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Incorporating Yogurt Into Your Day

When buying low or nonfat yogurt read the labels and compare the grams of sugar in the different varieties. Buy the yogurts with the least amount of sugar in them. Here are several ways to eat yogurt from the Academy of Nutrition and Dietetics:

- * **Dip it.** For a healthier alternative to a typical cream cheese based fruit dip, mix 1 cup nonfat plain Greek yogurt with 1 teaspoon of cinnamon and 1 teaspoon of vanilla. Serve with different fruits cut for dipping.
- * **Mix it.** Mix a 6-ounce container of low or nonfat yogurt with ½ cup cut up berries, a tablespoon of granola and a tablespoon of sliced nuts for a satisfying breakfast bowl.
- * **Blend it.** Blend a calcium-packed snack with this smoothie recipe: 1 6-ounce container low or nonfat yogurt, ¾ cup skim milk, ½ cup frozen strawberries, ½ cup frozen blueberries, 1 banana, 1 teaspoon cinnamon and 1 teaspoon vanilla. Blend in a blender and enjoy!
- * **Drink it.** Make your own yogurt drinks with low or nonfat yogurt and milk. Whisk together a 6 ounce container of nonfat strawberry flavored yogurt and ¼ cup skim milk. Pour the mixture into containers and enjoy. If there's too much liquid, add more yogurt; if the mixture is too thick, add additional milk.
- * **Spoon it.** Spoon in a delicious topping for your next taco night with plain yogurt. Use ½ cup plain nonfat Greek yogurt, 2 teaspoons of taco seasoning and 1 teaspoon lime juice for a nonfat alternative to sour cream.



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Did You Know?

- * You can use juice from a fresh lime in place of salt on fish, chicken or pork.
- * Green beans are one of the few beans eaten fresh.
- * The stems of Swiss chard look like celery and can be green, red, or a rainbow of red, pink, orange and even yellow.
- * Limes, green beans and Swiss chard are all good sources of vitamin C.

In the News

March Is National Nutrition Month

This year's theme encourages healthy eating habits that also cut back on food waste.



Fit-Tastic! Approved Apps!

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Water Alert. Free apps like **Water Alert** for Apple devices, and **Water Drink Reminder** for Androids allow you to track your daily water consumption. Once you set your goal it will remind you

throughout the day to take a drink. You can enter the size of your favorite water bottle, or use their serving size options. When you finish a serving, simply enter it in the app. Visualizing your water consumption will encourage you to meet your goal!

Awesome Eats is a free Apple and Android app for kids. The game involves picking produce from a garden and sorting it as it comes down a conveyor belt. Each level is increasingly challenging with new obstacles. Kids earn rewards for sorting correctly and keeping the food away from pesky birds. Healthy eating tips are offered throughout the game. Remember, limit screen time to 2 hours or less.



Time to get Moving!

Now that the weather is starting to warm up try these fun family activities to get your hearts pumping and your hour of physical activity.

- Go for a bike ride around your neighborhood or park.
- Create an obstacle course in your backyard with trees and other obstacles.
- Make a relay race with your family and/or friends.
- Use sidewalk chalk to play hopscotch, 4 square or draw a city for toy cars.



2 Does your family drink enough low or nonfat milk that you have empty milk jugs around your house waiting to be recycled? Keep a few for this fun and easy screen time alternative for creating an Easter egg basket. The first step in creating the basket is to cut a hole in the top but make sure to keep the handle in tact. Once that is finished decorate like a bunny or any way you would like and have fun Easter egg hunting!



Edamame

Edamame are soybeans. Like peas, they grow in a pod. They are rarely sold fresh, but you can easily find them in the frozen vegetable section at the grocery store. Kids love to pop them out of the shells and into their mouths, but you can buy them shelled if you plan on adding them to a salad. To prepare edamame, simply steam on the stove for five minutes, or cook them in a covered bowl in the microwave for three minutes. Sprinkle with seasoning and serve. Edamame is a good source of protein. Just one cup of edamame has 17 grams of protein! It is also a good source of iron, vitamin A and calcium.

For more ideas go to fruitsandveggiesmorematters.org

Recipe Corner

Mango and Edamame Salad

4-5 servings



Ingredients:

- ⇒ 1 ½ cups frozen, shelled edamame, thawed (½ of a 16 oz. bag)
- ⇒ 1 ripe mango, peeled and diced
- ⇒ 1 ear of fresh corn, uncooked, cut off the cob (1 cup)
- ⇒ 1 medium tomato, diced
- ⇒ ¼ cup chopped red onion
- ⇒ ¼ cup fresh lime juice (1 ½ limes)
- ⇒ ½Tbsp extra virgin olive oil
- ⇒ ½ tsp salt
- ⇒ Fresh ground pepper to taste, optional
- ⇒ Chopped cilantro, optional

Preparation:

1. Combine all ingredients in a large bowl and refrigerate at least 1 hour before serving.
2. Garnish with chopped cilantro if desired.



Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	155
% Daily Values*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Kitchen Tool Corner

Mangos can be challenging to cut. A mango slicer simplifies the job.

Inside a mango is a large pit. Place the slicer over the stem end of the mango and push down. The slicer removes the pit leaving two halves of the fruit. Score each of the halves with a sharp paring knife into slices and remove with a spoon. Discard the pit and skin. Enjoy!



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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