Welcome to Step It Up

Take steps toward a healthier you!
HEALTHY EATING
HOW TO STEP IT UP

• What Did You Eat Yesterday? - Activity
• What Counts as a Serving?
• Fruit, Vegetables, and Low Fat Dairy - What are the Benefits?
• Lifestyle Tips - How to Get More Each Day
• Questions/Answers/Discussion
• Door Prizes
What did you eat yesterday?

- **Dairy Foods** - low fat varieties
  - 1 cup low fat milk
  - 1 cup yogurt
  - 1 ½ oz natural cheese
  - 2 oz processed cheese

- **Vegetables**
  - 1 cup raw leafy
  - ½ cup chopped
  - ½ cup cooked
  - ¾ cup juice

- **Fruit**
  - 1 small fresh
  - ½ cup chopped fresh
  - ½ cup canned or frozen
  - ¼ cup dried
  - ¾ cup juice
What counts as a serving?

- 1 small-sized piece of fresh fruit
  - Tennis Ball
- 1 cup
  - Size of a baseball
- ½ cup
  - Palm of a woman’s hand
- ¼ cup
  - 2 regular ice cubes
- 1 ounce (e.g., cheese)
  - 4 dice, Tube of lipstick, Size of a 3.5” computer disk
Benefits of Daily Fruit and Vegetable Intake

- Natural food source
- Reduces the risk of certain cancers, heart disease, other chronic diseases
- Contain vitamin A, vitamin C, fiber, and other essential nutrients
- Contain many phytochemicals
- Low in fat and calories
- Helps maintain a healthy weight
Benefits of Daily Dairy Intake

• Provides calcium, protein, potassium, and other essential nutrients

• Promotes healthy bones and teeth

• Helps to prevent osteoporosis

• Can help boost the immune system (yogurt)

• Can help with weight loss by burning more fat than just cutting calories alone
Tips For Eating More Fruit & Vegetables Each Day

- Make eating fruit and veggies a habit
  - Have a piece of fruit or a small glass of juice at breakfast everyday
  - Have a piece of portable fruit handy for a snack attack while on-the-go
  - If you regularly eat snacks, plan ahead and have a fruit or vegetable snack (snack ideas coming up)
  - Eat a salad daily with lunch or dinner
Tips For Eating More Fruit & Vegetables Each Day

• Be prepared
  - Stock up on frozen, canned, fresh, or dried fruit and vegetables
  - Have fresh vegetables chopped and ready in the refrigerator for easy access
  - Make fruit and veggies visible at home
Tips For Eating More Fruit & Vegetables Each Day

**Step Up your intake**

- Add fresh or frozen veggies to your pasta or omelet
- Pile spinach, tomatoes, peppers, pineapple, and/or onions on your pizza
- Jazz up soups or sauces with a can of kidney beans, peas, corn, or green beans
- Stack your sandwich or burger high with veggies
- Top your waffles, pancakes, or French toast with berries, bananas, or other fruit
Fruit and Vegetable Snack Ideas

- Munch on raw vegetables w/ low-fat dip
- Liven up cottage cheese with fresh or canned fruit
- Savor a cup of vegetable or tomato soup
- Dip baked tortilla chips or pepper strips into salsa
- Have some tomato or V-8 juice
- Add fruit to low fat yogurt
- Freeze grapes or bananas for a tasty treat
- Dip carrots or celery sticks in spicy mustard
Tips For Eating More Low-Fat Dairy Each Day

- Plan for 3-A-Day
- Have one serving of dairy at every meal or 2 meals and 1 snack!
  - It can be easy to include one serving of dairy in the foods you eat every day or try something new and different.
Tips For Eating
More Low-Fat Dairy Each Day

• **Breakfast:**
  - Spoon your cereal into a cup of yogurt
  - Add a cup of milk to your cereal or oatmeal
  - Turn your coffee into a latte by mixing a shot of espresso or strong coffee with a cup of milk
  - Enjoy a cup of yogurt on waffles, pancakes, or French toast (good with berries too)
Tips For Eating
More Low-Fat Dairy Each Day

• Lunch or Dinner:
  - Add a slice of cheese to your sandwich
  - Toss an ounce of shredded cheese (or 3-4 cubes) into a salad
  - Sprinkle an ounce of shredded cheese on pasta
  - Stir a cup of low fat milk into condensed soup
  - Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves
  - Make a quesadilla with shredded cheese (1/4 cup), slices of lean meat, and salsa or pizza sauce in a skillet
Tips For Eating
More Low-Fat Dairy Each Day

• Snack:
  - Roll up a slice of low-fat cheese w/ lean ham or turkey
  - Sample a cold glass of chocolate soy milk
  - Have a slice of cheese w/ a few crackers
  - Toss ¼ cup of tangy low fat Colby cheese shreds with popcorn
  - Roll a fat free pretzel rod in 1-2 slices of low fat Swiss cheese

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Tips For Eating
More Low-Fat Dairy Each Day

**Snack:**
- Top wheat crackers with reduced fat Mozzarella cheese and cherry tomatoes
- Dip a few graham crackers into a cold glass of low fat milk
- Try some string cheese for a quick snack
- Mix a cup of yogurt with seasoning (powdered dip, taco seasoning) for a vegetable dip or sandwich spread
Questions, Answers, & Discussion
May Class - "Move to Improve"

Tuesday, May 3
5:30 pm - 6:30 pm

Thursday, May 5
11:30 am - 12:30 pm

Check your email and come to class to learn about new additions to the program and stay motivated throughout the year!