

NUTRITION NIBBLES

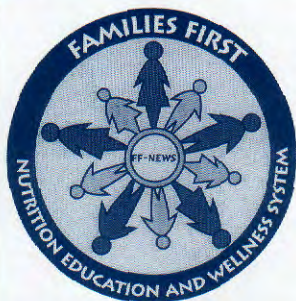
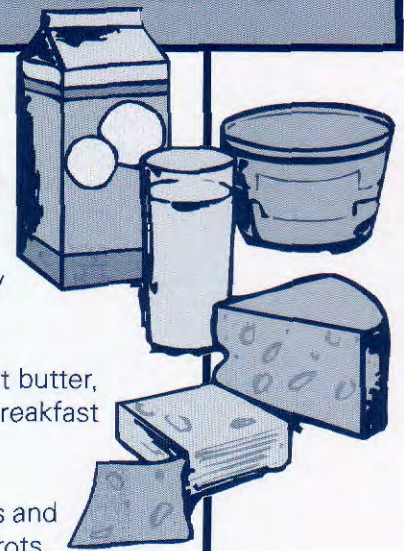
FAMILIES FIRST: NUTRITION EDUCATION AND WELLNESS SYSTEM

Nutrition Nibbles

A New Beginning

This year, make that New Year's Resolution Count. Begin taking steps to create healthy eating habits for you and your family.

- 1. Be Active Every Day.** Have fun with your family. Play with your children.
- 2. Start Your Day with Breakfast.** Toast with peanut butter, yogurt with fruit and cereals are quick and easy. Choose breakfast cereals with fiber.
- 3. Snack on fruits and vegetables.** Keep fresh fruits and vegetables in your refrigerator – ready to eat. Offer baby carrots, apples, grapes, cherry tomatoes, cut up broccoli and fruits canned in juice.
- 4. Buy whole wheat bread.** Read the label – choose breads made with whole wheat flour. Your family will get extra fiber and nutrition.
- 5. Eat with your family.** Plan to have family meals where your family sits together and enjoy food and each other. Eat at least one meal every day with your family.
- 6. Serve a fruit or vegetable with each meal.** Offer fruit or juice for breakfast. Serve at least 1 vegetable or fruit at lunch and dinner.
- 7. Serve milk at meals.** Drinking milk at meals will help your family get 3 servings of calcium rich foods every day.
- 8. Switch to skim or 1% milk.** Skim milk has all the calcium and nutrition found in 2% or whole milk. Skim and 1% milk are lower in calories and fat – a healthy choice!
- 9. Skip the French fries and potato chips.** They are loaded with fat and calories. Serve baked potatoes, boiled potatoes and other vegetables – broccoli, green beans, corn, raw carrots and salads.
- 10. Don't buy soda and other sweet drinks for your home.** Encourage your family to drink water when they are thirsty.



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