Guidelines for Healthy Food and Beverages for Adolescent Health Programs

Presented by the ACT for Youth Center of Excellence

November 29, 2011

To New York State's Bureau of Maternal and Child Health Adolescent Providers:

I am delighted to share with you these Guidelines for Healthy Food and Beverages for Adolescent Health Programs, developed by the ACT for Youth Center of Excellence for youth-serving providers funded by the New York State Department of Health. Each of us has a role to play in providing youth with developmental supports and opportunities, promoting their optimal health and preventing risk behaviors. Nutrition is integral to adolescent health, and by making simple changes to the food and drinks we serve at programs, groups, and community events, we can impact young people's health in positive and powerful ways.

As a provider of youth services, you are in an ideal position to help young people improve their health by offering healthy food choices, raising awareness about nutrition, and engaging participants in menu planning and food preparation activities. These guidelines provide you with easy and practical ideas on how to accomplish these tasks, including factual information, recipes, money saving tips, and implementation strategies. The guidelines will help you choose lower-fat, healthy food and drinks for the events you sponsor. In the process, your program may help to support healthy eating habits and life skills that not only ensure proper growth during a critical development stage, but continue into adulthood.

The NYS Department of Health is committed to promoting the health and well being of all New Yorkers. The future of our state depends on strong and healthy youth; by following the *Guidelines for Healthy Food and Beverages for Adolescent Health Programs*, you can make a difference in the lives of our youth and in the generations to come.

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Guidelines for Healthy Food and Beverages for Adolescent Health Programs
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www.actforyouth.net
www.actforyouth.net/resources/n/n_adolescent_food_guidelines.pdf

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Guidelines for Healthy Food and Beverages for Adolescent Health Programs

Replace Sweetened Drinks with Water and Low Fat Milk

Why? Sweetened beverages like soda and juice drinks are high in calories but low in nutrients. As a result they can cause weight gain and tooth decay. The body does not recognize calories in liquids the same way it does in solid foods. Therefore, the more high-calorie sweetened drinks youth have in a day, the more likely it is they are taking in a higher number of total calories.

What to do? Instead of sweetened drinks, youth should be offered water or low fat milk. These drinks are more nutritious and will not increase daily caloric intake as much as sweetened drinks. It may also be a good idea to provide young people with 100% juice products as a healthy alternative, since it can contribute a whole serving of fruit. However, youth should be cautious with this, because it is easy to over-consume 100% fruit juices and they contain a higher amount of calories than water or low fat milk products.

Quick Recipe: **Refreshing Pineapple Fizz**

(Makes 4 Servings, 8oz each)

2 cups unsweetened pineapple juice
2 cups seltzer
4 lemon slices

In a bowl or pitcher, mix the juice and seltzer together. Add the lemon slices and chill in the refrigerator.

Did You Know??

Did you know that over half of the body is water?

Water is the main ingredient in blood which travels through your body carrying nutrients. When you're hot, water helps keep the body cool.

Drink water even when not thirsty. It helps hydrate the body and boost energy.

Put a variety of fruits in a blender to create a heart-healthy and delicious smoothie.

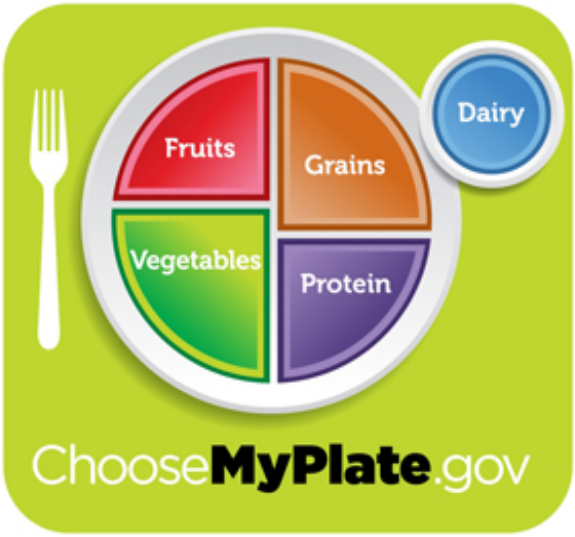
$ Money Saving Tips $

- $ Encourage teens to Drink tap water! It's often fluoridated and many bottled waters are not. Fluoride protects teeth from tooth decay (cavities) and helps heal early decay.
- $ Have youth use reusable bottles instead of plastic.

Serve More Fruits and Vegetables

Why? Fruits and vegetables contain nutrients, such as vitamins, minerals and fiber, which are necessary for healthy growth in youth. Fruits and vegetables are also low in calories. They are great because they can be cooked and prepared in a variety of ways. This can help make them more appealing to youth. Fruits are sweet and can often be substituted for a dessert, providing a healthy alternative while still satisfying a sweet tooth.

What to do? It is essential that youth eat vegetables and fruits each day. In order to adhere to this recommendation, the U.S. Department of Agriculture has replaced the food pyramid with a more understandable "MyPlate"[1] graphic (see below). They recommend that half of the plate be fruits and vegetables. Vegetables and fruits can be varied by eating a lot of dark green and orange vegetables as well as dry beans and peas. Also, buying fresh vegetables and fruits in season and stocking up on frozen vegetables and fruits that are easy to prepare and will not spoil makes accomplishing this goal easier.



Quick Recipe: **Fast Fruit Salad**

(Yields about 8 servings)

2 apples
2 bananas
2 oranges
1 small can of pineapple chunks in juice

Wash, core and chop apples. Peel and slice bananas and oranges. Mix all fruits in a large bowl and enjoy!

Try using different combinations of fresh or canned fruit or use ½ cup of frozen lemonade concentrate.

Vary Your Veggies!

Offer rich-colored rainbow of veggies… Flavor veggies with fresh herbs and lemon juice instead of butter…Cook veggies only until done, when they lose color, they lose vitamins and don't taste as good.

Focus On Fruits!

Serve fresh or frozen fruits rather than those canned in syrup…. Eat whole fruits which provide nutrients and are high in fiber.

$ Money Saving Tips $

$ Provide fresh fruits and vegetables when they are in season, such as collard greens, cherries, strawberries and peaches in July and tomatoes, kale, apples and watermelon in September.

$ Bring your students to a farmers' market or a bodega to select their own snacks at a good price!

[1] USDA "MyPlate" illustrates the five food groups using a familiar mealtime visual, a place setting and replaces the food pyramid. For more information, visit www.Choose**MyPlate**.gov.

Increase Consumption of Whole Grains

Why? Eating whole grains as part of a healthy, low-fat diet can help reduce the risk for some cancers, heart disease and diabetes. Whole grains contain fiber, vitamins, minerals, other nutrients, and energy that are important for a healthy diet. The calories from grains provide energy to the body. Grains also contain B vitamins and iron. These nutrients help the body use energy. Examples of whole grains include brown rice, buckwheat, bulgur, corn and hominy, oats, quinoa, barley, whole rye and whole wheat flour.

What to do? It is recommended for adults and youth nine years and older to eat 5-10 ounce-equivalents of grains a day, with at least half being whole grains. Consuming whole grains is important to get the full benefits of grain products. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as one ounce equivalent of grains. For more information and additional examples of ounce-equivalents, see chart @ http://www.choosemyplate.gov/foodgroups/grains_counts_table.html

What is a whole grain?

Most grain products, such as breads, pasta, cereals, and flour, contain some vitamins and minerals. They also provide energy. Whole grain products provide more fiber and retain other nutrients that refined grains do not. Whole grains have been processed less and retain all edible parts of the grain. When a grain has been refined, the bran and germ are removed. Bran and germ contribute fiber and other nutrients.

How much is a serving of grain?	
Bagel	**1 "mini bagel"**
Muffin	**1 muffin, 2 ½ inches in diameter**
Pancakes	**1 pancake, 4 ½ inches in diameter**
Flour Tortilla	**1 tortilla, 6 inches in diameter**
Bread	**1 slice of bread**
Popcorn, unbuttered	**3 cups popped**
Pasta	**½ cup cooked**
Rice	**½ cup cooked**

Provide Fewer High Fat or High Sugar Foods and More Nutrient Rich and High Fiber Foods

Why? While it's often easier to serve youth high fat and high sugar foods like pizza, cookies or soda, it is important to remember that large helpings of high-calorie, high-fat foods may contribute to obesity in young people.

What to Do? Providing foods that are nutrient rich and high in fiber will leave youth feeling full and satisfied longer. Foods that are rich in nutrients contain proper amounts of protein, unsaturated fats and fiber, which can provide youth with long-lasting energy.

Quick Recipe: **Crunchy Cucumber Toppers**

With a fork, whip together drained, canned chicken or tuna with some low-fat mayo. The creamy tuna or chicken goes on top of sliced cucumbers.

Quick Recipe: **Fruit and Cheese Kabob**

Cut apples into chunks, wash grapes and alternate on a toothpick with cubes of part-skim mozzarella cheese. Stack three or four sets and enjoy!

Quick Tips

Use whole wheat products to add more fiber to favorite pasta dishes.	**Serve salad dressings on the side and offer low-fat options.**	**Offer whole grain breads and skip the butter!**
Use the nutrition labels on food to select items with 15 grams of fat or less.	**Choose lower-calorie drinks to save you lots of calories during the day!**	**Broil, bake, or grill food instead of frying.**

$ Money Saving Tips $

- $ Choose highly flavored cheeses, like sharp instead of mild cheddar because you can use less for the same flavor-saving calories and cents!
- $ Use foods such as beans to make "meatless" meals (e.g., bean burritos, vegetarian chili). Beans cost less than meat, are low in fat and high in protein and fiber.
- $ Shop weekly specials at the supermarket.

Serve Healthier Fast Food Choices

Why? Fast food tends to be high in calories, saturated fats and sugar because they often include fried food and sweetened drinks. This can lead to weight gain and is associated with an increased risk for cardiovascular diseases.

What to do? There are many foods that are both healthy and fast that can provide alternatives to unhealthy fast food. Identify businesses that offer high quality, healthier food at a reasonable price and analyze labels for calorie count and nutritional information on packaged foods.

On the Menu

See these helpful notes when looking for food…

Look for healthy terms:

steamed * in its own juice * garden fresh * broiled * baked * roasted * poached * dry boiled * lightly sautéed

Watch out for these terms:

Butter sauce * fried * crispy * creamed * * in cream of cheese sauce * au gratin (with breadcrumbs and often butter and cheese)* * au fromage (with cheese) * escalloped * hollandaise *béarnaise (butter sauce) * casserole * hash * prime * pot pie * pastry crust

$ Money Saving Tips $

- $ If taking a group out, share appetizers instead of ordering individually, or order appetizers as meals (as the portions are often smaller)
- $ Many restaurants now offer side dishes as separate choices. Choose 2 or 3 sides, such as a salad, baked potato, or steamed vegetables for a healthier and less expensive choice.

Why Do Portion Sizes Matter?

Serve Smaller Portions - *Bigger is NOT Always Better*

Why? Consuming a variety of healthy foods is important for getting enough of the nutrients the body needs to be healthy and to help prevent some diseases, such as some cancers and osteoporosis. Getting enough, but not too much, food is important for maintaining a healthy weight. Maintaining a healthy weight can help prevent or control some diseases.

Studies have shown that the more food you are served, the more food you will eat. This can easily lead to over-consumption and thus weight gain.

What to do? Understanding portion sizes can be important for making sure that a person is eating enough, but not too much, food each day.

Serve young people smaller portions and tell them that they can always come back for more if they are still hungry. This will help teach them to stop eating when they are physically full as opposed to when they have finished what they have been served.

$ Money Saving Tips $

$ Serve food on smaller plates in place of larger ones.
Smaller portions will look larger, so you'll be satisfied with less food. A smaller plate full of food helps to trick the brain into thinking you are eating more and getting full faster!

$ When buying food in bulk or making large meals, portion out what is needed and then immediately freeze the rest for another time.

Why Do Portion Sizes Matter? Continued on the next page…

Ways to estimate your portion size:

Portion Size	Looks like the size of a…
3 ounces of meat, fish or poultry	Deck of cards
Medium piece of fruit	Tennis ball
1 ounce of cheese	Four stacked dice
½ cup ice cream	Tennis ball
1 pancake	4” compact disc (CD)
1 tortilla	7” plate
Small baked potato	Computer mouse
2 tablespoons of peanut butter or salad dressing	Golf ball
½ cup fruit, cooked vegetables, rice, pasta, cereal	Cupcake wrapper full

Right Size Your Food/Snacks!

The size of the package matters. Usually, we eat more from larger packages or bowls, without realizing it.
Try these simple tips to control portions:

- Divide the contents of one large package into several small bags or containers.
- Try single serving packs.
- Avoid letting youth eat straight from the package.

Tips for Successfully Implementing Healthy Food and Beverages Guidelines

Utilize Local Resources to Support Nutritious Eating

There are often many outlets for obtaining foods from local farms or businesses. Research sites like farmer's markets or apple orchards in your area. These places often provide nutritious foods that are fresh. Make going to the farmer's market or going apple picking a fun activity for youth. Doing so could help encourage them to get involved in making their own healthy choices. Also, going to a farmer's market can show youth how easy it is to get fresh fruits and vegetables that are grown nearby.

Establish Agency-Wide Nutritious Food Policies

- **Develop food policies within your organization that work best for your staff and students.**
- **Know when particular fruits and vegetables are in season to make a nutritious food plan.**
- **Avoid foods high in fat and sugar.**
- **Work collaboratively with all staff to develop recipes and food choices that are healthy and can involve the students in preparation.**

Coming up with a nutritious food policy can be easy, fun and a great way to involve youth. Be sure to include whole grains, low fat dairy products, and plenty of fruits and veggies.

Deal with Challenges Associated with Costs

Purchasing in-season produce and frozen or canned fruits in their own juices can go a long way in cutting costs, as can buying in bulk or on sale.

Involve Youth in Choosing Nutritious Meal Options and Food Preparation

The secret to involving youth is to plan ahead. Plan balanced meals for the month and allow them to make a grocery list and stick to it. Have them look at the food labels to compare how much sugar is in one item versus another. Allow students to submit their favorite recipes from home. Sending menus and recipes home allows families to take part in preparing healthy meals as well.

Deal with Challenges Associated with Limited Facilities

Opting for nutritious convenience items like granola bars and yogurt are great choices when space is limited. Be careful to read labels and pay attention to sugar content. There are a number of "no-cook" recipes that can be prepared with limited facilities. There's a lot you can do with just a sink!

Lead by Example

Be a role model. All adults in the program should make a conscious effort to eat well. The organization should create policies around healthy food and beverages and encourage staff to participate and prepare healthy items for their programs. Presentation of nutritious food and beverage choices along with the attitudes of the adults in the setting are instrumental in how these items are received by the youth.

Suggestions for Healthier Food and Beverage Choices

Try This!	Instead of That…!
for beverages….	
Iced tea, water	Sweetened beverages
skim or 1% low-fat milk	Whole or 2% milk
for food…	
Salads with dressings on the side	Salad with added dressing
Low-fat or fat free salad dressings	Regular salad dressings
Pasta salads with low fat dressing	Pasta salads with mayonnaise or cream dressing
Sandwiches on whole grain bread	Sandwiches on croissants or white bread
Lean meats, poultry, fish (3g fat/oz)	High fat or fried meats, bacon, poultry
Baked potatoes with low-fat vegetables or vegetable toppings	Baked potatoes with butter, sour cream and bacon bits
Steamed vegetables	Vegetables in cream sauce or butter
Whole-grain bread or rolls	Croissants or white rolls
Olive oil	Butter
Fresh vegetables, cut up and served with low-fat dressing, salsa or tofu dip	Tortilla chips, potato chips and high-fat dips
Cut-up fresh fruits	Fruit tarts, pies, cobbler, cakes and cookies
Miniature pizzas made with English muffins, tomato sauce, mozzarella cheese and mushrooms	Pizza with pepperoni, Italian sausage or other high fat toppings
Vegetable spring rolls – fresh, not fried	Egg rolls
Part-skim or low fat cheese	Full fat cheese
Low fat, “light” popcorn	Buttered popcorn
Baked or low-fat chips, pretzels	Regular chips
Dips made of salsa, low-fat cottage cheese, hummus or low-fat salad dressings	Dips made from regular mayonnaise, sour cream, cream cheese or cheese sauce

Healthier Vending Machine Options

- ☑ **100% fruit or vegetable juices**
- ☑ **Yogurt (flavored, low-fat, non-fat or fat-free)**
- ☑ **Milk (skim or 1%)**
- ☑ **Reduced-fat cottage cheese**
- ☑ **Fresh fruit**
- ☑ **Mini carrots or other prepackaged vegetables**
- ☑ **Salads with low-fat/non-fat dressing choices**
- ☑ **Bottled Water**

- ☑ **Reduced-fat cookies and crackers**
- ☑ **Reduced-fat chips**
- ☑ **Fig bars**
- ☑ **Pretzels**
- ☑ **Canned fruit (light or packed in its own juice)**
- ☑ **Animal crackers**
- ☑ **Popcorn (light or low-fat – 5g fat or less/serving)**
- ☑ **Graham Crackers**
- ☑ **Granola bars/ cereal**

Quick Tips for Reading Labels

- **Serving Size:** All information on the label is based on the serving size. Be careful—one serving may be much smaller than you think. Compare what you eat to the serving size on the label.
- **Servings per Container:** This is the suggested number of servings. For example if the package has six servings per container and you eat half of the bag, you would be eating 3 servings.
- **% Daily Value (%DV):** This tells you whether a food is high or low in nutrients. Foods that have more than 20 percent daily value (20% DV) of a nutrient are high. Foods that have 5 percent daily value (5% DV) or less are low.
- **Total Fat:** This is the total fat per one serving in grams and % DV. Choose items with less fat. Many food labels say "low-fat," or "reduced fat" That does not always mean the food is low in calories.
- **Saturated Fat:** Saturated fat is not healthy for your heart. Compare labels on similar foods and choose foods that have a 5 percent daily value (5% DV) or less or with 2 grams or less for saturated fat.
- **Sodium:** Salt contains sodium. High sodium intake is linked to high blood pressure. Foods with more than 20% of the DV are high. Look for labels that say "sodium-free" or "low sodium."
- **Fiber:** Choose foods that are rich in fiber, such as whole grains, fruits, and vegetables.
- **Sugars:** Try to choose foods with little or no added sugar (like low-sugar cereals).
- **Vitamins and Minerals:** The goal is to consume 100% of the DV for each of these nutrients daily.
- **Calcium:** Choose foods that are high in calcium. Foods that are high in calcium have at least 20% DV.

Sample Menu Suggestions

Breakfast

- Fiber cereals such as bran flakes, low-fat granola & oatmeal
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals
- Hard cooked eggs
- Vegetable omlettes and eggs made with egg substitute or egg whites
- Thinly sliced ham, canadian bacon or turkey bacon
- Whole grain or part whole grain bagels (cut in half) served with fruit spreads, jams or low-fat cream cheese
- Protein shakes
- Bran muffin tops

Snacks

- Fresh sliced fruits and vegetables - offered with low-fat dips
- Whole grain crackers or granola bars (5g fat or less per serving)
- An assortment of low-fat cheese and whole grain crackers
- Pita chips and hummus
- Whole grain muffins (cut in half if not serving mini muffins) and whole grain breads
- Low-fat yogurt
- Pretzels, popcorn, baked chips and trail mixes

Lunch and Dinner

- Raw vegetables and fresh fruits, instead of chips or french fries
- Salads that include a variety of mixed salad greens, served with low-fat dressings on the side
- Broth-based soups (using a vegetarian broth) or soup with evaporated skim milk instead of cream
- Pasta dishes made with low fat cheese, served with tomato or other vegetable - based sauces.
- Meat limited to a 4 ounce portion (fresh seafood, skinless poultry, lean beef - round, london broil)
- Baked potatoes with low-fat or vegetable toppings on the side
- Sandwiches - cut in halves, so youth can take smaller portions. Offer mustard or low fat mayonnaise as condiments on the side. Use whole wheat bread.

Sample Recipes

Tasty, Healthy Chicken Nuggets

Ingredients:

1 pound boneless skinless chicken breasts
3 tablespoons nonfat milk
¼ cup grated parmesan cheese
½ cup dry bread crumbs (ideally whole wheat)
½ teaspoon paprika
¼ teaspoon black pepper
½ teaspoon garlic powder
½ teaspoon onion powder
1 tablespoon dried parsley, crumbled

Nutrition Facts

Serving Size: Approximately 4 pieces
Servings Per Recipe 4

Amount Per Serving			
Calories	200	Calories from f	45
			% Daily Value *
Total Fat 5g			8%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 240mg			10%
Total Carbohydrate 11g			1%
Dietary Fiber 0g			4%
Sugars 2g			
Protein 27g			
Vitamin A	4%	Vitamin C	0%
Calcium	10%	Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

23% calories from fat

Directions:

1. Cut chicken into 1” cubes. Place in small bowl.
2. Pour milk over chicken. Mix lightly with spoon so that all chicken pieces are coated with milk.
3. In a plastic bag, shake bread crumbs, spices, and parmesan cheese.
4. Put half the chicken pieces in the bag. Shake the bag to coat the pieces evenly.
5. Arrange these pieces on a lightly greased baking sheet.
6. Coat the second half of the chicken pieces the same way and arrange on the baking sheet. Discard any leftover milk.
7. Bake at 425 F for about 12 minutes. (Check with an instant-read meat thermometer for internal temperature of at least 165 F.)

Yields about 4 servings

Source: Adapted from Kid Favorites Made Healthy: 150 Delicious Recipes Kids Can’t Resist!
(Better Homes and Gardens Cookbook)

Mini Veggie Pizzas

Ingredients:

5 whole grain English muffins (or mini bagels)
1 small zucchini
1 green or red bell pepper
8-oz. package part-skim mozzarella cheese
8-oz. can of tomato sauce
½ teaspoon dry oregano

Directions:

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Wash zucchini and bell pepper. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin in half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).

Nutrition Facts
Serving Size: 1 mini pizza
Servings Per Recipe 10

Amount per serving		
Calories	140	Calories from Fat 45
		% Daily Value *
Total Fat	5 g	8%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	350mg	15%
Total Carbohydrate	16g	5%
Dietary Fiber	2g	8%
Sugars	2 g	
Protein	9g	
Vitamin A	6%	* Vitamin C 25%
Calcium	20%	* Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,5000
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

32.1% calories from fat

If concerned about your daily sodium intake, try preparing this recipe with low-salt or no tomato sauce

Yields 10 pizza muffins

Source: Sisters in Health: A Nutrition Program for Women, Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999. Recipe adapted from Susan Kessler, Healthy Heart Snack Choices Resource Guide (Plainview, NY: Cornell Cooperative Extension of Nassau County, 1995)

Very Veggie Mac and Cheese

Ingredients:

2 cups uncooked elbow macaroni, ideally whole wheat
4 tablespoons all-purpose whole wheat flour
2 cups fat-free milk
2 cups shredded low-fat cheddar cheese
½ teaspoon black pepper
2 cups cooked chopped broccoli
Be creative: Add a drained can of diced tomatoes and/or chopped, cooked carrots instead of broccoli.

Nutrition Facts			
Serving Size 1 cup (7.9 ounces)			
Servings Per Recipe 6			
Amount Per Serving			
Calories	260	Calories from Fat	35
		% Daily Value *	
Total Fat 3.5g			6%
Saturated Fat 2g			9%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 270mg			11%
Total Carbohydrate 39g			13%
Dietary Fiber 3g			13%
Sugars 6g			
Protein 19g			
Vitamin A	15%	Vitamin C	40%
Calcium	30%	Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

13.5% calories from fat

Directions:

1. Cook macaroni, following the instructions on the package
2. Drain the cooked macaroni and return to the pan.
3. While the macaroni is still warm, sprinkle the flour and stir thoroughly.
4. Over the medium heat, slowly stir the milk into the macaroni.
5. Add the cheese and pepper.
6. Stir over medium heat until the milk and cheese thicken into a cream sauce—approximately 7-10 minutes.
7. Stir in the broccoli, heat thoroughly.
8. Taste; then add a small amount of salt, if needed.

Yields about 6 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Pyramid Pockets

Ingredients:
1 hard cooked egg, large
1 whole grain pita bread
½ cup seedless grapes
2 ounces low-fat Swiss cheese
½ cup alfalfa sprouts

Add your own ideas, too! *Create flavor changes by choosing other ingredients from each part of the Food Guide Pyramid:*

> ***Meat:*** *lean ham, cooked chicken, canned tuna, garbanzo beans*
> ***Milk****: try different types of grated cheese or cottage cheese or yogurt*
> ***Vegetables:*** *lettuce, tomatoes, cucumbers, mushrooms, green peppers, shredded carrot, chopped celery*
> ***Fruit:*** *crushed pineapple, chopped apple, raisins*

Nutrition Facts
Serving Size ½ pita (4.0 ounces)
Servings Per Recipe 2

Amount Per Serving			
Calories	190	Calories from Fa	40
			% Daily Value *
Total Fat 4.5g			7%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 115mg			38%
Sodium 270mg			11%
Total Carbohydrate 22g			7%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 14g			
Vitamin A	4%	Vitamin C	6%
Calcium	30%	Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2 400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

21.1% calories from fat

Directions:
1. Place egg in saucepan with tight-fitting lid and cover with cold water. Set pan on burner; cook on high until water begins to boil. Turn off burner. Remove pan from stove; let sit 10 minutes. Place egg in cold water.
2. While egg is cooking; prepare other ingredients.
3. Cut pita bread in half.
4. Cut grapes in half.
5. Grate cheese.
6. Peel and discard eggshell; chop egg.
7. Assemble sandwich by evenly distributing chopped egg, cheese, grapes, and alfalfa sprouts in each pita half.

Yields about 2 sandwiches

Source: Cooking Up Fun! Pyramid of Snacks - Cornell University Cooperative Extension

Mixed Goody Bag

Ingredients:

½ cup unsalted mixed nuts
1 ¼ cup raisins
¾ cup toasted whole grain oat circles cereal, unsweetened
¾ cup whole wheat squares cereal
2 cups plain, popped popcorn

Directions:

1. Mix all ingredients together.
2. Pack evenly in 10 small individual bags if you desire.

Yields about 10 servings

Nutrition Facts			
Serving Size 1 bag (1 ounce)			
Servings Per Recipe 10			
Amount Per Serving			
Calories	120	Calories from Fat	35
			% Daily Value *
Total Fat 4g			6%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 40mg			2%
Total Carbohydrate 21g			7%
Dietary Fiber 2g			8%
Sugars 11g			
Protein 2g			
Vitamin A	2%	Vitamin C	2%
Calcium	2%	Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

29% calories from fat

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection.

Heart Healthy Hummus
(Chickpeas with Tahini)

Ingredients:

1 clove garlic, peeled
3 tablespoons lemon juice
½ teaspoon salt
1 15-ounce can drained chickpeas (also called garbanzo beans)
4 tablespoons water
3 tablespoons tahini
¼ teaspoon paprika
2 tablespoon olive oil

*** Tahini, a paste of ground up sesame seeds, has the consistency of peanut butter. It sounds like: tu-hee-nee.*

Nutrition Facts			
Serving Size 2 tablespoons (38g)			
Servings Per Recipe 18			
Amount Per Serving			
Calories	50	Calories from Fat	30
		% Daily Value *	
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 150mg			6%
Total Carbohydrate 5g			2%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 2g			
Vitamin A	0%	Vitamin C	2%
Calcium	2%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

60% calories from fat

Directions:

1. Put garlic, lemon juice, salt, and 1 cup of chick peas into blender. Add 2 tablespoons of water, and blend until smooth.
2. Add second cup of chick peas and 2 tablespoons of cold water. Blend until smooth.
3. Add tahini and blend again until smooth. If you want creamier hummus, add an additional tablespoon of water.
4. Scoop hummus into a shallow bowl. Smooth over the top of the hummus with a flattened knife. Sprinkle the hummus with paprika and then drizzle the olive oil over it.
5. Serve with pita bread or cut up raw vegetables.
6. Hummus will last for several days in the refrigerator.

Yields about 18 servings

Source: Modified for use in Choose Health: Food, Fun and Fitness, Cornell University 2011 from a recipe in World-of-the-East Vegetarian Cooking by Madhur Jaffrey (1981)

Vegetable Macaroni Salad

Ingredients:

8 ounces cooked macaroni noodles (ideally whole wheat)
½ cup light Italian herb dressing
2 tablespoons onions chopped fine
½ cup celery sliced thin
1 cup red or green bell peppers, chopped
1 cup broccoli florets, lightly steamed
1 cup cherry tomatoes (sliced in half if desired)
½ cup carrots, sliced thin
½ cup black olives, sliced
1 cup cucumbers, diced

Directions:

1. Combine cooked, cooled macaroni with chopped and sliced vegetables.
2. Pour Italian dressing over salad, toss to coat.
3. May refrigerate for an hour or two to blend flavors, or may be served immediately.

Nutrition Facts

Serving Size 1/8 recipe
Servings Per Recipe 8

Amount Per Serving			
Calories	140	Calories from Fa	20
			% Daily Value *
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 340mg			14%
Total Carbohydrate 26g			9%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 5g			
Vitamin A	29%	Vitamin C	36%
Calcium	1%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

14.3% calories from fat
Nutrition facts based on standard recipe using green bell peppers.

If concerned about daily sodium intake, try preparing without adding black olives

Yields about 8 servings

Source: Cayuga County Cornell Cooperative Extension

Mexican Pinwheels

Ingredients:

1 ½ ounces reduced-fat cream cheese, softened
2 tablespoons canned corn, drained
2 tablespoons canned, chopped green chilies, drained
2 teaspoons chopped onion
4 tablespoons salsa
3 large whole wheat flour tortillas (10-inch)

Directions:

1. Mix cream cheese, corn, green chilies, onions and salsa together.
2. Spread mixture on tortillas and roll up tightly. Wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve.

Nutrition Facts
Serving Size 5 pinwheels (2.2 ounces)
Servings Per Recipe 6

Amount Per Serving			
Calories	140	Calories from Fa	40
		% Daily Value *	
Total Fat 4.5g			7%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 340mg			14%
Total Carbohydrate 20g			7%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 4g			
Vitamin A	2%	Vitamin C	4%
Calcium	6%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

28.6% calories from fat

If concerned about daily sodium intake, rinse canned corn and green chilies with cold water after draining them.

Yields about 6 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Broccoli Buffet Salad

Ingredients:

Salad

4 cups broccoli florets (about 1 bunch)
½ cup chopped red onion
¼ cup sunflower seeds
½ cup raisins
½ cup low fat, grated, cheese

Dressing

½ cup plain low-fat yogurt
¼ cup light mayonnaise
2 tablespoons granulated sugar
1 tablespoon lemon juice
Salt and pepper to taste

Nutrition Facts		
Serving Size ½ cup		
Servings Per Recipe 8		
Amount per serving		
Calories 150	Calories from Fat 50	
		% Daily Value *
Total Fat 6g		9 %
Saturated Fat 1g		5 %
Trans Fat 0g		
Cholesterol 5 mg		2%
Sodium 115mg		
Total Carbohydrate 19g		
Dietary Fiber 3g		
Sugars 12 g		
Protein 6g		
Vitamin A 15%	* Vitamin C 45%	
Calcium 10%	* Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,5000
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

9% calories from fat

Directions:

1. Mix together washed and drained salad ingredients in a large bowl.
2. In a separate bowl, stir together dressing ingredients.
3. Pour dressing over salad and mix gently.

Yields 8 (1/2 cup) servings

Source: CDKitchen- http://www.cdkitchen.com/recipes/recs/83/Broccoli-Buffet-Salad126674.shtml

Crunchy Bananas

Ingredients:

4 medium sized bananas cut in ½ inch pieces (about 40 slices total)
1 cup no pulp orange juice
2 cups unsweetened whole grain cereal

Directions:

1. Dip banana chunks into orange juice.
2. Roll in cereal.
3. Insert a toothpick into each slice.

Yields about 4 servings

Nutrition Facts		
Serving Size: 10 slices		
Servings Per Recipe 4		
Amount per serving		
Calories 90	Calories from Fat 0	
		% Daily Value *
Total Fat 0 g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 55mg		2%
Total Carbohydrate 23g		8%
Dietary Fiber 2g		8%
Sugars 11g		
Protein 1g		
Vitamin A 4%	* Vitamin C 25%	
Calcium 0%	* Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,5000
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

0% Calories from Fat

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006

Peachy Pops

Ingredients:
2 peaches (1 ½ cups chopped)
2/3 cup low fat vanilla yogurt
2 cups orange juice
6 paper cups
6 spoons
Aluminum foil

Directions:
1. Chop peaches and divide among 6 paper cups.
2. Place yogurt in medium bowl.
3. Slowly pour orange juice into yogurt, stirring until blended.
4. Pour juice mixture over peaches.
5. Place spoon in each cup.
6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. (The foil holds spoon in center of cup.)
7. Freeze at least 4 hours.
8. To eat, peel paper cups away from pops.

Nutrition Facts

Serving Size 1 pop
Servings Per Recipe 6

Amount Per Serving			
Calories	80	Calories from Fa	5
			% Daily Value *
Total Fat 0 .5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 15mg			1%
Total Carbohydrate 18g			6%
Dietary Fiber 1g			4%
Sugars 8g			
Protein 2g			
Vitamin A	6%	Vitamin C	60%
Calcium	4%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

6.3% calories from fat

Be creative! Serve whole peaches. Make a peach parfait with yogurt and cereal. Blend peaches, banana, and milk to make a refreshing smoothie.

Yields about 6 servings

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

Fruit Cobbler Crunch

Ingredients:

2 16-ounce cans of peaches, plums, apricots, or a combination of these (canned in light syrup, drained)
¾ cup low-fat granola
1 8-ounce container of non-fat vanilla yogurt
Cinnamon

Directions:

1. Drain fruit and place in large bowl.
2. Place granola in small bowl.
3. To serve, top a spoonful of fruit with a spoonful of yogurt, a small spoonful of granola, and a sprinkling of cinnamon.

Nutrition Facts
Serving Size: Approximately 1/2 cup
Servings Per Recipe 5

Amount Per Serving			
Calories	220	Calories from Fa	10
			% Daily Value *
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 100mg			4%
Total Carbohydrate 52g			18%
Dietary Fiber 2g			8%
Sugars 32g			
Protein 6g			
Vitamin A	30%	Vitamin C	16%
Calcium	12%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

4.5% calories from fat
Nutrition facts based on a standard recipe using peaches.

Variations:

- Substitute 12 pieces of chopped fresh fruit for canned fruit.
- Substitute crumbled graham crackers or vanilla wafers for low-fat granola.

Yields about 10 servings

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999

Sweet Chips

Ingredients:
2 medium sweet potatoes
1 tablespoon olive oil
½ teaspoon salt
¼ cup apple sauce
2 tablespoons crushed pineapple
1 tablespoon apricot jam or orange marmalade

Nutrition Facts			
Serving Size ¼ recipe of chips and about 2 Tb dip			
Servings Per Recipe 4			
Amount Per Serving			
Calories	110	Calories from F	30
			% Daily Value *
Total Fat 3.5g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 330mg			14%
Total Carbohydrate 19g			6%
Dietary Fiber 2g			8%
Sugars 9g			
Protein 1g			
Vitamin A	60%	Vitamin C	15%
Calcium	2%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

27.2% calories from fat
Nutrition Facts based on apricot jam

Directions:
1. Preheat oven to 400 degrees.
2. Wash hands and potatoes thoroughly.
3. Carefully puncture holes in the potatoes with fork.
4. Place in small bowl with some water.
5. Microwave on high for 3 minutes.
6. Turn the potatoes over, microwave for 3 minutes.
7. Slice potatoes horizontally into chip sized pieces.
8. Place on oiled baking sheet, drizzle with olive oil.
9. Sprinkle on salt.
10. Flip potatoes over and then repeat the procedure.
11. Place in 400 degree oven.
12. Turn potatoes over every two minutes.
13. Combine applesauce, pineapple, and jelly in a small dish or saucer and mix together. It's ready for dipping. Chips are done when browned, about 20 minutes.

If concerned about sodium intake, reduce or eliminate salt.

Yields about 4 servings

Source: Eat Fit (University of California Cooperative Extension)

Apple Cinnamon Wrap and Roll

Ingredients:

3 tablespoons sugar
1 teaspoon cinnamon
3 teaspoons vegetable oil
2 apples (2 cups chopped)
1/3 cup low fat vanilla yogurt
4 6-inch whole wheat flour tortillas

Nutrition Facts		
Serving Size Half a wrap (64g)		
Servings Per Recipe 8		
Amount per serving		
Calories 110	Calories from Fat 30	
		% Daily Value *
Total Fat 3 g		5%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 110mg		5%
Total Carbohydrate 19g		7%
Dietary Fiber 2g		8%
Sugars 10 g		
Protein 2g		
Vitamin A 0%	* Vitamin C 2%	
Calcium 4%	* Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,5000
Total Fat Less than	65g	80g
Saturated Fat Less than	20g	25g
Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

5% calories from fat

Directions:

1. Mix sugar and cinnamon in small bowl. Pour 1 teaspoon oil in small saucer.
2. Wash and chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Lightly coat top side with oil. Sprinkle cinnamon sugar.
5. Flip tortilla so un-oiled side is up. Using ¼ of apple mixture, fill half of tortilla, folding other half over mixture.
6. Heat 2 teaspoons oil in frying pan on medium.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Yields 8 servings

Source: AgriLIFE Extension- Texas A&M Cooperative Extension System

Super Fruity Smoothie

Ingredients:

1 cup yogurt (any flavor)
1 banana
1 cup of 100% fruit juice (any flavor)
1 cup cut-up fruit (fresh, frozen, or canned)*
*If you use fresh or canned fruit, add ice cubes to the blender until desired consistency is reached.

Nutrition Facts			
Serving Size ½ recipe (13.4 ounces)			
Servings Per Recipe 2			
Amount Per Serving			
Calories	210	Calories from F	15
		% Daily Value *	
Total Fat 2g			3%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 100mg			4%
Total Carbohydrate 43g			14%
Dietary Fiber 3g			12%
Sugars 34g			
Protein 6g			
Vitamin A	4%	Vitamin C	140%
Calcium	20%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

7.1% calories from fat
Nutrition facts based on standard recipe using low fat vanilla yogurt, 100% orange juice, and fresh strawberries.

Directions:

1. Wash hands thoroughly.
2. Put yogurt, banana and fruit juice in a blender.
3. Blend ingredients until smooth.
4. Add fresh, frozen or canned fruit a little bit at a time.
5. If you need to use ice cubes, add them a little bit at a time and blend until smooth.
6. Serve immediately.

Yields about 2 servings

Source: Eat Fit (University of California Cooperative Extension)

Related Online Resources

Below is a list of related resources which provide additional helpful and relevant information about healthy eating and healthy living.

Healthy Kids, Healthy NY - After-School Initiative Toolkit:
www.nyshepa.org/documents/healthy_kids_healthy_ny_recog_prgm.pdf

Best Bones Forever – A Bone Health Campaign for Girls sponsored by Office of Women's Health/ US Department of Health and Human Services:
www.bestbonesforever.gov/bbf/

Fast Meals & Quick Snacks – A Cookbook for Teens by the US Department of Agriculture, Food Stamp Program:
www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Documents/MO-NUPA-TeenCookbook.pdf

Eat Smart North Carolina: Snacks and Drinks:
www.eatsmartmovemorenc.com/SnacksNDrinks/Texts/SnacksAndDrinksGuide%20-%20508.pdf

Eat Smart Move More – North Carolina:
www.eatsmartmovemorenc.com/

School Health Guidelines: National Center for Chronic Disease Prevention and Health Promotion:
www.cdc.gov/healthyyouth/npao/strategies.htm

Let's Go! Approved Snack List:
www.letsgo.org

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