



ENERGIZE YOUR LIFE! **EAT HEALTHY—BE ACTIVE**

A newsletter for Basic Food families.
Issue 4

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Yogurt Fruit Crunch

Makes 4 servings, 1 cup each.

INGREDIENTS

- ★ 2 cups plain or flavored low-fat yogurt
- ★ 1 cup dry cereal (granola or crunchy type)
- ★ 1 cup fruit (fresh, frozen or canned)



DIRECTIONS

Spoon layers of cereal, yogurt, and fruit into four individual bowls. Serve.

Snack Mix

INGREDIENTS

- ★ 1 cup raisins
- ★ 1 cup nuts, peanuts or soy nuts
- ★ 1 cup sunflower seeds
- ★ 1 cup bite sized shredded wheat cereal

DIRECTIONS

Mix ingredients in bowl. Serve or put in small bags for a handy traveling snack or breakfast.



Eat Healthy: Add Fruits and Vegetables

- ★ Pick fruits and vegetables for snacks.



- ★ Stock your refrigerator with baby carrots, celery, broccoli, small apples, cut up melon or small oranges.

- ★ Add lettuce and tomato to meat and chicken sandwiches.

- ★ Make a large salad and store it in a plastic container for use all week.



- ★ Order vegetarian pizza or pizza with peppers, mushrooms, olives and tomatoes.

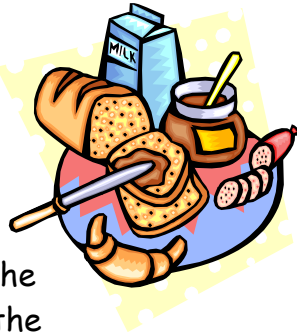


- ★ Try fruit when a fast food restaurant offers fruit instead of fries.

Eat Healthy: Take a Breakfast Break!

Start the day right and enjoy some food before work or school!

- ★ Children do better in school when they eat breakfast.
- ★ Everyone who eats breakfast controls his or her weight better. They feel better in the morning and eat less later in the day and at night.



- ★ Try these Quick breakfast ideas:
 - Leftovers
 - Cheese and apples
 - Peanut butter toast with sliced bananas
 - Scrambled eggs rolled in a tortilla with salsa
 - Bagels or English muffins
 - Yogurt with chopped fruit and whole grain cereal

Be Active: Make Family Time an Activity!

- ★ Parents are role models for their children. To be sure your children are active, be active yourself.



- ★ A trip to the farmers' market can be a fun time for you and your children. You get to walk and talk. Pick up one fruit or vegetable at the market to try later.

- ★ Family activities:
 - Go to a park
 - Play catch or Frisbee
 - Walk the track at a nearby local school
 - Make and plant a garden
 - Play soccer or basketball
 - Ask about scholarships at the local "Y"