

Good Taste, Guilt Free

Get a taste for good nutrition!
Enjoy being active!



1 Enjoy a variety of foods! There are a wide variety of food choices in our grocery stores and farmers' markets. Choose colorful, healthy foods that taste great. Treat your taste buds. Try new foods with your family!

2 Enjoy all your favorite foods in moderation! You decide how much and how often you eat different foods. Eat smart! A healthy diet is what you eat over several days, not just one meal or one day.

3 Be a healthy weight! You are at greater risk for health problems if you are overweight. Healthy eating and physical activity will make it easier to maintain a healthy weight.

4 Balance your food choices with your activity level! Eat the amount of food that you need to be a healthy weight. If you are overweight, be more active and/or eat less. Become a healthy weight. Stay a healthy weight.

5 Be active! Enjoy a variety of ways to be active. Make a list of your activities – walking, biking, swimming, gardening, mowing, cleaning and others. Plan to do at least one of these activities every day. You will be healthier and feel better!

Good health starts with nutrition
and physical activity!



WALK TO FITNESS

Walking is our most popular adult exercise.
It's easy, cheap and fun.

Walking has many benefits:

- ✗ **Decreases your risk of chronic diseases.** You are less likely to have heart disease, osteoporosis, strokes and certain cancers.
- ✗ **Helps control your weight.** Walking burns calories. An average 150 pound person walking at a speed of about 2 miles per hour will burn about 240 calories in an hour.
- ✗ **Builds a healthy body.** Walking helps to build strong bones. Walking also makes your heart and lungs stronger.
- ✗ **Saves money.** You will spend less money on health care costs – doctor visits and medicines.
- ✗ **Helps you feel better!** You will feel less stress. You will feel happier.
- ✗ **Connects you with your neighbors.** You may meet new neighbors or friends when walking. Take time to talk.

✗ **Save the earth!**

If you are walking instead of driving, there will be fewer cars on the road. There will be less pollution.



Turkey & Veggie Burritos

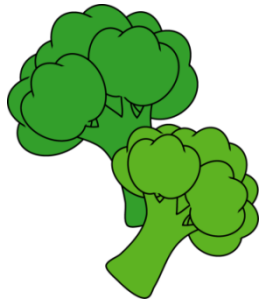
- 12 ounces sliced turkey
- ½ cup shredded carrots
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper
- ¼ cup low fat Ranch salad dressing
- ½ cup shredded cheddar cheese
- 4 (7 inch) tortilla shells

Combine carrots, broccoli, cauliflower, onion, green pepper, salad dressing and cheddar cheese in a bowl.

Place 2 slices of turkey on each tortilla. Spoon about ½ cup of the vegetable mixture on top of turkey.

Wrap tortilla around the vegetable mixture. Serve!

4 servings – 306 calories,
12 grams fat,
35% calories
from fat and
2.5 grams of fiber
in a tortilla.



If you are looking for a way to fitness, you can walk there!

Wear (or carry) comfortable shoes.

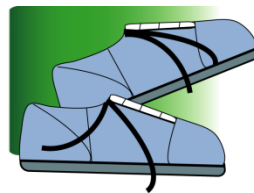
You will be ready to walk whenever you have the chance.

Be active for at least 30 minutes every day!

WALK EVERY DAY!

- ✘ **Take walk breaks.** 10 minute walk breaks do add up! If you take 2 to 3 walk breaks in a day, you are active for 20 to 30 minutes.
- ✘ **Walk to your appointments.** Park in a central location and walk.
- ✘ **Try walking instead of sitting when you are waiting.** Walk around the building, down hallways, up stairs or around rooms when you have to wait.

- ✘ **Explore state and national parks.** Walk on hiking trails and beaches.



- ✘ **Take a walking tour of your city.** There is a lot that you don't see when you are in a car or bus.

- ✘ **Walk and talk.** Take a walk with your children and friends. Talk and share life stories.

Broccoli is one of our most nutritious vegetables!

Buy broccoli with compact, dark green heads. Choose the freshest broccoli for the most nutrition! Broccoli can be kept in your refrigerator for 5 to 7 days.

Steam Fresh Broccoli:

Steam broccoli – Fill a saucepan with 1 inch of water. Bring to a boil. Place broccoli in a metal steamer above the water. Steam for 6 to 8 minutes, or until broccoli stems are tender.

Microwave Fresh Broccoli:

Place broccoli in a dish with ½ inch of water. Cover loosely and microwave on high for about 2 to 3 minutes or until stems are tender. Cooking time will vary with microwave.

Fresh broccoli tastes wonderful – try it!