

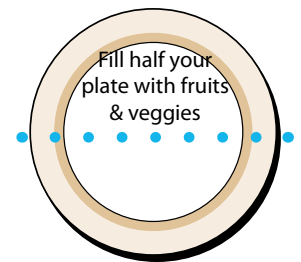


Healthy Heroes know the power of eating at home.

9 quick tips for making healthy eating choices at home.

- Brightly-colored foods make meals more fun! Add orange and purple fruits & vegetables to make your table more colorful.
- Eat together as a family whenever you can. Kids who eat dinner with their families 5+ times a week are more likely to eat more fruits, veggies and foods rich in calcium and fiber.
- At meals, fill about half your plate with colorful fruits and veggies first, then add protein and whole grains.
- Little kids like plates and bowls sized for them, which is a great way to control portion size.
- Enjoy juicy peaches or sweet, fresh berries for dessert.
- For treats, you decide the portion. Otherwise kids will eat the whole bag of chips or cookies (and so will you). Divide treats like cookies or snack foods into portions before serving, so you aren't tempted to over-indulge.
- Kids like to help. Let them make vegetable soup for supper, even if it only involves mixing up canned veggies and low-fat chicken (or vegetable) broth.
- Serve crunchy vegetables instead of chips for a lunch time side-dish.

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Hero™



Easy Trail Mix Recipe

Mix together peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits (raisins, apricots, apples, pineapple, or cranberries).

Store in snack size plastic bags.

1/4 to 1/2 cup makes one serving.



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