

Pizza, desserts, and more!

20 ways to enjoy more fruits and vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor, and texture plus vitamins, minerals, and fiber.

All this is packed in fruits and vegetables that are low in calories and fat. Make two cups of fruit and two and a half cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries, and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms, and onions.



6. Add color to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions, or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green, or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas, or whole radishes.

8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining room table.



9. Get saucy with fruit. Puree apples, berries, peaches, or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast, or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, pepper, cucumber, and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt, or toaster waffle.
13. Top a baked potato with beans and salsa, or broccoli and low-fat cheese sauce.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded, or chopped vegetables such as zucchini, spinach, and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce, and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame. Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches, and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

Family-Friendly Recipe

Fat-Free Cheesecake



Serves 8. Calories per serving: 80, Carbohydrates per serving: 10 g, Total fat: trace amounts.

Ingredients

2 Tbsp cold water
1 envelope unflavored gelatin
2 Tbsp lemon juice
1/2 cup skim milk, heated to almost boiling
Egg substitute equivalent to 1 egg, or 2 egg whites
1/4 cup sugar
1 tsp vanilla
2 cups low-fat cottage cheese
Lemon zest (optional)

Directions

1. Combine water, gelatin, and lemon juice in blender. Process on a low speed for 1 or 2 minutes to soften gelatin.
2. Add hot milk, processing until gelatin is dissolved.
3. Add egg substitute, sugar, vanilla, and cheese to blender. Process on a high speed until smooth.
4. Pour into a 9" pie plate. Refrigerate 2 to 3 hours.
5. Top with grated lemon zest, if desired.



An Active Heart is a Healthy Heart

Consistently getting your children to raise their heart rate during physical activity could improve their resting heart rate and increase their overall heart health. In addition to controlling weight, physical activity helps with the following:

- Reducing blood pressure
- Raising HDL ("good") cholesterol
- Reducing the risk of diabetes and some kinds of cancer
- Improving self-confidence and self-esteem

It is encouraging that physical activity produces psychological and social benefits along with the physical benefits. Remember that inactive children are likely to become inactive adults, so why not encourage healthy, life-long habits at an early age?

All children two years of age and older should participate in at least 30 minutes of enjoyable, moderate-intensity physical activities that are developmentally appropriate and varied every day. This can be broken down into two 15-minute or three 10-minute periods if it works better with your schedule.



District 146 Wellness Committee:

Matt Kociolek, Fulton (Wellness Coordinator); Allyson Bober, Memorial; Jeff Charleston, District; Regina Mayer, Central; Dan McLaughlin, Fulton; Wendy Miotti, Fierke; Lauren O'Donnell, District; Terri Stahulak, District; and Marian Betley, Kruse.