

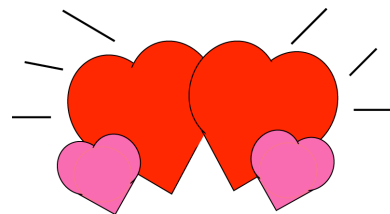
Healthy Hearts

Too much fat can cause problems
for small children such as:

- ♥ **Overweight** – High fat foods can add up to a lot of extra calories.
- ♥ **Fussy Eaters** - Some children learn to prefer the taste of high fat foods. These children may refuse to eat other healthy foods such as fruits and vegetables.
- ♥ **Poor Nutrition** – Many high fat foods are also low in nutrition. Your child can easily fill his small tummy with high fat, low nutrition foods.

Limit high fat foods

- ♥ **Skip the french fries. Or share a small order of french fries with your child.** French fries are high in fat, calories and have very little nutrition.
- ♥ **Limit potato chips and corn chips.** Choose low fat corn chips and pretzels. Pour a small amount into a bowl to eat. Do not eat out of the bag – it's too easy to overeat.
- ♥ **Choose skim or 1% milk for your family.** Skim and 1% milks have all the calcium in whole and 2% milk, without the extra fat.
- ♥ **Eat less bacon, sausage and other high fat meats.** Read the label and make healthy choices for your family.



Enjoy all foods, just don't overeat them.

- ♥ **Choose low fat or non fat dairy foods.** Buy low fat or non fat yogurt, pudding, cheese and cottage cheese.
- ♥ **Use small amounts of cheese in cooking.** Cheese does have calcium, but it can be high in fat and calories. Use small amounts of cheese.
- ♥ **Use less oil and fat when you cook.** Limit cream sauces and gravies.
- ♥ **Choose low fat salad dressing on your salads and raw vegetables.**
- ♥ **Enjoy more fruits and vegetables!** They are naturally low in fat. Snack on bananas, kiwi, apple slices, baby carrots, broccoli and tomatoes.
- ♥ **Choose meats with little fat.** Cut off any fat you can see before cooking. Remove skin from chicken before cooking.
- ♥ **Limit fried foods.** Bake, grill or broil meats and other foods whenever possible.

Healthy Meat Choices

sliced turkey or ham

1 ounce 30 calories 5 fat calories

sliced roast beef

1 ounce 30 calories 12 fat calories

weiners

1 regular weiner 140 calories 120 fat calories

1 light weiner 90 calories 60 fat calories

1 fat free weiner 40 calories 0 fat calories

sliced bologna (1 ounce slice)

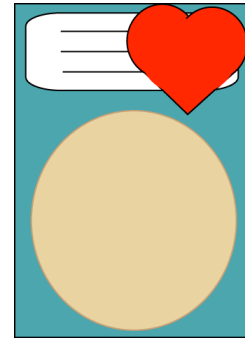
1 regular slice 90 calories 70 fat calories

1 light slice 60 calories 35 fat calories

1 fat free slice 20 calories 0 fat calories

1 regular slice with chicken and pork 90 calories 80 fat calories

1 regular slice with cheese 90 calories 70 fat calories



Read the label
and choose
the best for
your family.

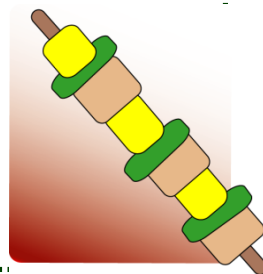
Chicken Ham Roll-ups

Serve Chicken Ham Roll-ups with flavored rice and cooked broccoli spears.

- 2 skinless, boneless chicken breasts
- 2 ounces monterey jack cheese, cut into 2 slices
- 4 large slices ham
- 1 tablespoon vegetable oil
- salt and pepper to taste

- 1 Cut a pocket in the thickest part of each chicken breast. Insert a slice of cheese into each pocket.
- 2 Wrap each chicken breast with 2 slices of ham. Secure with toothpicks if needed.
- 3 Heat a large skillet over medium heat. Add oil to skillet. Add chicken to skillet. Cover and cook for 10 minutes. Add a small amount of water to skillet if pan is too hot.
- 4 Uncover, turn chicken breasts over and cook for 5 more minutes or until chicken is no longer pink.

4 servings (1/2 roll-up) – 276 calories,
9.5 grams fat, 31% calories from fat
and 0 grams fiber in a serving.



Chicken Kabob Salad

- 1 pound boneless, skinless chicken breasts, cut into 1 inch cubes
- 1 can (20 ounces) pineapple chunks
- 1 red or green bell pepper, cut into 1 inch cubes
- Low fat Italian salad dressing
- Lettuce

- 1 Thread pineapple chunks, chicken cubes and pepper cubes on skewers. Brush kabobs with Italian salad dressing.
- 2 Grill or broil kabobs for 10 to 15 minutes or until chicken is no longer pink. Turn kabobs a couple times while cooking.
- 3 Serve kabobs on chopped lettuce. Serve with your favorite low fat salad dressing.

4 servings (1 kabob) – 168 calories,
1 gram fat, .5% calories from fat
and .75 gram fiber in a serving.