

## Balanced Breakfasts

- Scrambled egg, toast, strawberries, milk
- Peanut butter or cheese bagel, banana, vegetable juice
- Whole grain cereal, milk, blueberries, & lean ham or turkey bacon, water

## Loaded Lunches

- Whole wheat pita sandwich with turkey & vegetables, carrot sticks, milk & granola bar
- Multigrain crackers, sliced cheese, apple, oatmeal cookies, milk or juice
- Roast beef whole wheat sub, fruit salad, yogurt, fig cookies, juice or water

## Designer Dinners

- Whole wheat spaghetti with meat sauce, salad, milk & fruit cobbler
- Roast chicken, baked potato, steamed vegetables & rice pudding, milk or juice
- Stir-fry vegetables with meat, poultry or tofu, steamed brown rice & angel food cake with fruit, milk

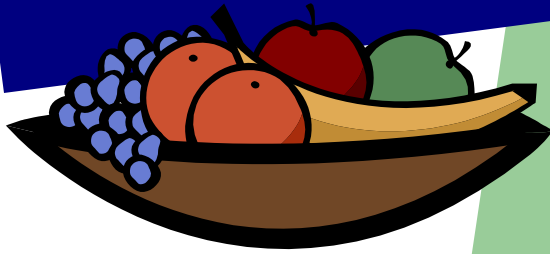
## Superior Snacks

- Cheese & crackers
- Trail mix
- Yogurt & granola
- Applesauce & low-fat muffin
- 1/2 sandwich
- Banana or corn bread
- Veggies & dip
- Homemade pita pizzas

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# Start with Nutrition!

## 5 Tips to a Healthier Environment!



1. Use smaller plates and bowls
2. Make the first thing you see in your cupboards the healthier options
3. Keep the salad and veggies on the table during supper but leave everything else on the stove or counter
4. Repackage things into smaller containers out of the large bag
5. Make the fruit bowl more visible

1. Add vegetables to store bought pasta sauce or soup
2. Begin at breakfast with fresh or dried fruit in cereal or yogurt
3. Add salsa to chicken or baked potato
4. Add vegetables to an omelet
5. Pack yourself a piece of fruit for a mid day snack
6. Make a Smoothie
7. Blend mashed cauliflower in mashed potatoes

## 10 Easy Ways to Include Fruits and Vegetables!

8. Add tomato, lettuce or guacamole to sandwiches
9. Make a stir-fry
10. Supersize your salads

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