:

Welcome to the first issue of the **Cook Smart... Eat Smart Newsletter**, brought to you by Unilever. Each issue will provide information on what is covered in the classes your child is participating in at Boys and Girls Club. In the first class, your child learned about making healthier choices. Part of making healthy choices is understanding how to read food labels and knowing the 5 food groups. Next time you're eating a meal with your child, ask him/her which food groups are on the table.

We look forward to meeting all of you at our final dinner party. Your child will be transformed into a chef! Be sure to check with the class instructor—and save the date on your calendar!

**Stay tuned for 7 more issues of the Cook Smart... Eat Smart Newsletter**

### The Power to Choose Making Smart Choices Everyday



It doesn't take a superhero to make a powerful decision. Important choices are around us every day. One of the most important choices we make is what we put in our body.

Your body needs many kinds of food to help you feel well and be healthy. That's why it's a good idea to make sure you eat several servings a day from each of the 5 food groups.

**Grains Group** (*Bread, Cereal, Rice, Barley, Pasta, Crackers, etc.*) Grains help give your body the energy you need to keep moving all day, and they help you think and stay alert. Grains also provide fiber, which helps your digestive system function. (*Bonus: Foods with fiber help you feel more full, so you are less likely to overeat.*)

**Fruits** An apple—or any other type of fresh fruit—a day really does help keep the doctor away! Fruit is rich in vitamins and minerals, but low in fat and calories. Fruit also tastes delicious. Choose 2 or more servings a day from this food group

**Vegetables** Vegetables are packed with nutrients and are naturally low in fat and calories. Try eating a variety of vegetables every day. Different vege-

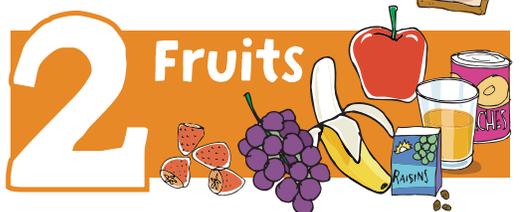
tables contribute different health benefits. Be creative! Make a salad, add new veggies to your sandwich, or stir chopped veggies into your sauce.

**Meat, Poultry, Fish, Eggs, Beans, and Nuts** This food group contains proteins, which supply energy, build muscle, skin and internal organs. Choose lean or low-fat cuts when eating meat or poultry and don't forget to remove the skin. Fish, nuts and seeds, eggs and beans are lean sources of protein

**Dairy** All foods made from milk are included in the dairy food group. This includes cheese, yogurt, and ice cream—but watch the fat and calories from eating too much of these delicious treats! Most dairy choices should be fat-free or low-fat.

**Fats, Oils and Sweets are not a FOOD GROUP!**

Not all foods fit into the groups we've already mentioned. Foods that contain a lot of fats, oils, or sugars should be eaten in limited amounts. Foods that fall in this category include sweetened beverages such as soda, candies, and snack foods such as chips and French fries.



images from [www.mypyramid.gov](http://www.mypyramid.gov)



## PLAY IT SAFE

Being healthy isn't just about what you put in your body, it's also about what you **DON'T** put in your body.

Be the Queen of **CLEAN**

One thing to avoid is certain bacteria that can make you sick. Bacteria is everywhere: the subway, the bathroom, on doorknobs. Keeping things clean helps prevent people from getting sick. That's why it's really important to wash your hands thoroughly, especially before preparing or handling food.

To get your hands really, really clean, be sure to use warm, soapy water, and wash for at least **20 seconds**.

**FEEL GOOD  
LOOK GOOD**

When you eat right and take care of yourself, you feel more energized and full of vitality.

Do something nice for you and your health today! Try a new fruit or vegetable, or go for a walk with your family. Being healthy and vital means feeling good, looking good, and getting more out of life!

For more tips like this one go to [www.myvitalityindex.com](http://www.myvitalityindex.com)

## Healthy Eating = Smart Choices

Making healthier choices in the grocery store starts with carefully reading the labels, lists, and messages on food packages. Understanding what these labels, lists, and messages actually mean makes shopping for you and your family much easier.

For example, look for these messages:

- Low Sodium
- 100% whole wheat
- 0 grams trans fat per serving



## dish it up



Hummus is a Middle Eastern dip usually made with ground sesame seeds and mashed chickpeas – this version is made with peanut butter.

## PEANUT BUTTER HUMMUS

Makes 2 cups + 1 Tablespoon

Prep Time: 10 minutes

### Ingredients:

- 1 can (15 oz.) chick peas or garbanzos, rinsed and drained
- ½ cup Skippy® Natural Creamy Peanut Butter Spread
- ¼ cup water
- 3 Tablespoons lemon juice
- 1 clove garlic
- salt and pepper, to taste



### Directions:

1. In blender or food processor, process all ingredients on MEDIUM-HIGH until smooth. Season with salt and black pepper. Garnish, if desired, with paprika and thinly sliced green onions. Serve with your favorite dippers such as celery, carrots, and pita chips.

Nutrition Information per Tablespoon:

Calories 40, Calories From Fat 20, Saturated Fat 0g, Trans Fat 0g, Total Fat 2g, Cholesterol 0mg, Sodium 55mg, Total Carbohydrate 4g, Sugars 0g, Dietary Fiber 1g, Protein 2g, Vitamin A 0%, Vitamin C 2%, Calcium 0%, Iron 2%



Stay Tuned...in upcoming newsletters, we'll provide more tips for eating and cooking healthier.

# Nutritious Dishes CREW

## COOK SMART... EAT SMART

Dear Parent/Guardian:

This week your child learned about the importance of eating breakfast and understanding portions on packaging. Next time you are at the store with your child, ask him/her to explain the nutrition label of his/her favorite cereal.

### Power-Up Your Day with Breakfast

**Is breakfast really the most important meal of the day?** Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road. Try to eat a balanced breakfast to rev up those engines!

**Try these quick breakfast ideas.**

- ☺ Single servings of whole-grain, low-sugar cereal with low-fat or fat-free milk
- ☺ Low-fat or non-fat yogurt with fresh fruit
- ☺ Whole-grain toast with low-fat cheese or peanut butter
- ☺ Trail mix of nuts, dried fruit, pretzels, crackers, and dry cereal



### NUTRITION KNOW-HOW: PORTION PATROL

It's not just what you eat that's important—it's how much of it, and what's in it. The Nutrition Facts panels on packaged food products help you to make healthier decisions because it tells you what's inside the food you're eating.

**1 Serving Size** The nutrition label always lists a serving size, which is the set amount of food that the label's nutrition information will be based on (1 cup of cereal, 2 cookies, 5 pretzels, 8 oz. soda).

**2 Servings Per Container or Package** The label also tells you how many servings are contained in that package of food. If there are 2 servings in a box of macaroni and cheese, then you have enough for 2 people.

**3 Calories** The number of calories in a single serving of the food is listed on the left of the label. Pay attention to calories, because if you eat more calories than your body uses, you will gain weight. *(Remember: If you eat more than 1 serving, you need to multiply the number of calories by the number of servings you eat.)*

**4 Percent Daily Value** You'll see percentages on food labels that are based on Recommended Daily Allowances—meaning the amount of something a person should get each day.

**Total Fat** The "Total Fat" amount is the number of fat grams contained in 1 serving of the food.

**Sodium** Your total intake of sodium for the day should be about 2,300 milligrams, or about 1 teaspoon of salt.

**Total Carbohydrate** This number tells you how many carbohydrate grams are in 1 serving.

**Protein** This number tells you how much protein you get from a single serving of the food.

#### SKIPPY NATURAL SUPER CHUNK

Nutrition Facts	
Serving Size 2 tbsp (32g)	
Servings per Container 14	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 150
% Daily Value *	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Vitamin E 10%	Niacin 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 * Carbohydrate 4 * Protein 4	

# The Big 5: Five Nutrients Your Body Needs to Function

**1 Carbohydrates**  
Carbohydrates are your body's primary source of energy. They're found in grains, fruits and vegetables.

**2 Protein**  
You need protein to build and repair essential parts of your body. Protein is found in meats, fish, poultry, beans, nuts and seeds, some vegetables, soy, grains, and dairy foods.

**3 Fats**  
Fat is an important nutrient your body uses for growth and development, but you don't want to eat too much. When you eat fat, make it heart healthy unsaturated fat. Limit saturated and avoid trans fat.

**4 Vitamins and Minerals**  
Vitamins and minerals are found in a wide variety of foods. Your body needs them to function properly. When it comes to vitamins, each one has a special role to play. For example, Vitamin D in milk helps your bones.

Minerals help your body grow, develop, and stay healthy. Calcium, iron, and potassium are examples of important minerals you can find in foods.

**5 Water**  
Did you know that water makes up an estimated 55 to 75% of your body weight? Water is crucial to the body's functions, and a person can't survive without it. The best source is right from the tap. It's doesn't cost a dime, and has no calories.

## PLAY IT SAFE

### Be On the Lookout

When shopping, it's important not just to look at the food nutrition labels—it's also important to look out for information that tells you if the product is fresh and safe to be consumed.

Here's a quick look at the important dates on your packages:

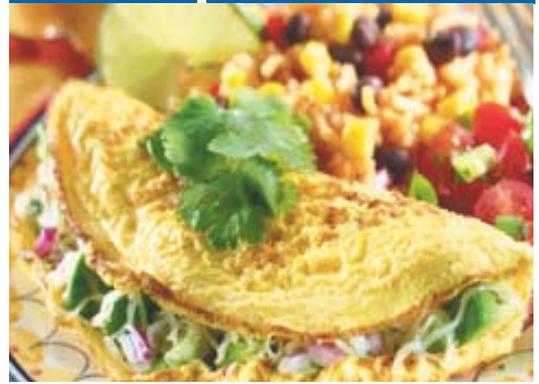
#### Expiration Dates:

Do not eat food after this date.

#### Sell-By Dates:

Avoid purchasing products after the sell-by date

## Dish It Up



### CHEESY AVOCADO OMELET

**Serves: 4**  
**Prep Time: 15 minutes**  
**Cook Time: 8 minutes**

#### Ingredients

- 4 large eggs
- 1 Tablespoon water
- 1 Knorr® Garlic MiniCube, crumbled (optional)
- 2 teaspoons Bertolli® Olive Oil 
- 1 cup shredded Monterey Jack cheese (about 4 oz.)
- ½ medium ripe avocado, peeled and diced
- 2 Tablespoons chopped fresh cilantro
- 1 Tablespoon finely chopped red onion

#### Directions

1. In a medium bowl, lightly beat eggs, water, and Knorr® Garlic MiniCube (if using). Set aside.
2. Heat olive oil in a large nonstick skillet over medium heat. Add egg mixture and cook. Using a spatula, lift set edges of omelet with a spatula and tilting pan to allow uncooked mixture to flow to bottom. When omelet is set and slightly moist, add cheese, avocado, cilantro, and onion. Fold omelet with spatula and cook about 30 seconds until cheese is melted. Remove from heat and serve.

Nutrition Information per serving:

Calories 240, Calories From Fat 20, Saturated Fat 8g, Trans Fat 0g, Total Fat 20g, Cholesterol 235mg, Sodium 410mg, Total Carbohydrate 3g, Sugars 1g, Dietary Fiber 2g, Protein 14g, Vitamin A 10%, Vitamin C 4%, Calcium 25%, Iron 8%

### Did you know?

There are different types of measuring cups for liquids and dry ingredients? Liquid measuring cups are usually see-through, and have a spout so ingredients can be easily poured.



### FEEL GOOD LOOK GOOD

Listen to soothing music before you turn in for the night. It will help to relax your mind and calm your body before falling asleep.

For more tips like this one, visit [www.myvitalityindex.com](http://www.myvitalityindex.com)

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# Nutritious Dishes CREW

## COOK SMART... EAT SMART

Dear Parent/Guardian:

*This week, your children learned how to navigate the grocery store.* This is no easy task—with more than 40,000 products in the store, choosing healthier options can be daunting. Cooking healthy means shopping for healthy ingredients. Next time you head to the store, take your child with you, and let them show you which are the healthiest aisles to shop in!

## SHOPPING YOUR WAY TO A HEALTHIER YOU

With so much to choose from in the grocery store, how do you make healthy choices that you can feel good about? Here are a few shopping tips to help.

- Shop the outer rim of the store first, which is where you can find the healthiest food (the fruit and vegetable section, the fresh fish and meat section, and the dairy section).
- Make your first stop in the produce aisle. Try to fill your basket with a variety of colorful fruit and vegetables, and avoid items that are bruised or overripe; look for items that are in season.
- Buy low-fat and fat-free dairy foods. When choosing milk, go for skim or 1%.
- Make your grain and bread choices 100% whole grain—the package will say “100% whole grain” or “100% whole wheat.”
- Avoid sugary cereals. Look for cereal with no more than 7 to 10 grams of sugar per serving.
- Be on the lookout for calories and serving size when choosing packaged foods. Serving sizes are often small, which makes the calorie-count seem low.
- Choose lean cuts of meat like boneless skinless chicken or turkey breasts and pork tenderloin.
- Look at ingredient lists when shopping. Healthful foods often have only a few ingredients.
- Fresh fish should not smell bad. When buying whole fish, fish eyes should be clear and bright, not cloudy.



**Before you head to the grocery store, plan ahead.**

Think about meals you'll make for the week, and write out a grocery list. A thorough list will help keep your budget and calories in check, because you'll avoid buying things you don't need.

AND...

Try to avoid buying “super-sized” unhealthy snack food. If you do, portion it out into single servings once you get home. That way you won't be tempted to keep eating right out of the bag.



## PLAY IT SAFE

# Clean & Safe

Keeping your kitchen clean and free of bacteria doesn't stop with the countertops. After you've purchased canned and bottled goods, be sure to wash them off before putting them away.

Always keep raw meat or fish separate from other foods. Wash your hands thoroughly with soap and warm water after handling raw meat or fish. Wash cooking utensils and equipment thoroughly after they've been in contact with raw meat or fish.

Be sure to wash your fruits and vegetables thoroughly before eating them. If you are eating grapes, blueberries, strawberries, or other fruits that come in multiple servings, only wash what you are going to eat. This will help the remaining fruit stay fresher longer.



## FEEL GOOD LOOK GOOD

At the end of the day, enjoy a relaxing cup of hot herbal tea. Research shows it can help improve your mood.

For more tips like this one, go to [www.myvitalityindex.com](http://www.myvitalityindex.com)

## dish it up



## GREEN TEA ASIAN STIR-FRY

Serves: 6

Prep Time: 10 minutes

Cook Time: 10 minutes

### Ingredients:

½ cup boiling water

2 Lipton® Green Tea Bags

2 Tablespoons reduced-sodium soy sauce

2 Tablespoons honey

2 Tablespoons Bertolli® Classico™ Olive Oil

1 pound boneless, skinless chicken breasts, thinly sliced

1 bag (16 oz.) frozen Oriental or stir-fry vegetables

### Directions:

1. Pour boiling water over Lipton® Green Tea Bags; brew 3 minutes. Remove Tea Bags and squeeze.
2. In a small bowl, combine tea, soy sauce, and honey. Mix well and set aside.
3. In 12-inch skillet, heat Olive Oil over medium-high heat and add chicken. Cook for about 8 to 10 minutes, stirring frequently, or until chicken is thoroughly cooked. Remove chicken from skillet and set aside.
4. In the same skillet, add vegetables and tea mixture. Bring to a boil over high heat. Reduce heat and simmer 3 minutes or until vegetables are almost tender. Return chicken to skillet and cook for 2 minutes, or until heated through. Remove from heat and serve.

Nutrition Information per serving:

Calories 170, Calories From Fat 50, Saturated Fat 1g, Trans Fat 0g, Total Fat 6g, Cholesterol 45mg, Sodium 240mg, Total Carbohydrate 10g, Sugars 8g, Dietary Fiber 2g, Protein 19g, Vitamin A 6%, Vitamin C 20%, Calcium 2%, Iron 6%

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# Nutritious Dishes CREW

## COOK SMART... EAT SMART

Dear Parent/Guardian:

We hope you're enjoying the newsletters, and that you've tried preparing some of the recipes at home. This week your child learned all about whole grains and why lunch is such an important meal. Next time you are having lunch with your child, ask him/her why whole grains are a healthier option than processed grains, such as white bread, white rice and white flour.

## WHOLE GRAINS The Whole Story

**Between the farm and the supermarket something happens to grains: they are sent to a factory where they are refined.** Refining is a process used by food companies to make the grains softer and longer-lasting, so they don't spoil on the shelf. But refining also strips away a lot of the grain's nutritional value.

So just how much whole grain do we need in our diets? Everybody should eat at least half of their daily servings of grains as whole grains. That's **3 to 5 servings of whole grains per day.**

What is a serving of a whole grain? 1 slice of whole wheat, pumpernickel or rye bread; 1 cup of ready-to-eat whole grain cereal; or ½ cup of cooked brown rice, cooked whole-wheat pasta, or cooked whole-grain cereal.

Most people know that fruits and vegetables are good for them. But they often do not realize that whole grains can be an even better source of key nutrients. (Whole grains even have some valuable cancer-fighting chemicals not found in fruits and vegetables!) Plus, they are rich in B-vitamins, vitamin E, magnesium, iron, and of course our friend FIBER which keeps our heart healthy and our bowel movements regular.

INSTEAD OF	CHOOSE
white bread	▶ whole wheat, rye or pumpernickel breads
rice cereal	▶ whole grain or whole oat cereal flakes or oatmeal
white rice	▶ wild or brown rice
regular pasta	▶ whole wheat pasta
regular pretzels or snack chips	▶ popcorn, whole wheat pretzels or baked corn tortillas

## Shopping Tips: Go Grains!

Color alone is not an indication of whole grain. Bread can be brown because of artificial ingredients or additives. Read the ingredient list to see if it's truly a whole grain. Choose foods that name one of the following whole-grain ingredients first on the ingredient list:

- whole wheat
- brown rice
- bulgur
- oatmeal
- cornmeal
- whole oats
- whole rye
- wild rice

Did you know?  
The average American eats less than one serving of whole grains daily



Did you know?  
Popcorn is a whole grain



## LUNCH Don't Skip It!

Sometimes our days get so busy, we forget to eat. Just like breakfast charging us up in the morning, lunch helps to keep us going throughout the day. Without a substantial lunch, we can become sluggish, and sometimes get in a bad mood

If you don't have time to grab a full meal for lunch, make sure to pack something simple to take with you in the morning—a peanut butter sandwich on whole-wheat bread is a great choice, and it doesn't spoil.

### PLAY IT SAFE

Taking your whole grains to go can be a healthy way to save money on lunch. Remember, if you are taking something out of the fridge to make your lunch, you'll want to keep your food fresh and cool until you are ready to eat. Try freezing a bottle of water and putting it in your lunch bag — by lunchtime, your food will still be cold, and you can drink the water for your beverage.



## FEEL GOOD LOOK GOOD

Boosting the nutrients in your everyday food can be easy. Try using whole wheat pasta instead of enriched white pasta, add an extra handful of vegetables and cooked beans to your sauce. Making simple little changes like these can increase your fiber intake and reduce your calorie intake.

For more tips like this one, visit [www.myvitalityindex.com](http://www.myvitalityindex.com)

## dish it up



## ZUCCHINI SNAX SQUARES

Serves: 16

Prep Time: 20 minutes

Cook Time: 40 minutes for squares, 15 minutes for mini-muffins

### Ingredients:

½ cup all-purpose flour

½ cup whole-wheat flour

1 teaspoon baking powder

¾ teaspoon ground cinnamon

¼ teaspoon baking soda

¼ teaspoon salt

⅓ cup Promise® Buttery Spread

½ cup granulated sugar

⅓ cup firmly packed dark brown sugar

2 large eggs

⅓ cup low-fat vanilla yogurt

1½ cups grated zucchini, drained on paper towels to remove excess liquid (about 2 medium zucchini)



### Directions:

1. Preheat oven to 350°F. Lightly coat muffin baking pan OR 9-inch square cake pan with nonstick cooking spray with flour and set aside.
2. In a medium bowl, combine flours, baking powder, cinnamon, baking soda, and salt; set aside.
3. In a large bowl, beat together Promise® Buttery Spread and sugars until light and fluffy, about 5 minutes. Add eggs, one at a time, beating 1 minute after each addition. Beat in yogurt. Gradually beat in flour mixture, then grated zucchini. Mix until just combined. Do not over-mix batter.
4. *IF USING SQUARE CAKE PAN:* Evenly pour batter into prepared pan. Bake for 40 minutes, or until toothpick inserted in center comes out clean. *IF USING MUFFIN PAN:* Spoon batter ¾ of the way full into muffin pan. Bake for 20 minutes or until toothpick inserted in center of a muffin comes out clean. Cool on wire racks for 5 minutes; remove from pan and enjoy warm, or let cool completely and serve.

Nutrition Information per square:

Calories 110, Calories From Fat 30, Saturated Fat 1g, Trans Fat 0g, Total Fat 3.5g, Cholesterol 25mg, Sodium 125mg, Total Carbohydrate 18g, Sugars 12g, Dietary Fiber 1g, Protein 2g, Vitamin A 4%, Vitamin C 6%, Calcium 4%, Iron 4%

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# Nutritious Dishes CREW

## COOK SMART... EAT SMART

Dear Parent/Guardian:

*This week, your children learned all about snacks!* Many of us are used to the old notion that kids shouldn't snack between meals, but the truth is that snacks can be perfectly healthy for kids. What's not healthy is snacking so much that they're never hungry at mealtimes. Next time your child is hungry and asking for a snack, ask him/her to suggest a healthy snack that will give him/her energy.

## Snack Attack!

It happens to all of us. It's 3 o'clock in the afternoon and your stomach starts to rumble and you head straight to the vending machine. But, there are ways to avoid the sugar or caffeine rush (and crash). Start with a balanced snack that can help give you energy to get through the day.

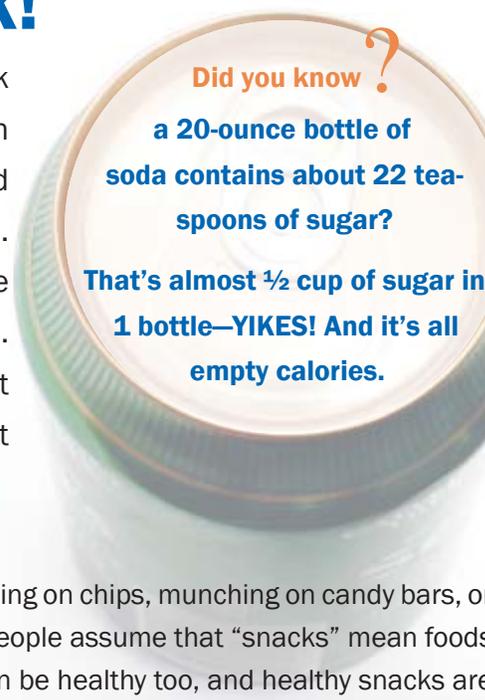
### The Facts on Healthy Snacks

Do you think snacking means crunching on chips, munching on candy bars, or chowing down on cookies? Lots of people assume that "snacks" mean foods that aren't nutritious. But snacks can be healthy too, and healthy snacks are more likely to give you the energy and the nutrients you need.

An orange will give you quick energy now, and vitamin C for later. A pile of potato chips, on the other hand, contains lots of calories and fat, with little or no useful nutrients. Whole-grain foods provide fiber, vitamins, and minerals, which will help you feel more satisfied longer—that's why a whole-grain muffin sticks with you longer than a candy bar.

### Need some other ideas?

How about a handful of nuts, low-fat yogurt, cut-up raw veggies, plain popcorn, peanut butter on whole-wheat crackers, cheese on a piece of whole-grain bread or a cup of **non-creamy** soup? Carry snacks with you in your bag, so you have them on-hand to eat before you get too hungry and head straight for the vending machine. If you end up at the snack machine, go for baked instead of fried chips, a nut mix or a small portion of a not-so-healthy snack.



**FEEL GOOD  
LOOK GOOD**

**Getting the appropriate amount of fruits and vegetables can be a challenge, but when you do, you'll increase the amount of vitamins and minerals in your diet. Buy fruits and veggies ahead of time, wash them and have them ready to eat in the refrigerator.**

For more tips like this one, visit [www.myvitalityindex.com](http://www.myvitalityindex.com)

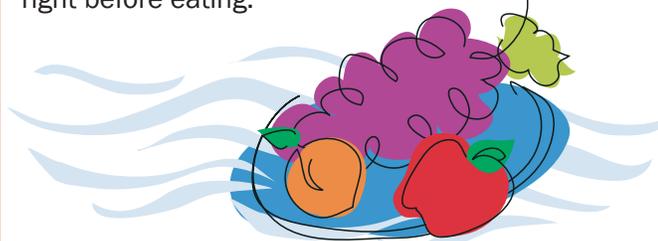


## PLAY IT SAFE

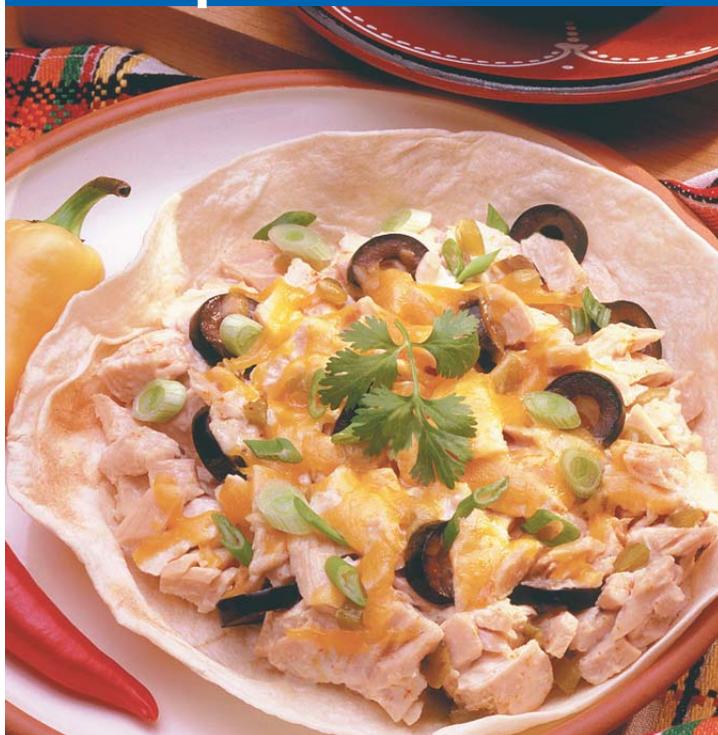
### Washing Fruit

Fruit is a great snack, but be sure to wash it thoroughly before eating. Even though you can't see it, an apple has bacteria, dirt, and pesticides on it. First, wash your hands thoroughly with soap and warm water. Then, rinse the fruit or vegetable under running water, wash thoroughly, and dry with a clean towel.

The outside of citrus fruit and melons should also be washed thoroughly before cutting. Otherwise, your knife will bring any contaminants into the center of the fruit. Grapes can be washed in a colander and stored in the refrigerator. Strawberries, raspberries, and blueberries are better off getting a quick wash right before eating.



## dish it up



### TORTILLA TUNA MELTS

Serves: 4

Prep Time: 10 minutes

Cook Time: 5 minutes

#### Ingredients

2 cans (6 oz.) water-packed tuna, drained and flaked

¼ cup Hellmann's® or Best Foods® Real Mayonnaise

¼ cup sliced pitted ripe olives

1 Tablespoon chopped green chilies, undrained

¼ teaspoon Lawry's® Seasoned Black Pepper

4 small (6-inch) whole-wheat flour tortillas

¾ cup shredded cheddar cheese (about 3 oz.)

2 green onions, sliced (optional)

#### Directions

1. In a medium bowl, combine tuna, Mayonnaise, olives, chilies, and Lawry's® Seasoned Black Pepper. Set aside.
2. On a baking sheet, arrange tortillas in a single layer. Evenly top with tuna mixture, then sprinkle with cheese. Broil 1 minute or until cheese is melted. Garnish, if desired, with sliced green onions.

Nutrition Information per serving:

Calories 400, Calories From Fat 22, Saturated Fat 7g, Trans Fat 0g, Total Fat 22g, Cholesterol 55mg, Sodium 800mg, Total Carbohydrate 18g, Sugars 1g, Dietary Fiber 1g, Protein 30g, Vitamin A 8%, Vitamin C 4%, Calcium 20%, Iron 15%



## WHAT'S A SERVING?

The USDA Food Guide Pyramid recommends

**5 to 9 servings** of **fruits and vegetables** every day.

Getting 5 to 9 servings is easier than you might think!

#### A single serving size is...

½ cup of some jarred tomato sauces, such as Ragu

½ cup raw, cooked, frozen, or canned fruits (in 100% juice) or vegetables

¾ cup (6 oz.) 100% fruit or vegetable juice

½ cup cooked, canned, or frozen legumes (beans and peas)

1 cup raw, leafy vegetables

¼ cup dried fruit

1 medium-size fruit -  
*about the size of a baseball*



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## COOK SMART... EAT SMART

### Dear Parent/Guardian:

*In this week's class, your children learned all about fat—the good, the bad, and the ones to avoid.* By reading food labels, limiting your visits to fast-food restaurants and cooking the majority of your family meals at home, you'll be able to choose healthier fats for your family, and keep everyone's heart pumping stronger! Next time you are preparing dinner, invite your child to help you and ask him/her which types of fats are in your meal

## The Skinny on Fats

Did you know that there are good fats and bad fats? Some fats are definitely better than others and certain kinds of fat are actually good for you and your child. Good fats are an important part of a healthy, well-balanced diet.

### WHAT IS FAT?

Fats are nutrients in food that your body uses to build nerve tissue (like the brain) and hormones. Your body also uses fat as fuel. If fats that you've eaten aren't burned as energy, that's when they're stored as excess fat.

Fat gives food flavor and texture, but it's also high in calories. While it's a great source of energy, it adds twice the amount of calories to a meal.

Fast-food and many takeout meals tend to have more fat than home-cooked foods; and in restaurants, fried dishes are the highest in fat content. Fat can also often be "hidden" in foods in the form of creamy, cheesy, or buttery sauces or dressings.

Although the tendency for some parents is to try to cut fat altogether or excessively limit fatty foods, it's crucial for fat to stay a part of your child's diet. Despite the bad press, fat is not the enemy. In fact, restrictive diets aren't recommended for kids. For young children, especially, fat and cholesterol play important roles in brain development.

### What Are the TYPES OF FATS?

To help you figure out how to size up fat in your family's diet, here's a look at the 3 major types:

**Unsaturated Fats** Found in plant foods and certain fish, these fats are seen as good for heart health.

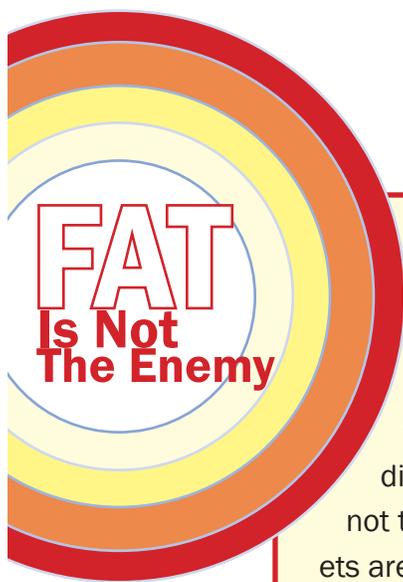


The unsaturated fats are:

- ♥ monounsaturated fats, found in avocados and olive, peanut, and canola oils
- ♥ polyunsaturated fats, found in most vegetable oils
- ♥ omega-3 fatty acids, found in oily fish such as albacore tuna and salmon, some margarines, walnuts, and flax seeds

**Saturated Fats** Found in meats and other animal products such as butter, lard, ice cream, cheese, and milk (except skim); saturated fats are also in palm and coconut oils, which are often used in baked goods. Eating too much saturated fat can increase your cholesterol levels, which increases your risk of heart disease.

**Trans Fats** Found in some shortening, some margarine, commercial snack foods, baked goods, and fried foods. Like saturated fats, eating too much trans fat can raise "bad" cholesterol, but it also lowers "good" cholesterol—creating an even greater risk for heart disease. Look for "0 grams trans fat" on the label. When the words "partially hydrogenated" vegetable oil appear in the ingredient list, there are trans fats in that particular food item.



## AVOIDING THE FAT TRAPS

Here are a few tips to keep your families fat intake in check:

- Offer fruits and vegetables, whole grains, and lean meats, as well as low-fat dairy products.
- When cooking meat, opt for broiling, grilling, or roasting instead of frying. These methods allow the fat to drip away during cooking, which also cuts down on calories.
- Pack school lunches and meals for family outings, instead of going to fast-food restaurants or relying on your child to make healthy choices in the school cafeteria.
- When dining out, help your child make better choices. *For example, make a green salad part of your order, and ask for low-fat or fat-free dressing on the side.*

### PLAY IT SAFE

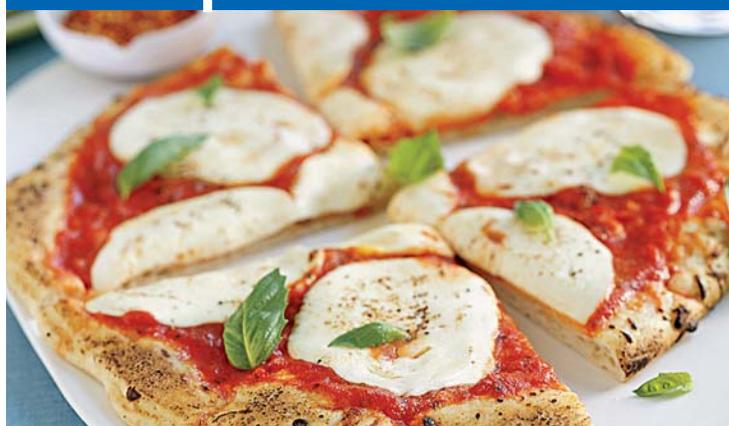


When cooking for your family at home, be sure to always keep raw meats and fish separate from other foods and utensils in the kitchen. Improper handling of raw meats and fish can cause bacteria to spread to other items.

#### Things to keep in mind:

- Make sure to always **wash your hands** with warm water and soap before handling food.
- Be sure to use a **clean work area** when cooking.
- Use **separate cutting boards** for produce and meat.
- **Clean Surfaces**- Never place cooked food on any surface where there was previously raw meat.

## dish it up



### PIZZA MARGHERITA

*Instead of heading to the pizzeria, make your own pizza at home and add your favorite “healthy” toppings.*

Serves: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients

1 cup Bertolli® Tomato & Basil Sauce

1 (12-inch) pre-baked pizza crust

4 ounces fresh mozzarella cheese, thinly sliced

Bertolli® Extra Virgin Olive Oil

chopped fresh basil leaves

(as garnish)



#### Directions

1. Preheat oven to 450 °F.
2. Evenly spread Bertolli® Tomato & Basil Sauce on pizza crust, then top with cheese. Bake 10 minutes or until cheese is melted.
3. Drizzle with Bertolli® Extra Virgin Olive Oil, sprinkle with basil, and serve immediately.

Nutrition Information per serving:

Calories 440, Calories From Fat 150, Saturated Fat 6g, Trans Fat 0g, Total Fat 16g, Cholesterol 30mg, Sodium 490mg, Total Carbohydrate 49g, Sugars 6g, Dietary Fiber 4g, Protein 18g, Vitamin A 6%, Vitamin C 0%, Calcium 25%, Iron 15%

## FEEL GOOD LOOK GOOD

Choose foods that are rich in heart-healthy omega-3 fatty acids. Try salmon, walnuts, flax seeds, soft margarine spreads, and mayonnaise with omega-3 fatty acids.

For more tips like this one, visit [www.myvitalityindex.com](http://www.myvitalityindex.com)

Stay Tuned...in upcoming newsletters, we'll provide more tips for eating and cooking healthier.

Dear Parent/Guardian:

With all of our busy schedules, finding time to cook at home can be a challenge. Next time your child says he/she wants to go out for his/her favorite fast food, suggest that you make a healthier version together at home instead.

## PORTION DISTORTION: Get a Handle for Proper Nutrition

Eating out can be a real diet buster with portions providing two or three times as much of the recommended serving size.

Next time you are out, try using these tips to eyeball a proper serving size.

food

**Peanut Butter, Dressings, Dips, Mayonnaise, Cream Cheese, Butter, or Margarine**

portion size

**One Tablespoon or 2 thumbs together**



<p>▶ vegetables, cereals, grains, yogurt, milk</p>  <p><b>2 cupped hands</b></p> <p>8oz, 1 cup</p>	<p>▶ beans, pasta, cooked rice, snacks</p>  <p><b>1 cupped hand</b></p> <p>4oz, 1/2 cup</p>	<p>▶ dried fruit, nuts, trail mixes</p>  <p><b>1 golf ball</b></p> <p>2oz, 1/4 cup</p>
<p>▶ fruit: apple, pear</p>  <p><b>1 tennis ball</b></p> <p>medium-sized fruit</p>	<p>▶ waffle or pancake</p>  <p><b>1 compact disk</b></p>	<p>▶ cheese</p>  <p><b>4 dice</b></p> <p>1oz</p>
<p>▶ cooked poultry, meat, fish, hamburger patty</p>  <p><b>1 deck cards</b></p> <p>3oz</p>	<p>▶ small baked potato</p>  <p><b>1 computer mouse</b></p>	<p>▶ chocolate</p>  <p><b>1 pack floss</b></p> <p>1oz</p>

## PLAY IT SAFE

### SAFE MINIMUM INTERNAL TEMPERATURES

whole, pieces, ground <b>TURKEY, CHICKEN, DUCK</b>	<b>165°F</b>
<b>PORK</b>	<b>160°F</b>
ground <b>BEEF, VEAL, LAMB</b>	
<b>EGG DISHES</b>	
<b>FISH</b>	<b>145°F</b>
steaks, roasts <b>BEEF, VEAL, LAMB</b>	

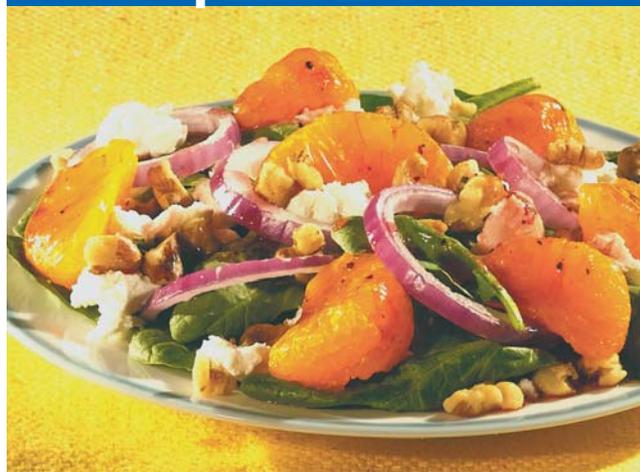
**USE A FOOD THERMOMETER- you can't tell by looking!**

## Making Your Recipe Healthier

Many of your favorite recipes can be altered just a bit to make them healthier. Here are some easy ways to make those changes. (It's a bit trickier with baking recipes, because they are typically more precise. You might need to experiment!)

- Oven-“fry” instead of deep-fry.
- Use low-fat or fat-free dairy products instead of whole-milk products.
- Use less sugar. This usually works even for baked products, but don't take too much out—your cake or cookies may not brown properly.
- Instead of red meat or ground beef, make it with lean chicken or ground turkey.

## dish it up



### BABY SPINACH SALAD WITH MANDARIN ORANGES & GOAT CHEESE

Serves: 4

Prep Time: 5 Minutes

#### Ingredients

- 8 cups baby spinach leaves (about 6 oz.)
- 1 can (11 oz.) mandarin oranges, drained
- 1 cup chopped walnuts
- 1 cup crumbled goat cheese (about 4 oz.)
- ½ cup sliced red onion
- ½ cup Wish-Bone® Light Raspberry Walnut Vinaigrette Dressing



#### Directions

1. In a large bowl or on a serving platter, place spinach leaves. Top with oranges, walnuts, cheese, and onion. Drizzle with Wish-Bone® Light Raspberry Walnut Vinaigrette Dressing.

Nutrition Information per serving:

Calories 400, Calories From Fat 270, Saturated Fat 7g, Trans Fat 0g, Total Fat 30g, Cholesterol 15mg, Sodium 440mg, Total Carbohydrate 25g, Sugars 13g, Dietary Fiber 6g, Protein 12g, Vitamin A 60%, Vitamin C 60%, Calcium 10%, Iron 20%

## FEEL GOOD LOOK GOOD

Don't laugh...take 10 minutes out of your day to just do nothing—stop thinking, stop planning, and stop worrying. You'll find yourself rejuvenated enough to face the rest of your day!

For more tips like this one, visit [www.myvitalityindex.com](http://www.myvitalityindex.com)

Stay Tuned...in our final newsletter, we'll provide more tips for eating and cooking healthier.

# Nutritious Dishes CREW

## COOK SMART... EAT SMART

### Making the Choice to be Healthier

#### 10 STEPS TO A HEALTHIER YOU

- 1 **Eat from all 5 food groups.** You'll be more satisfied, and you'll be sure you are getting all of the vitamins and minerals you need.
- 2 **Read the food label.** There is a lot of important information you should know about what you're eating.
- 3 **Choose fruits and vegetables** instead of chips and candy. Not only will you save calories and fat, you'll also get a lot more vitamins and minerals.
- 4 **Cook from scratch** when you can. This way, you know exactly what's going into your food.
- 5 **Watch portion sizes!** Even if you're eating healthy food, too much of anything can add unwanted pounds to your waistline or hips!
- 6 **Plan your meals ahead of time.** This way, you won't be tempted to grab inexpensive, easy junk foods when you're hungry.
- 7 **Don't eat on-the-go or in front of the television.** Sit down, make a plate, and make mealtime a special time. Mindless eating can cause us to overeat or snack on the wrong foods.
- 8 **Limit your meals at fast food restaurants.** Fast food tends to be high in unhealthy fats and empty calories. When ordering in a fast-food restaurant, try to choose the healthier options.
- 9 **Replace some** of your processed grains with **whole grains.** Switch white rice with brown rice, white bread with 100% whole-wheat. Try some less familiar grains, such as quinoa, barley, or bulgur.
- 10 **Know your fats!** Some fats are heart-healthy (fish, olive oil, nuts, or vegetable or canola oil, some margarines, etc). Try to avoid excess butter, lard, whole-milk products, or trans fats (otherwise known as "partially hydrogenated vegetable oil").

#### Dear Parent/Guardian:

We hope you have enjoyed the **Cook Smart...EatSmart** newsletters, and have picked up some new tips on shopping smarter, eating healthier, and taking time out for you every day. Now that your child knows their way around the kitchen, let them pitch in and help you with the shopping and cooking for your family. Next time you are shopping, cooking or preparing for a meal invite your child along and ask them to share some of their favorite recipes from the class.

#### FAMILY MEALS: Make Dinner Time FAMILY TIME



Can you count the number of times you sat down to a family meal in the last month? Eating meals together is not something many families find time to do anymore, but it can be a great way to ensure your family is eating at least one healthy meal every day. It can also be an informal way to share stories, discuss problems, and be more involved in each other's lives.

If eating together is not possible every night, or even every week, make sure to pick a date on the calendar at least once a month to schedule some time together. The meal does not need to be fancy or expensive—just healthy and delicious!



## Do You **FEEL GOOD** and **LOOK GOOD?**

We hope that not only has your child learned about cooking and nutrition through these classes, but you have too! If you are doing any of the things below, you've made steps towards a healthier you!

### Do You:

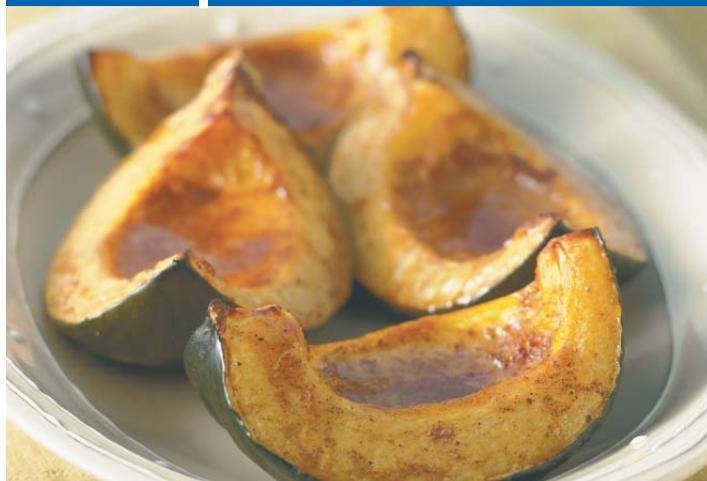
- Read **nutrition labels**
- Watch your **fat intake**  
(especially trans fats and saturated fats)
- Eat **more fruits and vegetables**
- Eat **whole grain** breads, cereals,  
rice and pasta
- Cook** more at home and  
eat more meals **as a family**
- Eat **less salt** and **sugar**
- Eat **healthier snacks**
- Have **breakfast** daily
- Try to eat a balanced diet  
from the **5 food groups**
- Watch your **portion sizes**

### PLAY IT SAFE

## KEEP HOT FOOD HOT, AND COLD FOOD COLD

Don't leave leftovers or cooked food out at room temperature for too long... it will go bad. (This is the reason why so many people get sick after parties.) Food should not sit at room temperature for more than two hours, even if it's been fully cooked. During summertime picnics, when food is served outdoors and the outside temperature is above 85°F, the safe holding time is reduced to 1 hour. When that is the case, bring along a cooler to keep things fresh to eat.

### dish it up



## SPICED SWEET SQUASH

Makes: 4 servings  
Prep Time: 5 minutes  
Cook Time: 30 minutes

### Ingredients

- 1 Tablespoon Promise® Buttery Spread
- 1 Tablespoon firmly packed light brown sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 medium acorn squash, halved and seeded



### Directions

1. Preheat oven to 425°F.
2. In a small bowl, combine Promise®, sugar, cinnamon, and nutmeg. Mix well.
3. Place squash in a 2-quart shallow baking dish, cut side up. Evenly brush squash surface with spice mixture. Bake for 30 minutes or until squash is very tender.

Nutrition Information per serving:

Calories 80, Calories From Fat 20, Saturated Fat 0g, Trans Fat 0g, Total Fat 2g, Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 15g, Sugars 6g, Dietary Fiber 2g, Protein 1g, Vitamin A 10%, Vitamin C 20%, Calcium 4%, Iron 6%

## FEEL GOOD LOOK GOOD

Take some time for fun! Invite friends over to enjoy a new recipe you learned how to make.

For more tips like this one, visit [www.myvitalityindex.com](http://www.myvitalityindex.com)

We hope you've enjoyed our newsletters and have learned to shop, cook and eat, smarter!