

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . . January 2009*

## Help Your Family Be Active This Winter



- Have your family choose fun activities to do together as often as possible.
- Plan ahead. Active families make time to be physically active.
- Adults can be good role models. Be active 30 minutes most days.
- Make sure your children are active 60 minutes each day even when you are not able to be active with them.
- Encourage your children to be active by limiting the amount of time your children watch television or play video games.

### **Bean Soup** Serves 7 (1 cup servings)

1/2 pound ground beef or turkey	1 to 1 1/2 teaspoon chili powder
1 can (14-16 ounce) stewed tomatoes	1/4 teaspoon oregano
1 can (15 ounce) whole kernel corn, not drained	1 cup water
1 can (15 ounce) chili beans in chili sauce	

#### **Stovetop cooking:**

1. Brown ground meat and drain fat.
2. Add tomatoes, corn, beans, spices and water in saucepan.
3. Bring to boil while stirring constantly. Reduce heat and simmer 5 minutes.
4. Serve hot. Refrigerate leftovers.

#### **Microwave cooking:**

1. Combine beans, tomatoes, corn, water, spices and cooked ground beef in microwaveable dish. Cover. Microwave on HIGH 10 minutes.
2. Serve hot. Refrigerate leftovers.

NUTRITION FACTS (per serving w/beef) - Calories 176 ~ fat 4 g ~ calories from fat 39 ~ sodium 525 mg ~ total carbohydrate 21 g ~ fiber 4 g

## Breakfast Burrito Serves 1

1 flour tortilla      2 Tbsp. shredded cheese  
1 egg                    2 Tbsp. chopped vegetables (onion, green peppers, chilies, etc.)

1. Warm tortilla in skillet and place between paper towels to keep warm or warm in the microwave prior to serving.
2. Lightly grease cooking skillet.
3. Beat egg and scramble in skillet until thoroughly cooked. Add cheese and vegetables.
4. Divide egg mixture into warm flour tortillas and roll up. Serve.
5. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 230 - fat 12 g - calories from fat 110 - sodium 350 mg - total carbohydrate 18 g - fiber 1 g

# Fun Family Winter Activities

- Family walks
- Shoveling snow
- Sledding, ice skating
- Building snow people
- Dancing indoors to your favorite music
- Playing games (indoors and outdoors):
  - Freeze Tag
  - Hide & Seek
  - Frisbee (outdoors only)
  - Ball games indoors (basketball, catch) with soft foam-like ball



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NUTRITION EDUCATION PROGRAMS

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