

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less

Start With The Right Moves!

Get Healthy and Stay Healthy!

1. Eat Right.
2. Get Plenty of Rest.
3. Be Active Everyday.



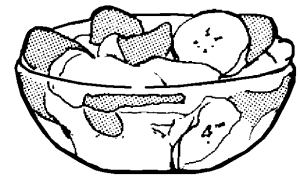
1. Eat Right.

- a) Eat more fruits and vegetables.
- b) Make half your grain choices whole-grain foods.
- c) Choose low-fat milk and milk products.
- d) Choose low-fat or lean meats and poultry.
- e) Make foods from scratch. "Convenience" foods are often high in salt and fat.

2. Get Plenty of Rest. It is recommended that you get 7 – 8 hours of sleep each night. Some people need more and some need less sleep.

Warm Fruit Topping Serves 6.

- 1/4 cup orange or apple juice or water
- 2 Tbsp. brown sugar
- 1 tsp. lemon peel, grated (optional)
- 2 Tbsp. margarine
- 3 1/2 cups sliced fruit (fresh or canned fruit, drained)



1. Blend fruit juice (or water), brown sugar and lemon peel together in skillet.
2. Add margarine. Heat and stir until margarine is melted and sugar is dissolved.
3. Add fruit. Heat fruit and serve immediately.
4. Serve on French toast, pancakes, flour tortillas (warmed), or hot cereal.

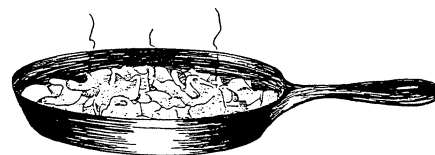
NUTRITION FACTS (per serving w/canned peaches and bananas) - Calories 150 - fat 4 g - calories from fat 35 - sodium 50 mg - total carbohydrate 29 g - fiber 3 g

Enchiladas & Rice Serves 6.

1 lb. lean ground meat
1/2 cup onions, chopped
1 can (14 oz.) corn

1 package dry taco seasoning mix
2 cups cooked rice
1/2 cup cheese, shredded or grated

1. Cook meat and onion together until meat is thoroughly cooked.
2. Drain fat from cooked meat and onions.
3. Add corn, taco seasoning, and rice.
4. Simmer for 10 minutes
5. Add cheese to the top; cover and let stand 5 minutes.
6. Refrigerate leftovers within 2 hours.



NUTRITION FACTS (per serving) - Calories 240 ~ fat 4 g ~ calories from fat 35 ~ sodium 690 mg ~ total carbohydrate 29 g ~ fiber 3 g

3. **Be Active Everyday.** You can gain health benefits by accumulating 30 minutes of moderate-intensity physical activity everyday. These activities can be done in short spurts so you can accumulate your 30 minutes of activity throughout your day.

Activity Suggestions:

Housework
Gardening
Short walks
Wash the car
Dance

Play actively with the kids
Walk up stairs instead of taking the elevator
Mow the lawn
Rake leaves
Park further away and walk.

- ***Check with your doctor before you start increasing your level of activity.***
- ***Slowly increase your level of physical activity if you have been inactive.***

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