

# Helping parents raise healthy kids

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## Simple Steps for Healthy Living

### Choose healthy fats

- ✓ Add sliced avocado instead of cheese to a sandwich
- ✓ Try fish tacos instead of ground beef tacos for dinner
- ✓ Choose nuts as a great afternoon snack

### Aim for at least 5 servings of fruits and vegetables per day

- ✓ Add berries to cereal in the morning
- ✓ Try adding frozen chopped spinach and sliced mushrooms to your spaghetti sauce
- ✓ Have pepper slices with hummus at lunch

### Include lean protein at meals and snacks

- ✓ Combine a piece of low fat string cheese with a piece of fruit for snack
- ✓ Try low fat cottage cheese at breakfast instead of just cereal
- ✓ Grill extra chicken breast that can be used on salad or in burritos

### Go for Whole Grains

- ✓ Think about oatmeal for breakfast
- ✓ Try quinoa or barley as a side dish at dinner instead of white rice or pasta
- ✓ Watch out for convenience snacks such as granola bars or crackers. Try air popped popcorn to get your crunchy fix

### Try for one meatless meal per week

- ✓ Have stir fry with lots of vegetables and edamame or tofu
- ✓ Spaghetti with pasta sauce full of mushrooms and peppers
- ✓ Bean burritos

### Be Active!

- ✓ Find something you and your family love to do and do it often!!!
- ✓ Kids play instead of exercise. Structure their day to include 30 minutes of



### Ages and Stages Links

- ✓ Infants
- ✓ Toddlers
- ✓ School aged
- ✓ Teens

### Get more information on...

- ✓ Overweight
- ✓ Picky Eater
- ✓ Has high cholesterol



## Black Bean Salsa Soup

2 cans black beans, drained and rinsed  
1 ½ cups broth  
1 cup salsa  
1 t. cumin

Put all ingredients into a blender and combine. Pour into a saucepan and heat through. Top with low fat shredded cheese, green onions and plain Greek yogurt.