

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

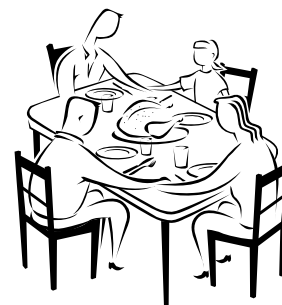
College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less February 2009



Eat & Move in Balance



Eating more calories than your body uses results in weight gain.

- Balance food you eat with physical activity.
- Watch portion sizes.
- Choose foods high in fiber and low in fat and sugar most often.
- Eat snacks like whole fruit, vegetables, whole-grain foods and low-fat or fat free milk and milk products.

Set a family goal. Eat 5 meals together every week.

Chicken and Vegetables Serves 6

1 Tablespoon vegetable oil	1 can (14.5 oz.) diced tomatoes, drained
1/2 cup diced onions	1 can (14.75 oz.) lima beans, drained
2 cups sodium-reduced chicken broth	1 can (14.5 oz.) cream-style corn
2 cups cooked, diced chicken or turkey	

1. Heat oil on a large pan.
2. Add onion and cook over medium-high heat until tender.
3. Add remaining ingredients. Bring to a boil and simmer for 30 minutes.
4. Serve with whole-grain rolls, fruit and milk.

NUTRITION FACTS (per serving) - Calories 210 - fat 3 g - calories from fat 30 - sodium 670 mg - total carbohydrate 25 g - fiber 3 g

Simple Pizza Serves 2

2 whole-wheat English muffins, split

1/2 cup pizza sauce or tomato sauce + 1/2 tsp. Italian seasoning

1/2 cup chopped vegetables (onions, green peppers, mushrooms, olives, etc.)

1/2 cup Mozzarella cheese

1. Toast split English muffins.
2. Top muffins slices with sauce, vegetables and cheese.
3. Broil or heat in 350 degree oven until cheese is melted.
4. Serve pizza with fruit or 100% fruit juice.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 8 g ~ calories from fat 70 ~ sodium 720 mg ~ total carbohydrate 34 g ~ fiber 6 g

Know A Few Calorie Facts

- The amount of food energy contained in food *is described as calories.
- The number of calories per serving of food can be found on the Nutrition Facts label.
- Each person has different calorie needs based on their body size, age and gender (male or female).
- Burn extra food calories being physically active.



Nutrition Facts	
Serving Size: 2 ounces	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 140mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 4%

Based on a person weighing 155 pounds:

- **Shoveling snow by hand** for 1 hour will burn about **350** calories.
- **Cleaning house** for 1 hour will burn about **220** calories.
- **Walking** briskly for 1 hour will burn about **440** calories.
- **Dancing** for 1 hour will burn about **332** calories.



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.