
Nutrition and

Fitness

Resources





Nutrition and Fitness Resources

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EVERY DAY

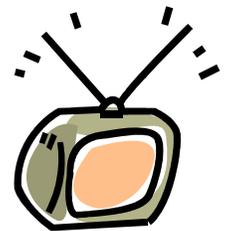
Eat fruits & vegetables at least **5** times

- Eat a fruit or vegetable at every meal.
- Eat a healthy breakfast & include fruit on your cereal.
- Wash & chop them ahead of time so they are ready to eat.



Limit TV & other screen time to **2** hours or less

- Keep the TV out of your bedroom.
- Turn off the TV and enjoy a family meal together.
- Plan what you want to watch.



Enjoy **1** hour or more of active play

- Play outside and have fun with your friends.
- Take a family walk after dinner.
- Walk while talking on your cell phone.



Restrict soda & sugar-sweetened drinks

- Instead, encourage water & 2-4 servings of fat free milk.
- Limit fruit juice to half cup or less.
- Read drink labels before you buy them.



5 Eat at least five fruits & vegetables a day.

5210 Every Day!
5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function. Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They may also contain phytochemicals (fight-o-chemicals) that work together with fiber to benefit your health in many ways. Different phytochemicals are found in different fruits based on their color—that's why it's important to put a rainbow on your plate.

TRY IT!

- ★ Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time—it can take 7 to 10 tries before you like a new food.
- ★ Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.
- ★ Make a fruit smoothie with low fat yogurt.

MIX IT!

- ★ Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- ★ Add fruit to your cereal, pancakes, or other breakfast foods.
- ★ Be a good role model for your family and have at least one veggie at every meal.

SLICE IT!

- ★ Wash and chop veggies and fruits so they are ready to grab and eat.
- ★ Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

FAMILY MEALTIME

- ★ Do not underestimate the importance of family mealtime; take 10-15 minutes to sit down together.
- ★ Get your family involved with meal planning.



WHAT IS A SERVING?

Adults

- 🍏 A whole fruit the size of a tennis ball
- 🍏 1/2 cup of chopped fruit or veggies
- 🍏 1 cup of raw, leafy greens
- 🍏 1/4 cup of dried fruits

Kids

- 🍏 Size of the palm of their hand

PUT LIMITS ON JUICE

- 🚫 Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. The only difference between these “juices” and soda is that they’re fortified with Vitamin C.
- 🚫 Always try to choose whole fruits over juice.
- 🚫 If you choose to serve juice, buy 100% juice.
- 🚫 Make changes slowly by adding water to your child’s juice.
- 🚫 Try mixing seltzer with a small amount of juice.
- 🚫 Each day, juice should be limited to: *4-6 ounces for children 1-6 years old; 8-12 ounces for children 7-18 years old; Children 6 months and under should not be given juice*

OFFER NON-FOOD REWARDS

Have your family put together a list of fun, nonfood rewards that don't cost much. Post it where the whole family can see it. Examples: playing outdoors, a family game night, going to a ball game, buying a new book, extra reading time before bed.

BE A ROLE MODEL:

- Snack on fruits and veggies ❖ Have the family help plan meals

2

Limit recreational TV or computer use to two hours or less.

5210 Every Day!
5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

- ⇒ Screen time includes TV, computer, Playstation, and Gameboy. All are important to limit.
- ⇒ Watching TV is associated with more snacking and increased obesity.
- ⇒ Too much TV has been linked to lower reading scores and attention problems.
- ⇒ Healthy Screen Time:



- No TV/computer under the age of 2
- No TV/computer in the room the child sleeps
- One hour of educational TV/computer time between ages 2 and 5
- After the age of 5, 2 hours or less

LIFE IS LOTS MORE FUN WHEN YOU JOIN IN! TRY THESE ACTIVITIES INSTEAD OF WATCHING TV.

Ride a bike
Go on a nature hike
Put together a puzzle
Turn on the music and dance
Read a book or magazine
Spend time catching up with your family
Take your kids to the park or beach
Play board games



Walk, run, or jog
Start a journal
Play ball (basketball, catch, soccer, etc.)
Go to the library
Explore gyms in your community
Rollerblade
Charades
Sled, ski, or snowshoe

TAME THE TV AND COMPUTER!

- ✓ Participate – keep TVs, computers, DVD players, and video games out of your child's room.
- ✓ Having the TV in a common room makes watching a family activity.
- ✓ Watch TV with your child and discuss the program. Ask them questions and express your views.
- ✓ This will also let you know what your children are watching.

SET LIMITS – KNOW HOW MUCH TV YOUR CHILD IS WATCHING.

- ✓ Set some basic rules such as no TV or computer before homework or chores are done.
- ✓ Do not watch TV during mealtime.
- ✓ Use a timer. When the bell rings its time to turn off the TV or eliminate TV time during the week.

HELP YOUR CHILD PLAN TELEVISION VIEWING IN ADVANCE.

- ✓ Keep books, magazines, and board games in the family room.
- ✓ Make a list of fun activities to do instead of being in front of a screen.
- ✓ Set family guidelines for age-appropriate shows.

BE A ROLE MODEL.

Because children model behavior, set a good example with your own TV viewing habits. ❖ Avoid watching programs containing adult content when your child is in the room or nearby. ❖ Have the family help with dinner. It gets them involved and shows them helping is important. ❖ Put on music and let the kids dance.

1

Get one hour or more of physical activity every day.

5210 Every Day!

5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

One hour of moderate physical activity means doing activities where you breathe hard like hiking or dancing. 20 minutes of vigorous physical activity means doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible

MOVE AN HOUR EVERY DAY!

Encourage at least an hour of daily physical activity...for kids and adults!

USE PHYSICAL ACTIVITY AS A REWARD

- ✓ Write a short list of good behaviors on a chart. Mark the chart with a star every time you see the good behavior.
- ✓ After your child has earned a small number of stars, give him or her a reward.
- ✓ Give your child extra play time before or after meals as a reward for finishing homework.
- ✓ Avoid giving your child extra time in front of the screen as a reward.
- ✓ Choose fun, seasonal activities.
- ✓ Encourage your child to try a new sport or join a team.

LET PHYSICAL ACTIVITY BE FREE AND FUN!

- ✓ Take a walk with your family
- ✓ Play with your pet
- ✓ Play tag
- ✓ Take a bike ride (remember to wear your helmet)
- ✓ Turn on music and dance
- ✓ Jump rope
- ✓ Play Frisbee
- ✓ Take the stairs
- ✓ Park the car at the end of the parking lot
- ✓ Make snow angels



MAKE PHYSICAL ACTIVITY EASIER.

Make gradual changes to increase your level of physical activity.
Incorporate physical activity into your daily routines.
Try tracking the level of your physical activity using a pedometer.
Turn off the TV and computer and keep them out of the bedroom.

Limit recreational computer time.
Choose toys and games that promote physical activity.
Encourage lifelong physical activity by incorporating physical activity into your routine.
Keep physical activity fun!!

BE A ROLE MODEL.

Use a pedometer. ❖ Take a walk after dinner.

O Drink less sugar. Try water & low fat milk instead of soda and drinks with lots of sugar.

5210 Every Day!
5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110-150 empty calories. Many sodas also contain caffeine, which kids don't need. Energy drinks are NOT sports drinks and should never replace water during exercise.

ENCOURAGE LOW FAT MILK INSTEAD OF SUGAR-SWEETENED DRINKS.

According to the national dairy council:

- ✓ Children ages 4-8 years old should be consuming three 8-ounce glasses of milk or other dairy each day.
- ✓ Children ages 9-18 years old should be consuming four and a half 8-ounce glasses of milk or other dairy each day.

The recommendation is that children over the age of two drink low fat milk.
Gradually make the change from whole milk to low fat milk.



WATER IS FUEL FOR YOUR BODY:

Water is the most important nutrient for active people.

Between 70-80% of a child's body is made up of water.

When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.

Water is the #1 thirst quencher!

Keep bottled water or a water bottle on hand.

Add fresh lemon, lime, or orange wedges to water for some natural flavor.

Fill a pitcher of water and keep it in the fridge.

Drink water when you're thirsty. It's the best choice.

Cut back slowly on sugar-sweetened drinks.

Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

PUT LIMITS ON JUICE

- ✓ Juice products labeled "-ade," "drink," or "punch" often contain 5% juice or less. The only difference between these "juices" and soda is that they're fortified with Vitamin C.
- ✓ Always try to choose whole fruits over juice.
- ✓ If you choose to serve juice, buy 100% juice.
- ✓ Each day, juice should be limited to:
 - 4-6 ounces for children 1-6 years old
 - 8-12 ounces for children 7-18 years old
 - No juice for children 6 months and under
- ✓ Make changes slowly by adding water to your child's juice.
- ✓ Suggest a glass of water or low fat milk instead of juice.



BE A ROLE MODEL:

Grab a glass of water instead of soda. ❖ Try mixing seltzer with a small amount of juice.

Daily Food Guide for Infants 0 – 12 months

Food Group	Foods	Daily Amounts	Serving Size
Newborn – 4 months			
Your baby shows skills of rooting, sucking, and swallowing.			
Milk	Breastmilk	On demand	
	Formula	6 – 12 feedings	2 – 6 oz
4 – 6 months			
Now your baby is holding their head up and only needs a little support when sitting up. This is a good time to start solids.			
Milk	Breastmilk	On demand	
	Formula	4 – 6 feedings	6 – 8 oz
Grain	Iron fortified baby cereal	2 servings	1 – 2 tbsp
Fruit	Strained/pureed fruit	Offer	1 – 2 tbsp
Vegetable	Strained/pureed vegetables	Offer	1 – 2 tbsp
Protein	Strained/pureed chicken, beef, turkey, pork, beans, tofu	Offer	1 – 2 tbsp
6 – 8 months			
Your baby should have good head and body control, and be interested in putting toys in his/her mouth.			
Milk	Breastmilk	On demand	
	Formula	4 – 5 feedings	6 – 8 oz
Grain	Iron fortified baby cereal	2 servings	2 – 4 tbsp
	Bread/cracker/cereal	Offer	
Fruit	Mashed fruit	2 servings	2 – 3 tbsp
	Fruit/vegetable juice (optional)		2 oz from a cup
Vegetable	Mashed vegetables	2 servings	2 – 3 tbsp
Protein	Ground chicken, beef, turkey, pork, beans, tofu	2 servings	2 – 3 tbsp
8 – 12 months			
To help work on development, your baby can start self feeding small, soft finger foods.			
Milk	Breastmilk	On demand	
	Formula	3 – 4 feedings	6 – 8 oz
Dairy	Cheese	Offer	½ oz
	Yogurt (whole milk)	Offer	¼ cup
	Cottage cheese (whole milk)	Offer	¼ cup
Grain	Iron fortified baby cereal	2 servings	3 – 4 tbsp
	Bread/cracker/cereal	Offer	½ slice
Fruit	Mashed/soft fruit	2 – 3 servings	3 – 4 tbsp
	Fruit/vegetable juice (optional)		2 oz from a cup
Vegetable	Mashed/soft vegetables	2 – 3 servings	3 – 4 tbsp
Protein	Ground chicken, beef, turkey, pork, beans, tofu	2 servings	3 – 4 tbsp

Helpful Hints

Feeding

- Introduce single grain rice cereal first. Once ready to start fruits and vegetable, feed your baby only one new single food at a time. Introduce another new food every 3 - 5 days. Watch for allergic reactions like rash, swelling, vomiting, diarrhea or trouble breathing.
- Begin working with a cup when your baby begins to feed him/herself. You can offer breastmilk/formula or 1 - 2 oz of 100% juice when introducing the cup.
- You may start whole milk at one year of age.
- Discuss the need for water with your doctor before offering it to infants under the age of one.
- Do not put any other liquids in a bottle except breastmilk or formula, and feed all solids with a spoon.
- Offer no more than of 4 oz of 100% juice daily in a cup.
- Avoid egg whites, shellfish, and fish until after age one, and peanut butter until after age two because of possible allergic reactions.
- Watch for signs that your baby is full, and do not force him/her to drink or eat more:
 - closing mouth
 - turning head
 - pushing spoon or bottle away

Safety

- If your baby is having diarrhea or vomiting he/she can become dehydrated. Talk to your doctor and use Pedialyte if he/she is not taking breastmilk/formula. **Remember that Pedialyte is for temporary use to prevent dehydration. Pedialyte should not be used in place of breastmilk/formula for longer than 48 hours.**
- Do not feed your baby hot dogs, grapes, raisins, raw carrots and nuts because your baby can choke on these foods easily.
- Do not heat baby's formula, breastmilk, and/or food in the microwave because hot spots can develop leading to burns. To heat the bottle or food, use warm running water or place in a pan of water on the stove top. Shake/stir, and test the temperature before serving.
- Do not save leftover formula or baby food that has been fed directly to your baby because bacteria can grow from your baby's saliva.
- Corn syrups and honey are not recommended during the first year of life due to a connection with botulism.

Additional Comments:

Daily Food Guide for Toddlers 1 – 3 years

This chart gives you an idea of the foods your child should eat each day. Choose foods from all of the basic food groups for good health.

Food Group	Daily Amounts	Suggested Serving
Grains	3 - 4 servings At least half of all grains should be 100% whole wheat	1 piece of bread, biscuit, roll, muffin ½ cup of hot cereal, pasta, rice, potato 1 cup of cold cereal 1 pancake, 4" 1 tortilla, 6" 4 crackers
Vegetables	2 - 3 servings	½ cup raw ½ cup cooked, canned, or frozen 2 - 4 ounces vegetable juice
Fruits	2 servings	1 medium size fresh ½ cup fresh, frozen or canned (in own juice) 2 - 4 ounces of 100% juice (optional)
Protein: meat, fish, poultry, or equivalent	2 - 3 servings	1 ounce cooked meat, fish, poultry or equivalent 1 egg 1 tbsp tofu 1 tbsp of peanut butter ¼ - ½ cup of beans
Dairy	2 - 3 servings	6 - 8 ounces of whole milk or enriched soy/rice milk 1 cup of yogurt 1 ½ - 2 ounces of cheese ½ cup of cottage cheese

- Continue whole milk for good brain development until age two.
- Avoid peanut butter until age two because of possible food allergy.
- To avoid choking, cut small round foods like hot dogs and grapes into bite size pieces.
- Do not feed your child nuts, raw carrots and hard candy since these may also cause choking.

Additional Comments:

Dietitian: _____

Sample Menu

Meal	Foods	3 - 4 Grain Servings	2 - 3 Vegetable Servings	2 Fruit Servings	2 - 3 Protein Servings	2 - 3 Dairy Servings
Breakfast	1 egg ½ cup of oatmeal 6 ounces of whole milk	√			√	√
Lunch	½ turkey sandwich on 1 slice of whole wheat bread with 1 slice of cheese ½ cup of cooked carrots	√	√		√	√
Snack	1 small banana 4 graham crackers	√		√		
Dinner	1 ounce of pork ½ cup of whole wheat noodles ½ cup of green beans 6 oz whole milk	√	√		√	√
Snack	½ cup of pineapple			√		

Helpful Hints

- Try new foods by allowing your child to help you pick out the foods and prepare the meal.
- Have scheduled meal and snack times at the table.
- Do not make meal time a fight. Talk to your child, but not about how much food she/he needs to eat.
- Playing with his food is usually a sign that your child is finished eating.
- Do not give more than 24 ounces or 3 cups of milk each day.
- Do not give more than 4 ounces or a ½ cup of 100% juice each day.
- Avoid fried foods and fast foods as much as possible.

Preschooler

This chart gives you an idea of the foods your child should eat each day. You need to choose foods from all of the basic food groups for good health.

Food Group	Daily Amount	Suggested Serving
Grains	4 - 6 servings At least half of all grains should be 100% whole wheat	1 slice of bread, biscuit, roll, muffin ½ cup of hot cereal, potato, pasta or rice 1 cup of cold cereal 1 pancake, 4" 1 tortilla, 6" 4 crackers
Vegetables	3 servings	½ cup raw ½ cup cooked, frozen or canned 2 - 4 ounces vegetable juice
Fruit	3 servings	½ - 1 medium size fresh ½ cup fresh, frozen or canned (in own juice) 2 - 4 ounces of 100% juice (optional)
Protein: meat, fish, poultry, or equivalent	3 - 4 servings	1 ounce cooked meat, fish, poultry or equivalent 1 egg 1 tablespoon tofu 1 tablespoon peanut butter or nuts ¼ - ½ cup cooked beans
Dairy	2 - 3 servings	6 - 8 ounces fat free milk or enriched soy/rice milk 1 cup low fat yogurt 1 ½ - 2 ounce cheese ½ cup of low fat cottage cheese

Additional Comments:

Dietitian: _____

Phone Number: _____

Sample Menu

Meal	Foods	4 - 6 Grain Servings	3 Vegetable Servings	3 Fruit Servings	3 - 4 Protein Servings	2 - 3 Dairy Servings
Breakfast	1 piece of whole wheat toast 1 scrambled egg Apple slices 6 ounces of fat free milk	√		√	√	√
Lunch	Peanut butter sandwich on 1 slice whole wheat bread Carrot and celery sticks Grapes 6 ounces of fat free milk	√	√ √	√	√	√
Snack	½ cup canned peaches 1 cup of low fat yogurt			√		√
Dinner	1 ounce of chicken ½ cup of broccoli ½ cup of brown rice	√	√		√	
Snack	4 graham crackers 1 tbsp of peanut butter	√			√	

Helpful Tips

- No more than 24 ounces or 3 cups of milk each day.
- No more than 4 ounces or ½ cup of 100% juice each day.
- Avoid fried and convenience foods as much as possible.
- Try new foods by allowing your child to help you prepare the meal.
- Have scheduled meal and snack times.
- Eat meals and snacks at the table.
- Try new foods when child is hungry by offering those foods first.
- Do not make meal time a fight. Talk to your child, but not about how much food she/he needs to eat.
- When your child is done, or begins to play with food, this is usually a sign that they are finished eating.

Pre-adolescent

This chart gives you an idea of the foods your child should eat each day. You need to choose foods from the basic four food groups for good health.

Food Group	Daily Amount	Suggested Serving
Grains	5 - 6 servings At least half of all grains should be 100% whole wheat	1 slice of bread, biscuit, roll, muffin ½ cup of hot cereal, potato, pasta or rice 1 cup of cold cereal 1 pancake, 4" 1 tortilla, 6" 6 crackers
Vegetables	4 - 5 servings	1 cup raw ½ cup cooked, frozen, or canned 4 ounces vegetable juice
Fruit	3 servings	1 medium size fresh ½ cup fresh, frozen or canned (in own juice) 4 ounces of 100% juice (optional)
Protein: meat, fish, poultry, or equivalent	3 servings	2 ounces cooked meat, fish, poultry or equivalent 2 eggs 2 tablespoons tofu 2 tablespoons peanut butter or nuts ½ cup cooked beans
Dairy	3 - 4 servings	8 ounces fat free milk or enriched soy/rice milk 1 cup low fat yogurt 1 ½ - 2 ounces cheese ½ cup of low fat cottage cheese

Additional Comments:

Dietitian: _____

Phone Number: _____

Sample Menu

Meal	Foods	5 - 6 Grain Servings	4 - 5 Vegetabl e Servings	3 Fruit Servings	3 Protein Servings	3 - 4 Dairy Servings
Breakfast	1 piece whole wheat toast 1 tbsp of fruit preserves 2 scrambled eggs 1 banana 8 ounces of fat free milk	√		√	√	√
Lunch	Turkey sandwich on 2 slices of whole wheat bread with 1 slice of cheese ½ cup of pear halves 8 ounces of fat free milk	√ √		√	√	√ √
Snack	Carrot and celery sticks with low fat ranch dressing		√ √			
Dinner	2 ounces of roast pork ½ cup of asparagus ½ cup of brown rice 1 whole wheat dinner roll Side salad with light Italian dressing	√ √	√ √		√	
Snack	½ cup blueberries 1 cup of low fat yogurt			√		√

Helpful Tips

- No more than 24 ounces or 3 cups of milk each day.
- No more than 4 ounces or ½ cup of 100% juice each day.
- Avoid fried and convenience foods as much as possible.
- Try new foods by allowing your child to help you prepare the meal.
- Have scheduled meal and snack times.
- Eat snacks and meals at the table.
- Do not make meal time a fight. Talk to your child, but not about how much food she/he needs to eat.
- Do not force your child to finish their plate of food.

Teen

This chart gives you an idea of the foods your child should eat each day. You need to choose foods from all of the basic food groups for good health.

Food Group	Daily Amount	Suggested Serving
Grains	6 servings At least half of all grains should be 100% whole wheat	1 slice of bread, biscuit, roll, muffin ½ cup of hot cereal, potato, pasta or rice 1 cup of cold cereal 1 pancake 4" 1 tortilla 6" 6 crackers
Vegetables	5 servings	1 cup raw ½ cup cooked, frozen, or canned 4 ounces vegetable juice
Fruit	3 servings	1 medium size fresh ½ cup fresh, frozen or canned (in own juice) 4 ounces of 100% juice (optional)
Protein: meat, fish, poultry, or equivalent	3 servings	2 ounces cooked meat, fish, poultry or equivalent 2 eggs 2 tablespoons tofu 2 tablespoons peanut butter or nuts ½ cup cooked beans
Dairy	3 - 4 servings	8 ounces fat free milk or enriched soy/rice milk 1 cup low fat yogurt 1 ½ - 2 ounces cheese ½ cup of low fat cottage cheese

Additional Comments:

Dietitian: _____

Phone Number: _____

Sample Menu

Meal	Foods	6 Grain Servings	5 Vegetable Servings	3 Fruit Servings	3 Protein Servings	3 - 4 Dairy Servings
Breakfast	1 piece whole wheat toast 1 tbsp of fruit preserves 2 scrambled eggs 4 oz of 100% juice 8 oz of fat free milk	√		√	√	√
Lunch	Turkey sandwich on 2 slices of whole wheat bread with 1 slice of cheese 1 apple Carrots sticks with low fat ranch 8 oz of fat free milk	√ √	√	√	√	√ √
Snack	2 oz low fat tortilla chips ½ cup of salsa	√	√			
Dinner	2 ounces of chicken breast ½ cup of green beans ½ cup of brown rice 1 whole wheat dinner roll Side salad with light Italian dressing Water	√ √	√ √		√	
Snack	½ cup blueberries 1 cup of low fat yogurt			√		√

Helpful Tips

- Drink milk with most meals, with a goal of 16 - 24 ounces each day.
- Drink no more than 8 ounces of a “sugary” beverage daily. Example: pop, juice, lemonade, kool-aid
- Include a fruit and/or vegetable with snacks to increase servings.
- Avoid fried and convenience foods as much as possible.
- Choose healthy foods at fast food restaurants. Good choices are grilled items and salads with low fat dressing and fruit.
- Encourage your teen to join you for grocery shopping and food preparation.

12 Healthy Foods for Under \$1.00

Food prices continue to go rise. Some people believe that fast foods and packaged foods are the cheapest ways to feed their families. But low cost doesn't have to mean low quality or unhealthy. In fact some of the most affordable foods you can buy are also the best foods to eat. To get the most nutrition for your food dollar shop for basic food items like grains, fruits, vegetables, dairy and meat. Try to avoid expensive packaged foods on the inside aisles. By going back to the basics, your family will eat healthier and your food dollars will stretch a little farther.

Oatmeal



.08¢ per
½ cup

✓ Provides fiber, B vitamins, iron.

Brown Rice



19¢ per
½ cup*

*price from instant box

✓ Provides fiber, B vitamins, magnesium.

Cabbage



.20¢ per
1 cup

✓ Good source of vitamin C. Add shredded to soups and salads.

Egg



.10¢ per
egg

✓ Good source of high quality protein contains antioxidants

Beans



.25¢ per
½ cup

✓ Provides 7 grams fiber, good source of B vitamins, iron and folate.

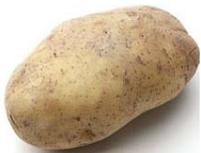
Broccoli



.32¢ per
½ cup

✓ Excellent source of vitamin C and K. Good source of vitamin A and folate.

Potato



.14¢
each

1 medium

✓ Good source of potassium, fiber and vitamin C

Banana



.25¢
each

1 medium

✓ Good source of potassium, fiber, and vitamin B6

Yogurt



.45¢ per
1 cup*

*price from 32 ounce container

✓ Good source protein, calcium and beneficial bacteria.

Apples



.27¢
each

1 medium

✓ Provides 4 grams of fiber and is a good source of vitamin C.

Kale



.22¢ per
½ cup

✓ Excellent source of vitamin A and vitamin K.

Carrots



.22¢ per
½ cup

✓ Excellent source of vitamin A. Add to soups, stews and salads.

Tips for Good Health

Change is hard, but old habits can be overcome slowly with one or two changes a week. Work up to eating healthy every day. Place a check by the tips you will work on first.

Beverages

- Water is the best drink.
- Avoid soda, 100% fruit juice, and fruit drinks. They have a large amount of sugar and extra calories. Choose water, low-fat milk or a sugar-free drink instead.

Portion control

- When making a plate of food, fill ½ the plate with vegetables and/or fruit, and then split the other half evenly between lean meat and whole grains.
- Avoid eating while watching television, reading, or riding in the car because this creates a habit for your child to want to eat during those activities in the future.
- Remove all distractions (toys) and turn off the television for meal and snack time.
- Eat at the table with your child for meals and snacks.
- Children may need a snack between meals. Make sure it is at a planned time and portion-controlled.

Fruits and vegetables

- Involve your child in choosing and preparing fruits and vegetables.
- Even if you do not like fruits and vegetables, serve them to your child.
- If your child does not like fruits or vegetables, continue to serve a small amount at meals and snacks without forcing.

Meal planning/eating out

- Plan out your weekly meals and create a shopping list.
- Cook large batches of food at one time and freeze for later.
- When eating out, choose items that are grilled, sides of fruits, vegetables or salad with light/fat free dressing.
- Do not upgrade to a larger meal size when eating out. Choose water instead of soda or a fruit drink.
- Your child may be willing to bring a lunch from home to school that can contain a variety of healthy foods, such as whole grains, lean meat/protein, low-fat dairy, fruit and vegetables.

Exercise and active play

- Limit screen time (television or computer games) to no more than two hours a day.
- Choose toys that will encourage physical activity, like a jump rope or ball.
- When your child is bored, distract with activities and games that involve movement.

Healthy Breakfast

Morning is often the most hectic time of the day. However kids should eat a healthy breakfast every day. Kids who eat a healthy breakfast get more fiber, vitamins and minerals in their diet than kids who don't eat breakfast.

Include whole grains, fruit, and low-fat dairy with breakfast. These are some healthy breakfast ideas:

- Whole wheat waffle, fruit and 1% or fat-free milk
- Low-fat yogurt, fruit and whole wheat toast with margarine
- Oatmeal with fruit and 1% or fat-free milk
- Whole wheat bagel with peanut butter, fruit, and 1% or fat-free milk
- Breakfast burrito: whole wheat tortilla, 1 egg, low-fat or fat-free cheese, salsa
- Fruit smoothie: fresh or frozen fruit, low-fat yogurt, and orange juice

Ideas for a healthy breakfast on the go:

- Peanut butter on whole wheat bread (you can add a banana!)
- Turkey sandwich on whole wheat bread with lettuce and tomato
- Hard boiled egg and fruit
- Trail mix: whole grain cereal, raisins, unsalted nuts
- Breakfast sandwich: veggie sausage patty, fat-free cheese, whole wheat English muffin
- Instant Breakfast, 1% or fat-free milk, and fruit

Convenience Breakfast Items

There are many prepackaged breakfast items available. Here are some tips for choosing healthy convenience items:

Cereal Bars	Cereal	Frozen Breakfast Foods
Choose bars with 9 grams of sugar or less and at least 1 gram of fiber	Choose cereal with 9 grams of sugar or less and at least 1 gram of fiber	Read labels for serving size
Add low-fat milk, string cheese, or low-fat yogurt to your meal	Add your own fruit - raisins, bananas, strawberries or any fruit you like!	Buy items with less than 400 calories per serving

Look for these symbols for healthy packaged foods:



*Please ask your health care professional about specific serving sizes for your child.

Comments _____

Packing a Healthy Lunch

Pack a variety of foods with different shapes, sizes, colors and flavors. A healthy lunch can include:

- Milk, cheese, yogurt, dairy
- Meat, chicken, turkey, fish and beans
- Whole grain products (like bread)
- Fruit
- Vegetables



Tips on packing your lunch:

- Prepare lunches on a clean surface using clean utensils.
- Keep hot foods hot and cold foods cold.
- Use a lunchbox with an ice pack.
- Freeze sandwiches and other foods to save time and prevent the food from going bad.
- Put sandwiches in plastic wrap, foil or plastic bags before freezing.
- Label and date items stored in the refrigerator or freezer.
- Pack your lunch the night before to save time in the morning.
- Use condiments in small amounts (Ex: low sugar jelly, light mayonnaise, light salad dressing).
- Use leftovers: combine meats, rice, pasta or vegetables together to make salads or sandwiches/wraps.

Sandwich/salad options:

- whole grain bread, bagel, roll or pita
- English muffin
- lettuce (dark colored/mixed)
- rye bread
- rice cakes



Protein options:

- lean meat, including ham, chicken breast, turkey breast, roast beef or pork
- peanut butter
- tuna fish
- yogurt/pudding
- low fat cheese slices including swiss, mozzarella, monterey jack
- cottage cheese
- egg salad
- bean fillings/hummus

Toppings/sides options:

- salsa
- dried fruit
- dry cereal (whole grain)
- low fat cream cheese
- nuts or seeds
- fresh fruit/vegetables
- whole grain pretzels, crackers

Comments:

Snacking Smart and Healthy

What is a snack?

Snacks are “foods eaten between meals” or “a light meal”. There are many important reasons to include healthy snacks in your daily routine:

- Snacks help you spread your calories throughout the day
 - Make sure you plan your meals and snacks ahead of time
- Snacks help you stay hydrated and energized to perform better throughout the day
- Snacks offer variety in your day and help you eat from each food group
- Snacking can help you avoid overeating at meals

The catch is...smart snacking should be healthy for your body!

Remember these ideas when choosing snacks

- 1. Choose more nutrient rich foods:**
 - Fresh or frozen fruits and vegetables
 - Low fat/nonfat dairy
 - Whole grains
 - Lean meats, poultry and fish
- 2. When picking a snack, try to include a good source of protein.**
 - A good source of protein has 5-7 grams per serving.
- 3. Low fat, fat free, sugar free and trans-fat free are important to look for when watching your weight.**
- 4. Keep total calories in mind when snacking or having “mini-meals”.**



Healthy Snack Examples:

Healthy Snack	Description
Fruit Stick	Fresh pineapple, apples, oranges, bananas on a skewer or toothpick (use any of your favorite fruits)
Ants on a Log	Celery sticks with peanut butter topped with raisins or another dried fruit (craisins)
Yogurt and Fruit Parfait	Layer fruit (fresh or dried) and nonfat/low fat yogurt in a small cup (add cereal for variety)
Trail Mix	Make your own! Use unsweetened whole grain cereal, unsalted peanuts, cashews, sunflower seeds or almonds, and throw in some raisins or dried fruit
Milk	Skim or 1% with a low sugar (less than 9 grams) granola or protein bar
½ Lean Meat Sandwich	Turkey/ham on whole grain bread with lettuce and tomato
Jell-O® or Pudding	Sugar free with nonfat whipped cream
Salsa	With whole grain or baked tortilla chips
Nonfat or low fat Cottage Cheese	On toasted whole wheat English muffin
Tuna (flavored/plain)	On whole grain crackers or Triscuits®
Pita Pocket	Fill with your favorite raw vegetables and hummus, lean meat or low fat dressing
Pretzel Sandwich	Use twisted whole grain pretzels and add low fat cheese to make a sandwich
Boiled Egg	Eat plain or on top of a small side salad
Low Fat Cheese and Fruit Plate	Put a mix of white and yellow cheeses with fresh or dried fruit on a small plate
Peanut Butter and Fruit	Add 1 tablespoon of peanut butter to sliced apples or bananas
Fruit Piggy	Roll fresh fruit (peaches, strawberries, blueberries) in a small pancake
Popcorn	Choose low salt and lightly buttered

Comments:

Low Calorie Drinks

Water is always the best choice to stay healthy and hydrated.

There are many other drinks that add extra calories without many nutrients. Typical fruit drinks, sports drinks, and regular pop are full of calories and sugar that can contribute to weight gain. For example:



- **20 ounce regular pop** (cola or clear) has **250 calories** and **15 teaspoons of sugar**
- **20 ounces of fruit punch** has at least **200 calories** and **12 teaspoons of sugar**

Choose drinks with 10 or fewer calories and less than 3 grams of sugar per serving.

Ideas for low calorie drinks:

- Flavored water – sugar-free
- Sparkling water – you can add 1-2 ounces of 100% juice for flavor!
- Low calorie sports drinks, like Propel® or Powerade Zero®)
- Sugar- free fruit drinks, like Crystal Light®, sugar-free Kool-Aid®, etc.
- Keep a pitcher of water in the refrigerator so cold water is always available
- Add lemon or lime to water
- Use single serve sugar-free powdered packets to add to water
- Tea (hot or cold) with a zero calorie sweetener, like Splenda® or Nutrasweet®

* Limit total juice to no more than 4-8 ounces per day.

* Skim and 1% milk are also healthy alternatives to sugary beverages and are good sources of nutrients.

Comments:

Healthier Choices When on the Run!

When You Need to Watch Your Sodium:

Instead of:

**Try: (For 700 mg Sodium
and 700 Calories or less!)**

Sodium Saved:

McDonalds

Big Mac Large Fries Large PowerAde	Hamburger Fruit and Yogurt Parfait Apple Dippers with Low Fat Caramel Medium Diet Soda	SAVED: 910 mg!
Premium Crispy Chicken Sandwich Medium Fries M&M McFlurry Medium Diet Soda	4 Piece McChicken Nuggets with Honey Small Fries Snack Size Fruit and Walnut Salad Medium Diet Soda	SAVED: 1030 mg!
6 Piece Chicken Nuggets with BBQ Sauce Medium Fries Small Chocolate Shake Small Soda	Fillet-O-Fish Fruit and Yogurt Parfait (no granola) Apple Juice Box	SAVED: 635 mg!

Taco Bell

½ lb Beef & Potato Burrito Side of Nachos Large Soda	Beef Soft Taco Medium Diet Soda	SAVED: 1720 mg!
Fiesta Taco Salad Side of Cinnamon Twists Medium Diet Soda	2 Crunchy Tacos Water	SAVED: 1270 mg!
7 Layer Burrito Side of Mexican Rice Medium Soda	1 Volcano Taco Side of Cinnamon Twists Diet Soda	SAVED: 1160 mg!

Wendy's

Classic Double with Cheese Large Fries Medium Frosty Small PowerAde	Junior Hamburger Sour Cream and Chives Baked Potato Jr. Chocolate Frosty Water	SAVED: 1649 mg!
Chicken Club Sandwich Small Chili Medium Sweet Tea	4 Piece Chicken Nuggets Mandarin Orange Cup Kids French Fries Small Soda	SAVED: 1546 mg!

Instead of:
Try:
Sodium Saved:
White Castle

2 Bacon Jalapeño Cheeseburger Regular Fries Small Minute Maid Raspberry Lemonade	3 White Castles Medium Diet Soda	SAVED: 343 mg!
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Chipotle/Qdoba Mexican Grill

Burrito (steak, rice, beans, salsa, cheese, sour cream) Water	Naked Burrito (only steak, cheese, sour cream, lettuce) Water	SAVED: 1540 mg!
Taco Salad (chicken, cheese sauce, sour cream, salsa) Water	Naked Taco Salad (Steak, lettuce, mango salsa, sour cream, cheese) Water	SAVED: 980 mg!
Quesadilla (chicken, salsa, cheese, guacamole, sour cream) Water	Quesadilla (chicken, corn salsa) Water	SAVED: 1510 mg!

Panera

Cinnamon Crunch Bagel Plain Cream Cheese Large I.C. Mocha	Plain Bagel 1/2 Cream Cheese Container Iced Chai Tea Latte	SAVED: 160 mg!
Frontega Chicken Panini 1/2 Apple Chicken Salad Water	1/2 Tuna Salad on Honey Wheat Sandwich Large Fruit Cup Petite Cookie Water	SAVED: 2435 mg!

Skyline

Regular 3-Way Water	Kids Double Wiener Hot Doggy Special with Cheese Plain Potato Water	SAVED: 2220 mg!
Cheese Coney Garden Salad with Light Italian Dressing Water	Regular Coney (no cheese) Garden Salad (no dressing) Water	SAVED: 120 mg!

Instead of:
Try:
Sodium Saved:
Subway

6" Chicken and Bacon Ranch Veggie Beef Soup 1 Chocolate Chip Cookie Medium Soda	Oven Roasted Chicken Salad with ½ Ranch Packet Yogurt Apple Slices Medium Diet Soda	SAVED: 1630 mg!
6" Italian BMT 1 Chocolate Chip Cookie Medium Soda	Roast Beef Mini Sub Raisins Baked Lays Fruizel Express Water	SAVED: 1309 mg!

Kentucky Fried Chicken (KFC)

3 Original Recipe Chicken Drumsticks Side of Mashed Potatoes and Gravy Side of Coleslaw Water	1 Grilled Chicken Breast Side of Corn Corn Bread Muffin Water	SAVED: 1010 mg!
Chicken Pot Pie Side of Baked BBQ Beans Side House Salad Fat Free Ranch Dressing Water	Toasted Wrap with Crispy Strips (no sauce) Side of Corn Water	SAVED: 2215 mg!

LaRosa's

2 Slices Veggie Stuffed Pizza Water	2 Slices Large Traditional Cheese Pizza Water	SAVED: 1080 mg!
Cheese Ravioli Water	Spaghetti with Meat Sauce Water	SAVED: 964 mg!
Original Steak Hoagy Kitchen Chips Water	½ Original Steak Hoagy Kitchen Chips Water	SAVED: 508 mg!

Instead of:

Try:

Sodium Saved:

Olive Garden

Grilled Chicken Crostada Breadstick 1 Serving Salad with Dressing Water	1/2 Portion Spaghetti with Meat Sauce Water	SAVED: 4440 mg!
Tour of Italy Water	1/2 Portion Ravioli Di Portobello Water	SAVED: 3130 mg!

Chili's

Chili's Cheesesteak Water	Guiltless Cedar Plank Tilapia Mandarin Oranges Water	SAVED: 1130 mg!
Original Ribs Water	Kids Pepper Pals Grilled Chicken Sandwich Mandarin Oranges Seasonal Vegetables Water	SAVED: 3420 mg!

Comments:

Shopping Guide to Lowering Fat

There are so many different choices of products to choose from while grocery shopping. Food companies are making different options, such as reduced fat and fat free foods, available to consumers. When purchasing a product, if reduced-fat options are available, choose those as opposed to fat free. Fat-free products typically have more salt and sugar added to them to make up for the loss of flavor from the fat. Read the food label for information on fat grams per serving.



Lower-Fat Choices:

Breads: 100% whole grain breads, bagel, French bread, pita bread, English muffins, un-fried tortillas, Italian bread, plain breadsticks

Starches/Grains: oyster crackers, saltines, soda crackers, matzo, Melba toast, 100% whole grain products, plain rice, pasta, legumes, dried beans, most cereals and oats

Fruits/Vegetables: most fresh, frozen and canned

Fresh Meat, Poultry, Seafood: lean cuts with round, loin, or sirloin in the name (like ground sirloin), skinless turkey & chicken, white meat poultry, tuna packed in water, fresh seafood & fish, egg whites, egg beaters

Processed Meats: lean ham, turkey, roast beef, chicken, fat-free lunch meats, 100% white meat turkey dogs

Dairy: Skim, ½%, 1% milk; low-fat sour cream, yogurt, reduced-fat cottage cheese, buttermilk, skim milk, low-fat or part skim cheese, fat-free half & half

Desserts: sherbet, low-fat frozen yogurt, reduced fat cookies, low-fat/reduced fat ice cream, angel food cake, graham crackers, ginger snaps, animal crackers, fruit juice bars, Jell-O, fat-free pudding



Higher-Fat Choices:

Breads: croissants, crescent rolls, donuts, buttery crusted breads, muffins, waffles, pancakes, quick breads, pastries, cake

Starches/Grains: snack crackers with hydrogenated oils, butter, coconut oil, granola, ramen noodles, boxed rice, pork & beans, potato mixes

Fruits/Vegetables: avocado, coconut, olives, fried potatoes, frozen vegetables with sauces

Fresh Meat, Poultry, Seafood: meats with visible fat, marbling, skin, organ meats, batter coated or fried chicken/seafood, dark meat poultry, ground beef, duck, egg yolks, tuna canned in oil

Processed Meats: salami, sausage, beef/pork hotdogs, bacon, pepperoni, bologna

Dairy: heavy whipping cream, whole and 2% milk, half & half, sour cream, whole milk yogurt, high-fat cheeses including: cream cheese, cheddar, Colby, American, Brie, regular feta cheese

Desserts: regular or premium ice cream, pie, cake, cream puffs, ice cream cakes, cookies made with butter/lard, saturated fats or "hydrogenated vegetable oil," cheesecake, pastries, tarts, cobblers, cupcakes, éclairs, brownies, fritters

10
tips

MyPyramid

Nutrition Education Series

make half your grains whole



Gr 1

If your grains whole

10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.



2 whole grains can be healthy snacks



Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

3 save some time

Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casseroles or stir-fries. Then, you don't need that added dinner roll!

5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

6 bake up some whole-grain goodness

Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening.

7 be a good role model for children

Set a good example for children by eating whole grains with meals or as snacks.

8 read food ingredients

Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.



9 know what to look for on the label

Choose foods that name one of the following whole-grain ingredients **first** on the label's ingredient list: "brown rice," "bulgur," "graham flour," "oatmeal," "whole-grain corn," "whole oats," "whole rye," "whole wheat," or "wild rice."

10 be a savvy shopper

A food's color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.



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Nutrition TipSheet No. 6
November 2009
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10 tips

MyPyramid

Nutrition Education Series

cut back on sweet treats

10 tips to cut back on added sugars



Cut back on buying foods and beverages with added sugars. If you don't buy them, your kids won't get them very often. Eating too many sweet treats can contribute to tooth decay and overweight. So, it is important for kids, and adults, to limit eating sugary foods and drinks.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Instead, teach your child that a small amount of sweets or a treat can go a long ways. Use smaller bowls, plates, and utensils for your child to eat with. Children can practice serving from small bowls as you help them.

2 skip the soda

Soda is high in calories and contains a lot of sugar. Skip the store's soda or sweetened beverage aisle completely. Remind your child that you've already picked out a juice together. Make fresh fruit smoothies together by blending fresh or frozen fruit with fat-free or low-fat milk and yogurt or 100% juice.



3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy or gum that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs or non-food items, like stickers, to make them feel special.

5 offer fruit for dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) as a healthy option instead of high-fat desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Try making nutritious foods fun by preparing them with your child's help and being creative together. Make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth. Or, cut fruit into fun and easy shapes with cookie cutters.

7 encourage children to invent new snacks

Make your own trail mixes from dry cereal, dried fruit, and nuts or seeds. Provide them with a table full of fresh and nutritious foods, and allow children to pick and choose what they want in their "new" innovative snack.



8 name a food your child helps make

Serve "Dawn's Salad" or "Peter's Sweet Potatoes" for dinner. The food will be nutritious and your child will be proud of the meal he or she helped create. They will also be more willing to try new things if they get involved in meal planning.

9 play with food

Let your child make towers out of whole-grain crackers or make funny faces on plates with pieces of fruit.

10 if meals are not eaten, kids do not need "extras"

Candy or cookies are not replacements for foods not eaten at meal times.



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10
tips

MyPyramid

Nutrition Education Series

eat deep orange and dark green vegetables



10 tips to choosing a harvest of colorful vegetables

Learn to love vegetables! Eating foods, such as vegetables that are low in calories per cup, instead of some other high calorie food, may be useful in helping to lower calorie intake. Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancer, reduce the risk for type 2 diabetes, and reduce the risk for stroke and other types of heart disease.



orange vegetables

acorn squash hubbard squash
butternut squash pumpkin
carrots sweet potatoes



dark green vegetables

bok choy dark green leafy lettuce romaine lettuce watercress
broccoli kale spinach
collard greens mustard greens turnip greens

1 buy fresh vegetables in-season

They cost less and are likely to be at their peak flavor.



2 put a green vegetable on your dinner plate

Make it easy by simply slicing a romaine lettuce leaf, topped off with a spoonful of another vegetable. "Invite" broccoli or bok choy to your dinner table more often. Cook until bright green and serve with a drizzle of low-fat salad dressing.

3 choose vegetables with more potassium

Select beet greens, winter squash, spinach, and sweet potatoes often. Also choose lima beans, cooked lentils and split peas, and tomato products (paste, sauce, and juice) for potassium.

4 add color to salads

Use baby carrots, shredded red cabbage, or spinach leaves. Throw in a handful of mixed frozen vegetables that have had time to defrost. Frozen vegetables are already partially cooked but will still add a crunchy texture. Include in-season vegetables throughout the year.

5 munch on raw veggies

Add carrot sticks or sweet red pepper strips at lunch. Snack on celery sticks in the afternoon.



6 learn how to prepare and cook vegetables

Open up a cookbook or turn on a cooking show to learn how to prepare delicious vegetables.

7 buy vegetables that are easy to prepare

Pick up prewashed bags of salad greens, baby carrots, or celery sticks.



8 make vegetables interesting by adding some crunch

Sprinkle slivered almonds or other nuts on steamed vegetables. Add toasted peanuts or cashews to a vegetable stir-fry in place of meat.

9 stock up on frozen or canned vegetables

For quick and easy cooking, have frozen or canned vegetables in your kitchen so you can microwave them when you are extra busy.



10 get your vitamins and minerals from foods

Dark orange and green vegetables provide vitamin A, vitamin C, fiber, potassium, and many other nutrients. Foods are the best source of vitamins and minerals. Supplements cannot replace healthy food choices for a balanced diet.



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November 2009
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10 tips

MyPyramid

Nutrition Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits for a sweet effect in a recipe.



3 think about variety

Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber

Make most of your choices whole or cut-up fruit rather than juice, for the benefits that dietary fiber provides.



5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6 try fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.



7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 try fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.

9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe

Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.



Harvest Guide

- Available fresh
- Available from storage, greenhouse, or hydroponically grown

*Value-added foods are those that have been processed in some way. Examples include pickles, soup, and pasta sauce.

Community Resources for Eating Locally and Sustainably

- Center for Closing the Health Gap**, closingthehealthgap.org
- Cincinnati Chapter Weston A. Price Foundation**, wholefood.meetup.com/165
- Cincinnati EarthSave**, cincinnati.earthsave.org
- Cincinnati Farmers Market**, cincinnati farmersmarkets.org
- Cincinnati Local Foods Group**, groups.yahoo.com/group/CincLocavore
- Cincinnati Nature Center**, cincynature.org
- Cincinnati Public Library**, cincinnati library.org
- The Civic Garden Center of Greater Cincinnati**, civicgardencenter.org
- Food and Growers Association of Laughery Valley and Environs (SE Indiana)**, foodandgrowers.org
- Gorman Heritage Farm**, gormanfarm.org
- Grailville**, grailville.org/index.php
- Granny's Garden School**, grannysgardenschool.com
- Greenacres**, green-acres.org
- Indiana Farm Direct**, indianafarmdirect.com
- Kentucky Department of Agriculture**, kyagr.com
- Kentucky Proud**, kyagr.com/kyproud/index.htm
- Ohio Ecological Food and Farm Association**, oeffa.com
(contact Turner Farm, www.turnerfarm.org, about the SW Ohio chapter)
- *CORV LOCAL FOOD IS A MEMBER OF OEFFA**
- Ohio Proud**, ohioproud.org
- Ohio Valley Foodshed**, ohiovalleyfoodshed.org
- Ohio State University Extension – Butler County**, butler.osu.edu
- Ohio State University Extension – Hamilton County**, hamilton.osu.edu/
- Organic Association of Kentucky**, oak-ky.org/resources.shtml
- Peaslee Neighborhood Center's Children's Garden**, peasleecenter.org
- Slow Food Cincinnati**, slowfoodcincinnati.blogspot.com
- Turner Farm**, turnerfarm.org

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	■	■	■	■	■	■	■	■	■	■	■	■
Apple Cider	■	■	■	■	■	■	■	■	■	■	■	■
Asian Vegetables					■	■	■	■	■	■	■	■
Asparagus				■	■	■	■	■	■	■	■	■
Basil				■	■	■	■	■	■	■	■	■
Beans					■	■	■	■	■	■	■	■
Beets					■	■	■	■	■	■	■	■
BERRIES:												
Blackberries							■	■	■	■	■	■
Blueberries						■	■	■	■	■	■	■
Currants							■	■	■	■	■	■
Raspberries						■	■	■	■	■	■	■
Strawberries					■	■	■	■	■	■	■	■
Broccoli						■	■	■	■	■	■	■
Brussels Sprouts										■	■	■
Cabbage						■	■	■	■	■	■	■
Carrots						■	■	■	■	■	■	■
Cauliflower										■	■	■
Cherries						■	■	■	■	■	■	■
Collards					■	■	■	■	■	■	■	■
Cucumbers	■	■	■	■	■	■	■	■	■	■	■	■
Dairy Products	■	■	■	■	■	■	■	■	■	■	■	■
Edamame									■	■	■	■
Eggplant							■	■	■	■	■	■
Eggs	■	■	■	■	■	■	■	■	■	■	■	■
Flowers				■	■	■	■	■	■	■	■	■
Garlic	■	■	■	■	■	■	■	■	■	■	■	■
Grains & Flour	■	■	■	■	■	■	■	■	■	■	■	■
Grapes, Table								■	■	■	■	■
Grapes, Wine										■	■	■
Herbs	■	■	■	■	■	■	■	■	■	■	■	■
Honey	■	■	■	■	■	■	■	■	■	■	■	■
Kale					■	■	■	■	■	■	■	■
Leeks												
Lettuce	■	■	■	■	■	■	■	■	■	■	■	■
Maple Syrup	■	■	■	■	■	■	■	■	■	■	■	■
Meat and Poultry	■	■	■	■	■	■	■	■	■	■	■	■
Melons							■	■	■	■	■	■
Mushrooms	■	■	■	■	■	■	■	■	■	■	■	■
Mustard Greens					■	■	■	■	■	■	■	■
Okra									■	■	■	■
Onions, Dry										■	■	■
Onions, Green						■	■	■	■	■	■	■
Parsnips										■	■	■
Peaches							■	■	■	■	■	■
Pears									■	■	■	■
Peas					■	■	■	■	■	■	■	■
Peppers							■	■	■	■	■	■
Plums							■	■	■	■	■	■
Potatoes							■	■	■	■	■	■
Pumpkins									■	■	■	■
Radishes					■	■	■	■	■	■	■	■
Rhubarb					■	■	■	■	■	■	■	■
Spinach				■	■	■	■	■	■	■	■	■
Squash, Summer						■	■	■	■	■	■	■
Squash, Winter									■	■	■	■
Sweet Corn							■	■	■	■	■	■
Swiss Chard							■	■	■	■	■	■
Tomatoes							■	■	■	■	■	■
Tumips									■	■	■	■
*Value Added	■	■	■	■	■	■	■	■	■	■	■	■
Zucchini						■	■	■	■	■	■	■

Local Farmers' Markets

SHOPPING TIPS

Shopping at a Farmers' Market can be a real community experience. Be sure to take bags, small change, and maybe even a friend to enjoy your visit. Take your time; try something new. Beyond the basic information about growing practices included in this guide, growers can tell you much more about their harvests.

WINTER MARKETS

Check with individual farmers' markets for more information on winter markets.

Farmers' markets enable farmers to keep 80 to 90 cents of each dollar spent by the consumer.

~ sustainabletable.org

Daily

Boone County

Daily 9:00am-6:00pm, May 1-October 31
1961 Burlington Pike
Adjacent to Boone County Extension
Burlington, KY 41005
www.boonecountymarket.org

Lunken Airport Farm Market

Mon-Fri 1:30pm-dark (around 7)
Sat. & Sun. 9am-dark
Wilmer Avenue off of State Route 52
Cincinnati, OH 45226

Sunday

Findlay Market

Sunday 10am-3pm, April-November
WINTER MARKET
Accepts EBT
Also see Saturday and Tuesday listing
1801 Race Street
Cincinnati, OH 45202
www.findlaymarket.org

Hyde Park

9:30am-1:30pm, June-October
3424 Edwards Road (US Bank Lot)
Cincinnati, OH 45208
www.hydeparkfarmersmarket.com

Oakley Off Season

10am-1pm Autumn-Spring
WINTER MARKET
3363 Madison Rd. at Forkable Feast
Cincinnati, OH 45209

Monday

Nativity Church- Tailgate Market

3:30pm - 6:15pm, June-October
5935 Pandora (Pleasant Ridge)
Cincinnati, OH 45213

Tuesday

Highland Heights – Campbell County

3:00pm-6:00pm, May 18-October
Campbell County Senior Center (Martha Layne Collins
Blvd.), Highland Heights, KY 41076

Findlay Market

3:00pm-6:00pm, June-October
WINTER MARKET, accepts EBT
Also see Saturday and Sunday listing
1801 Race Street, Cincinnati, OH 45202
www.findlaymarket.org

Mt. Carmel – Ohio Valley Fruit and Vegetable Grower's Association

2:00pm-6:00pm
453 Cincinnati Batavia Pike (Sports Page Café lot)
Cincinnati, OH 45244

Saylor Park

4:00pm-7:00pm, May-October
Parkland Avenue (Town Square Park)
Cincinnati, OH 45233

Strauss and Troy Market on the Square

Weather permitting...
11:00am-2:00pm, June 8th-Sept. 28th
Fountain Square, downtown Cincinnati
Cincinnati, OH 45202
www.myfountainsquare.com/market

Wyoming Avenue

3:00pm-7:00pm, May-October
WINTER MARKET
Accepts EBT
Wyoming and Van Roberts (Municipal lot)
Wyoming, OH 45215
www.wyomingfarmersmarket.net

Wednesday

Earth Mother Market

3:00pm-7:00pm, May 5-mid October
1038 S. Ft. Thomas Ave. (at intersection of River Rd. in front
of "Stables" building)
Ft. Thomas, KY 41075

Milford – Ohio Valley Fruit and Vegetable Grower's Association

2:00pm-6:00pm, June-Thanksgiving
Also see Saturday listing
Corner of Route 131 & Route 50
(Milford Shopping Center lot)
Milford, OH 45150
www.milfordfarmersmarket.com

Northside

4:00pm-7:30pm, June-October outdoors
WINTER MARKET
Hamilton Avenue at Hoffner Park
Cincinnati, OH 45223
www.northside.net

Pleasant Run

3:30pm-6:30pm June-October
1st Wednesday of the month, July-October
11565 Pippin and Crest
Cincinnati, OH 45231

Thursday

Dixie

2:00pm-6:00pm, April 29-October 14
116 Commonwealth Avenue
(Erlanger Baptist Church lot)
Erlanger, KY 41018

Farm Market of College Hill

3:00pm-6:30pm May 27th - October
WINTER MARKET
5742 Hamilton Avenue
(at Ulanfair St. and Groesbeck Rd.)
Cincinnati, OH 45224
www.collegehillfarmmarket.org

Historic Harrison

3:30pm-7:00pm, June 3-October 28
Harrison Avenue and State Street
Harrison, OH 45030

Lebanon

12:00pm-6:00pm, May 13-October 21
Sycamore and Main Streets (parking lot)
Lebanon, OH 45036

Madeira

3:30pm to 7:30pm June-October
Corner of Miami Avenue and Dawson Road
in downtown Madeira, Madeira, OH 45243
www.madeirafarmersmarket.com


Mt. Washington

3:00pm-7:00pm, June-October
Stanbery Park, 2221 Oxford Avenue
Cincinnati, OH 45230
<http://mwfarmersmarket.com>

Springdale

3:00pm-7:00pm, June 3-October 28
Springdale Town Center
Kemper and Springfield Pike
Springdale, OH 45246

**St. Therese Church –
Tailgate Market**

3:30pm-6:00pm, July-October
2516 Alexandria Pike, Southgate, KY 41071

Friday
Alexandria - Campbell County

3:00pm-6:00pm, May 14-October
7634 Alexandria Pike (Southern Lanes)
Alexandria, KY 41001

Brookville

3:30pm-7:30pm, May 21-October
110 Main Street (historic co-op mill site)
Brookville, IN 47012
www.penningtonhollowfarm.com

**Florence Tailgate –
Boone County satellite**

2:00-5:00pm, July-September
7425 US 42, Florence, KY 41042

Greensburg/Decatur County

2:00-6:30pm, May 21st-October 15
150 Courthouse Square, Greensburg, IN 47240

Lettuce Eat Well

3:00pm-7:00pm June 4 –November 19
5000 North Bend Road
(at Joy Community Church)
Cincinnati, OH, 45211

**Northminster United Presbyterian Church
– Tailgate Market**

3:30pm-6:30pm, June-October
703 Compton Road (Finnietown)
Cincinnati, OH 45231

Saturday

Anderson

9:00am-1:00pm, May 29-October 2
❄️ WINTER MARKET
7832 Five Mile Road (Anderson Center Station Park
and Ride) Cincinnati, OH 45230

Batesville

7:30am-11:00am, May 8-end of October
Main and George Streets, Batesville, IN 47006


Deerfield Township Landon

9:00am-12pm, May 22-October
❄️ WINTER MARKET
3300 Montgomery Road, Loveland, OH 45140


Findlay Market

8:00am-2:00pm, April-November
❄️ WINTER MARKET
Accepts EBT
Also see Tuesday and Sunday listing
1801 Race Street, Cincinnati, OH 45202
www.findlaymarket.org

Mason

8:00am-12:00pm, mid-July-September
770 Mason-Montgomery Road (Mason Middle School lot)
Mason, OH 45040


**Milford – Ohio Valley
Fruit and Vegetable
Grower's Association**

2:00pm-6:00pm, June-Thanksgiving
Also see Wednesday listing
Corner of Route 131 & Route 50
(Milford Shopping Center lot)
Milford, OH 45150
www.milfordfarmersmarket.com


Montgomery

9am-12:30pm, June 5-October 30
Downtown Montgomery, OH 45242
montgomeryfarmersmarket.blogspot.com

Newport – Campbell County

9:00am-12:00pm, June 19-October
709 Monmouth Street, Newport, KY 41071

Northern Kentucky Regional

8:00am-2:00pm, May 8-October 30
Sixth Street Promenade (Mainstrasse Village behind Goose
Girl fountain) Covington, KY 41011
nkyfarmersmarket.com


**Oxford Farmers'
Market Uptown**

7:30am-12:00pm, May-September;
8:30am-12:00pm, October-Thanksgiving;
❄️ WINTER MARKET
9:30am-12:00pm; 3rd Saturday of Dec-April
corner of High and Main Streets
Oxford, OH 45056
www.oxfordfarmersmarket.com

Silverton

9:30am-1:00pm, June-October
Meier's Wine Cellars Parking Lot
6955 Plainfield Rd, Silverton, OH, 45236


Simon Kenton

8:30am-2:00pm April 24-October
5272 Madison Pike (Grounds of the Independence
Court House)
Independence, KY 41051


West Chester

9:00am-1:00pm, May 22-October
❄️ WINTER MARKET
Centre Point Drive off of Union Center Blvd.
West Chester, OH 45069
www.westchestersfarmersmarket.com



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Butler County

Atrium Family YMCA
5750 Innovation Drive
Franklin, OH 45005
(513) 217-5501

Hours M-F: 5am-10 pm
Saturday: 7am-7pm
Sunday 1pm-5pm

East Butler YMCA
6645 Morris Road
Hamilton, OH 45011
(513) 892-9622

Hours M-F: 5am-10 pm
Saturday: 7am-7pm
Sunday: 11am-7pm

Fairfield Family YMCA
5220 Bibury Road
Fairfield, OH 45014
(513) 829-3091

Hours M-Th: 5:30am-10 pm
Friday: 5:30am-8pm
Saturday: 7am-7pm
Sunday: 1pm-5pm

Fitton Family YMCA
1307 NW Washington Blvd
Hamilton, OH 45013
(513) 868-9622

Hours M-Th: 5am-10 pm
Friday: 5pm-8pm
Saturday: 7am-6pm
Sunday: 1pm-5pm

Hamilton Central YMCA
105 North Second Street
Hamilton, OH 45011
(513) 887-0001

Hours M-Th: 5am-8:30pm
Friday: 5am-7pm
Saturday: 7am-5pm
Sunday: 1pm-5pm (Jan-March Only)

Middletown Area Family YMCA
1020 Manchester Avenue
Middletown, OH 45041
(513) 422-9622

Hours M-Th: 5:30am-8:30pm
Friday: 5:30am-7pm
Saturday: 8am-4pm
Sunday: 1pm-4pm (Jan-March Only)



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hamilton County

Blue Ash YMCA
5000 YMCA Drive
Cincinnati, OH 45242
(513) 791-5000

Hours M-F: 5am-10 pm
Saturday: 6am-7pm
Sunday: 11am-6pm

Camp Ernst
7615 Camp Ernst Road
Burlington, KY 41075
(859) 586-6181

For more info visit:
www.myYcamp.org

Campbell County YMCA
1437 S. Ft. Thomas Avenue
Ft. Thomas, KY 41075
(859) 781-1814

Hours M-F: 5:30am-10 pm
Saturday: 7am-6pm
Sunday: 12pm-6pm

Carl H. Lindner YMCA
1425B Linn Street
Cincinnati, OH 45214
(513) 241-9622

Hours M-F: 6am-9pm
Saturday: 9am-3pm
Sunday: Closed

Central Parkway
1105 Elm Street
Cincinnati, OH 45202
(859) 241-5348

Hours M-F: 5:30am-9pm
Saturday: 8am-5pm
Sunday: 12pm-5pm

Clermont Family YMCA
2075 James E. Sauls Sr.
Batavia, OH 45103
(859) 724-9622

Hours M-F: 5:30am-9pm
Saturday: 7am-6pm
Sunday: 12pm-6pm

Clippard YMCA
8920 Cheviot
Cincinnati, OH 45251
(859) 923-4466

Hours M-F: 5:30am-10pm
Saturday: 7am-7pm
Sunday: 12pm-7pm



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hamilton County, continued

Gamble-Nippert YMCA
3159 Montana Avenue
Cincinnati, OH 45211
(513) 661-1105

Hours M-F: 5am-10pm
Saturday: 6am-7pm
Sunday: 12pm-7pm

M.E. Lyons YMCA
8108 Clough Pike
Cincinnati, OH 45244
(513) 474-1400

Hours M-F: 5am-10pm
Saturday: 6am-9pm
Sunday: 12pm-6pm

Melrose YMCA
2840 Melrose Avenue
Cincinnati, OH 45206
(513) 961-3510

Hours M-Th: 5:15am-8:30pm
Friday: 5:15am-6pm
Saturday: 8am-4pm
Sunday: Closed

Powel Crosley YMCA
9601 Winton Road
Springfield Township, OH
(513) 521-7112

Hours M-F: 5:30am-10pm
Saturday: 7am-6pm
Sunday: 12pm-6pm

R.C. Durr YMCA
5874 Veterans Way
Burlington, KY 41005
(859) 534-5700

Hours M-F: 5:30am-10pm
Saturday: 7am-6pm
Sunday: 12pm-6pm

Richard E. Lindner YMCA
2039 Sherman Avenue
Norwood, OH 45212
(513) 731-0115

Hours M-F: 5:45am-10pm
Saturday: 8am-6pm
Sunday: 12pm-6pm

Williams YMCA
1228 E. McMillian Street
Cincinnati, OH 45206
(513) 961-7552

Hours M-F: 5am-9pm
Saturday: 7am-6pm
Sunday: 12pm-6pm



CINCINNATI PARKS

Cincinnati Parks include five regional parks, 70 neighborhood parks and 34 nature preserves, as well as parkways and neighborhood gateways. Hiking, trail maps and seasonal programs provide options for getting active outdoors.

www.cincyparks.com or <http://cincyparks.com/bm~doc/cincyparks-comprehensive-parks-list.pdf>

West Region		
Fernbank 7100 River Rd., 45233	LaBoiteaux 5400 Lanius Lane, 45224	Mt Airy Forest 5083 Colerain Ave., 45223
Mt Echo Park (pavilion) 251 Mt. Echo Park Dr., 45205		Rapid Run Park 4548 Rapid Run Pkwy., 45238

Central Region		
Avon Woods 4253 Paddock Rd., 45229	Burnet Woods 3251 Brookline Dr., 45220	Caldwell Preserve 500 W. Northbend Rd., 45224
Eden Park 1501 Eden Park Dr., 45202	Fleischmann Gardens 524 Forest Ave., 45229	Lytle Park 500 E. Fourth St., 45202
Mt. Storm Park 700 Lafayette Ave., 45223	Washington Park 1225 Elm St., 45210	Friendship Park 1135 Eastern Ave., 45202

East Region		
Alms Park 710 Tusculum Ave., 45226	Ault Park 3600 Observatory Dr., 45208	California Woods 5400 Kellogg Ave., 45228
Daniel Drake Park 5800 Red Bank Rd., 45213	French Park 3012 Section Rd., 45237	Otto Armleder 5059 Wooster Pike, 45226
	Stanbery Park 2221 Oxford Ave., 45230	

Cincinnati Recreation Commission – www.cincyrec.org

Provides recreational, cultural, leisure and educational activities for Cincinnatians of all ages and abilities. CRC offers athletic leagues, programs for seniors and youth, aquatics, therapeutic and inclusive programs for persons with disabilities, before and after-school programs, and summer day camps.

CRC's InfoLine 513.352.4000

Recreation Centers and Day Camps:

Cincinnati Recreation Commission	
<p>Bond Hill Recreation Center 1501 Elizabeth Place, 45237 Phone 513.242.9565 bondhill@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Playground - Teen Lounge</p>
<p>Bush (Myron B.) Recreation Center 2640 Kemper Lane, 45206 Phone 513.281.1286 bush@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Deep Pool - Diving Board - Diving Well - Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Playground - Shallow Pool - Teen Lounge - Wading Pool</p>
<p>Camp Washington Recreation Center 1201 Stock Ave., 45225 Phone 513.681.6046 campwashington@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Computer Center - Deep Pool - Diving Board - Fitness Center - Free Parking - Game Room - Kitchen - Meeting Room - Outdoor Basketball - Playground - Soccer Field - Softball Field - Teen Lounge - Wading Pool</p>
<p>Carthage Recreation Center 19 East 72nd Street, 45216 Phone 513.821.2954 carthage@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Free Parking - Game Room - Kitchen - Meeting Room - Outdoor Basketball - Teen Lounge</p>
<p>Clifton Recreation Center 320 McAlpin Ave., 45220 Phone 513.961.5681 clifton@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball</p>

Cincinnati Recreation Commission

<p>College Hill Recreation Center 5545 Belmont Ave., 45224 Phone 513.591.3555 collegehill@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Fitness Center - Free Parking - Gym - Meeting Room - Playground - Soccer Field - Softball Field - Teen Lounge - Tennis Court - Walking Track</p>
<p>Corryville Recreation Center 2823 Eden Ave., 45219 Phone 513.221.0888 corryville@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Fitness Center - Free Parking - Gym - Meeting Room - Outdoor Basketball - Playground - Teen Lounge</p>
<p>Dunham Recreation Center 4356 Dunham Lane, 45238 Phone 513.251.5862 dunham@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>9 Hole Course - Baseball Field - Computer Center - Free Parking - Game Room - Gym - Meeting Room - Picnic Shelter - Playground - Sand Volleyball Court - Shallow Pool - Soccer Field - Softball Field - Teen Lounge - Wading Pool</p>
<p>Evanston Recreation Center 3204 Woodburn Ave., 45207 Phone 513.861.9417 Evanston@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Playground</p>
<p>Hartwell Recreation Center 8275 Vine Street, 45216 Phone 513.821.5194 hartwell@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Deep Pool - Diving Board - Diving Well - Free Parking - Meeting Room - Outdoor Basketball - Playground - Soccer Field - Softball Field</p>
<p>Hirsch Recreation Center 3630 Reading Rd., 45229 Phone 513.751.3393 Hirsch@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Computer Center - Fitness Center - Football Field - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Playground - Soccer Field - Softball Field - Teen Lounge</p>
<p>Leblond Recreation Center 2335 Riverside Drive, 45202 Phone 513.281.3209 leblond@Cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Fitness Center - Free Parking - Game Room - Gym - Meeting Room - Outdoor Basketball - Playground - Shallow Pool - Soccer Field - Teen Lounge - Wading Pool</p>

Cincinnati Recreation Commission

<p>Lincoln Recreation Center 1027 Linn Street, 45203 Phone 513.721.6514 lincoln@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Deep Pool - Diving Board - Diving Well - Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Playground - Shallow Pool - Teen Lounge - Tennis Court</p>
<p>Madisonville Recreation Center 5320 Stewart Ave., 45227 Phone 513.271.4190 Madisonville@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Computer Center - Concession - Deep Pool - Diving Board - Fitness Center - Football Field - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Playground - Soccer Field - Softball Field - Teen Lounge - Tennis Court - Walking Track</p>
<p>McKie Recreation Center 1655 Chase Ave., 45223 Phone 513.681.8247 mckie@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Deep Pool - Diving Board - Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Picnic Shelter - Playground - Soccer Field - Teen Lounge - Wading Pool</p>
<p>Millvale Recreation Center 3303 Beekman Street, 45225 Phone 513.352.4351 millvale@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Concession - Deep Pool - Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Shallow Pool - Teen Lounge</p>
<p>Mt. Auburn Recreation Center 270 Southern Ave., 45219 Phone 513.381.1760 mtauburn@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Deep Pool - Fitness Center - Free Parking - Game Room - Gym - Heated Pool - Indoor Pool - Kitchen - Meeting Room - Outdoor Basketball - Playground - Softball Field - Teen Lounge - Theatre</p>
<p>Mt. Washington Recreation Center 1715 Beacon Street, 45230 Phone 513.232.4762 mtwashington@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Computer Center - Deep Pool - Diving Board - Diving Well - Fitness Center - Football Field - Free Parking - Gym - Kitchen - Meeting Room - Playground - Soccer Field - Softball Field - Teen Lounge - Tennis Court - Wading Pool - Walking Track</p>
<p>North Avondale Recreation Center 617 Clinton Springs ,45229 Phone 513.961.1584 northavondale@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Picnic Shelter - Playground - Soccer Field - Softball Field - Steam Room - Teen Lounge - Tennis Court</p>

Cincinnati Recreation Commission

<p>Oakley Recreation Center 3882 Paxton Ave., 45209 Phone 513.321.9320 Oakley@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Computer Center - Concession - Deep Pool - Free Parking - Kitchen - Meeting Room - Outdoor Basketball - Playground - Soccer Field - Softball Field - Tennis Court - Wading Pool</p>
<p>Over-the-Rhine Recreation Center 1715 Republic Street, 45210 Phone 513.381.1893 otr@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Deep Pool - Fitness Center - Free Parking - Game Room - Gym - Heated Pool - Indoor Pool - Kitchen - Meeting Room - Roller Skating - Teen Lounge</p>
<p>Pleasant Ridge Recreation Center 5915 Ridge Ave., 45213 Phone 513.731.7894 pleasantridge@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Concession - Deep Pool - Diving Board - Fitness Center - Football Field - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Playground - Soccer Field - Softball Field - Tennis Court - Wading Pool</p>
<p>Price Hill Recreation Center 959 Hawthorne Ave., 45205 Phone 513.251.4123 pricehill@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Fitness Center - Free Parking - Game Room - Gym - Meeting Room - Outdoor Basketball - Playground - Teen Lounge</p>
<p>Sayler Park Recreation Center 6720 Home City Ave., 45233 Phone 513.941.0102 saylerpark@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Computer Center - Deep Pool - Diving Board - Fitness Center - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Playground - Shallow Pool - Soccer Field - Softball Field</p>
<p>Westwood Town Hall Recreation Center 3017 Harrison Ave., 45211 Phone 513.662.9109 westwoodtownhall@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Computer Center - Free Parking - Game Room - Kitchen - Meeting Room - Playground - Teen Lounge - Theatre</p>
<p>Winton Hills Recreation Center 5170 Winneste, 45232 Phone 513.641.0422 wintonhills@cincinnati-oh.gov</p>	<p style="text-align: center;">Amenities Available</p> <p>Baseball Field - Computer Center - Deep Pool - Diving Board - Diving Well - Fitness Center - Football Field - Free Parking - Game Room - Gym - Kitchen - Meeting Room - Outdoor Basketball - Playground - Roller Skating - Shallow Pool - Softball Field - Teen Lounge - Wading Pool</p>

WEBSITES – Healthy Eating and Nutrition

General Nutrition

Food Guide Pyramid: www.mypyramid.gov

Learn about healthy eating

National Dairy Council: www.nationaldairyCouncil.org

Learn about milk and other dairy products and healthy eating for children

Exercise

America on the Move: www.americaonthemove.org

Free registration to set your own eating and exercise goals

Healthy Heart

American Heart Association: www.americanheart.org

Go to the Healthy Lifestyle section to learn about nutrition and exercise

Diabetes

American Diabetes Association: www.diabetes.org

Nutrition information and recipes; section for teens

Recipes

Meals For You: www.mealsforyou.com

Recipes – you can choose low fat or low carb recipes

Local Resources

Nutrition Council of Greater Cincinnati: www.nutritioncouncil.org

Nutrition information and recipes; local event information

Websites for Kids

Kid's Health: www.kidshealth.org

Web site for kids, teens, and parents about health and nutrition

Kidnetic: www.kidnetic.com

Fun website for kids and parents about nutrition and exercise

Vegetarian Nutrition

The Vegetarian Resource Group: www.vrg.org

Vegetarian recipes and nutrition information for families, teens, kids; restaurant guide available

Vegetarian Diets: A Dietitian's Guide: www.vegnutrition.com

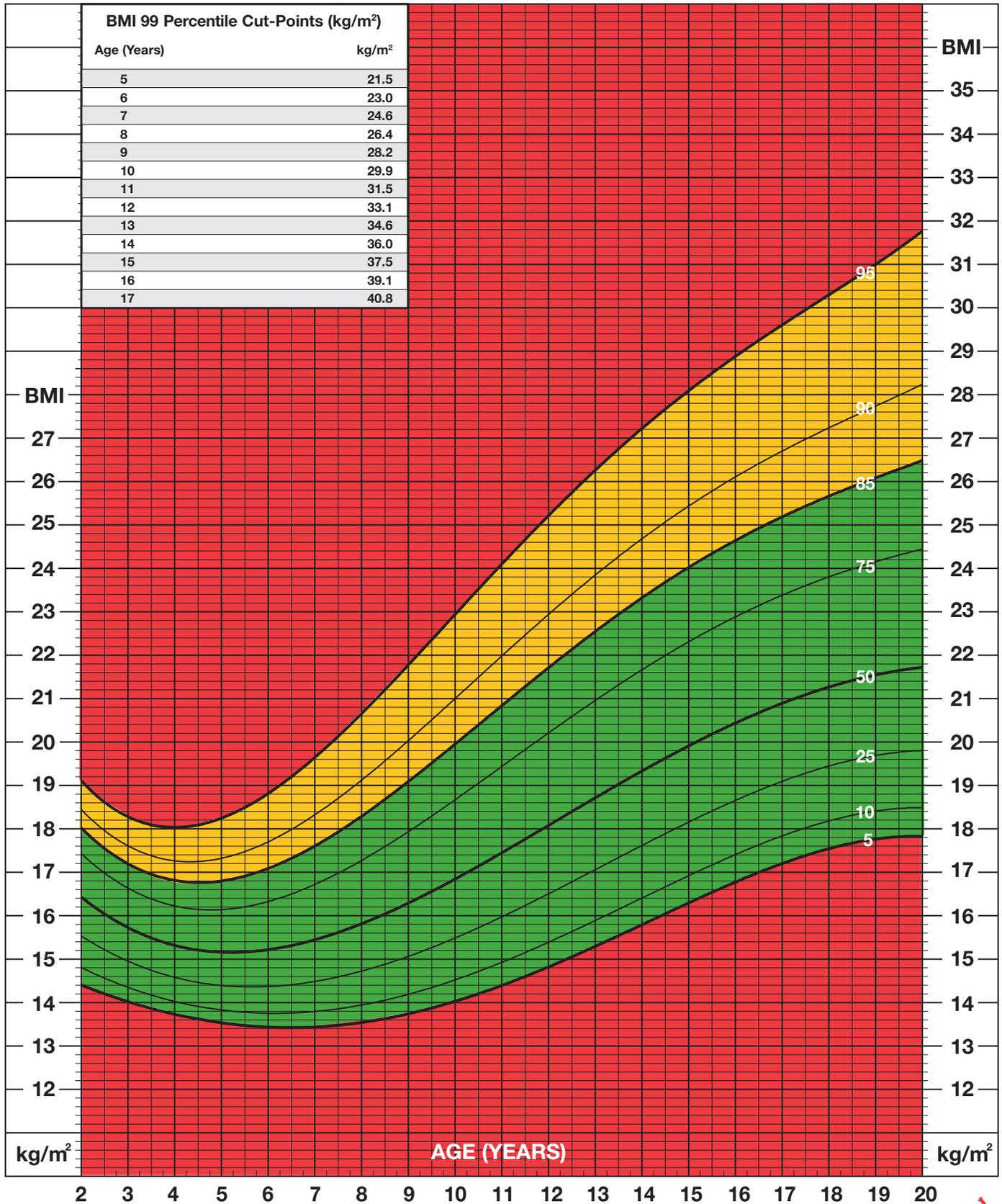
Tips for feeding your family a vegetarian diet

2 to 20 years: Girls

Body mass index-for-age percentiles

metric system: $\text{weight(kg)/[height(m)]}^2$

English system: $\text{weight(lb)/[height(in)]}^2 \times 703$



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<http://www.cdc.gov/growthcharts>