Guidelines for Healthy Food and Beverages
for Adolescent Health Programs

REVISED 2021
ACT FOR YOUTH CENTER FOR COMMUNITY ACTION
To New York State’s Bureau of Women, Infant and Adolescent Health Providers:

I am delighted to share with you these recently revised Guidelines for Healthy Food and Beverages for Adolescent Health Programs, published by the ACT for Youth Center for Community Action 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 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 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 will 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.

Jane L. Powers, Ph.D.
Project Director
ACT for Youth Center for Community Action
Cornell University

Resources

36 More recipes, resources for youth events/programs, worksite wellness, health and wellness, resources for youth

Acknowledgements

38 2011 Development and Review Team
39 2021 Update Team

Guidelines for Healthy Food and Beverages for Adolescent Health Programs was developed in 2011 and updated in 2015 and 2021. It is published by the ACT for Youth Center for Community Action at Cornell University.

http://www.actforyouth.net/resources/n/n_adolescent_food_guidelines.pdf
Guidelines for Healthy Food and Beverages

Replace Sweetened Drinks with Water and Low-Fat Milk

Why replace sweetened beverages? Sweetened beverages such as soda and juice drinks are high in calories, easy to over-consume (they do not fill us up the way solid food does), and contribute to obesity, chronic disease, and tooth decay. Most of these beverages provide “empty calories” with few or no nutrients, and they replace healthier beverages like milk, so youth do not get the calcium they need for their growing bones.

What to do? Instead of sweetened drinks, offer young people water or low-fat milk. These drinks are more nutritious and will not increase daily caloric intake as much as sweetened beverages. Soy and other non-dairy milks are healthy choices if they are low-fat, unsweetened, and fortified with calcium and vitamin D. In limited amounts, 100% juice can be a healthy alternative; however 100% juice should be limited to 1 to 1½ cups per day since it is easy to over-consume, adding excess calories and contributing to weight gain.

Quick Recipe: Refreshing Pineapple Fizz

(Makes 4 servings, 8-oz. 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?

The main ingredient in blood, water travels through your body carrying nutrients. When you’re hot, water helps keep the body cool.

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

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.
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.

Why fruits and vegetables? 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. Because they can be prepared and cooked in a variety of ways they can be made more appealing to young people. 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. Through the MyPlate initiative, the U.S. Department of Agriculture recommends that half of one’s plate be filled with vegetables and fruits. To keep things varied and interesting, eat a lot of dark green and orange vegetables as well as dry beans and peas. It can be helpful to use fresh vegetables and fruits in season and stock up on frozen vegetables and fruits that are easy to prepare and will not spoil. For more information, visit https://myplate.gov

Serve More Fruits and Vegetables

Vary Your Veggies!

Offer a rich-colored rainbow of veggies. Flavor veggies with fresh herbs and lemon juice instead of butter. It’s a good idea to 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 when you can, and drain fruits canned in syrup. Whole fruits provide nutrients and are higher in fiber than juice.

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 bodega to select their own snacks at a good price!
Why serve more whole grains? 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 — all of which are important for a healthy diet. Grains also contain B vitamins and iron, nutrients that help the body use energy.

What to do? At least half of all grain products eaten should be made with whole grains. It’s important to eat whole grains 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 a 1-ounce equivalent of grains. For more information and additional examples of ounce-equivalents, see chart at https://www.myplate.gov/eat-healthy/grains.

What is a whole grain?
Whole grain foods are made from the entire grain seed, called the kernel, which has three components:

- Bran, the fiber-rich outer shell
- Endosperm, the starchy middle layer
- Germ, the nutrient-packed inner layer.

Refined grains have most of the bran and germ removed, so they lack the fiber, cancer-preventing phyto-nutrients, and other nutrients of whole grains.

Examples of whole grains include brown rice, buckwheat, bulgur, whole-grain corn and hominy, oats, quinoa, hulled barley (not pearled), and whole rye and whole wheat flour.

How can I tell if a food is made with whole grain?

- To compare products based on the same grain (e.g., wheat), look at the Nutrition Facts Label and choose the item with more fiber.
- Also look at the ingredient list to see if a whole grain is listed as the first or second ingredient — e.g., whole wheat flour, oats, whole grain corn, or brown rice.
- Be careful of whole grain claims — sometimes there is only a small amount! Also, “multi-grain” means it contains different grains, not necessarily whole grains.

Money Saving Tips!
If taking a group out, share appetizers instead of ordering individually, or order appetizers as meals since the portions are often smaller.

Many restaurants 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 meal.

Why serve healthier fast food choices? Fast food is tasty and popular, but tends to be high in calories, saturated fats, and sugar, often including fried food and sweetened drinks. This can lead to weight gain and increased risk for chronic diseases like heart disease and diabetes.

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 use the Nutrition Facts Label to identify healthier packaged foods.

On the Menu...

Look for healthy terms:
- Steamed
- In its own juice
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed

Watch out for these terms:
- Butter sauce
- Fried
- Crispy
- Creamed
- In cream or 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
Quick Recipe: Crunchy Cucumber Toppers

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

Quick Recipe: Fruit and Cheese Kabobs

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!

Money Saving Tips!

• Choose highly flavored cheeses, such as sharp instead of mild cheddar, because you can use less cheese for the same flavor-saving calories and cents!

• Use beans like pintos to make meatless meals (e.g., bean burritos, vegetarian chili). Beans cost less than meat and are low in fat and high in protein and fiber.

• Shop weekly specials at the supermarket.

Quick Tips

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<td>Choose water to hydrate after exercising, not sports drinks or other sweetened drinks.</td>
<td>Broil, bake, or grill food instead of frying.</td>
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Why? Fast foods and convenience foods are usually high in fat and/or sugar and therefore have a lot of calories for their size. Because we tend to eat by volume, it is easy to eat more of these foods than our bodies need, leading to weight gain. Fried foods and sweetened beverages in particular add many calories with few if any nutrients. And the fat in many fast and convenience foods is solid fat, the kind to avoid.

What to do? Use the suggested recipes here to provide tasty, vegetable-rich foods that are high in nutrients and fiber and include some protein to provide youth with long-lasting energy.

Provide Fewer High-Fat and High-Sugar Foods

Provide More Nutrient-Rich and High-Fiber Foods

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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.
- Purchase only the number of portions for the size of the group. For example, you don’t need 10 sandwiches for 5 participants.
- When buying food in bulk or making large meals, portion out what is needed and then immediately freeze the rest for another time.

Right Size Your Food!

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.

Serve Smaller Portions

(Bigger is not always better!)

Ways to Estimate Your Portion Size

<table>
<thead>
<tr>
<th>Recommended Portion Size</th>
<th>Looks like the size of a...</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 ounces of meat, fish, or poultry</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>Medium piece of fruit</td>
<td>Tennis ball</td>
</tr>
<tr>
<td>1 ounce of cheese</td>
<td>4 stacked dice</td>
</tr>
<tr>
<td>1/2 cup ice cream</td>
<td>Tennis ball</td>
</tr>
</tbody>
</table>

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<th>Recommended Portion Size</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 tortilla</td>
<td>7” plate</td>
</tr>
<tr>
<td>Small baked potato</td>
<td>Computer mouse</td>
</tr>
<tr>
<td>2 tablespoons of peanut butter or salad dressing</td>
<td>Golf ball</td>
</tr>
<tr>
<td>1/2 cup fruit, cooked vegetables, rice, pasta, cereal</td>
<td>Full cupcake wrapper</td>
</tr>
</tbody>
</table>

Why does portion size matter? 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. In turn, maintaining a healthy weight can help prevent or control some diseases.

According to research, the more food we are served, the more food we will eat. Serving large portions can easily lead to over-consumption and thus weight gain.

What to do? Understanding portion sizes can help us eat 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.
**Tips for Successfully Implementing Healthy Food and Beverage Guidelines**

**Shop Local to Support Healthy Eating**
Consider purchasing fresh, locally grown vegetables and fruits from farmers’ markets or farm stands in your area. In-season produce is tastier and often cheaper, and it can be fun to explore these places. Make going to the farmers’ market or going apple picking a fun activity for youth. Doing so could encourage them to get involved in making their own healthy choices. Many local Cornell Cooperative Extension offices have food guides available to help you find these local resources.

**Establish Agency-Wide Healthy Food Guidelines or Policies**
Developing healthy food guidelines or policies for your organization can be a great way to get everyone to think about current practices and the importance of a supportive food environment.

- See the Resources section below for a sample policy and other resources.
- Work collaboratively with staff and young people to find healthy recipes and select food choices that are healthy, quick, and tasty.
- Consider involving young people in snack preparation.
- Be sure to include whole grains, low-fat dairy products, and plenty of fruits and veggies.

**Involving Youth in Choosing Nutritious Meal Options and Food Preparation**
The secret to involving youth is to plan ahead. Plan balanced meals for the month. Make a grocery list with youth, and stick to it. Look at the food labels together, comparing how much added sugar is in one item versus another. Allow participants to submit their favorite recipes from home. Sending menus and recipes home helps families take part in preparing healthy meals as well.

**Problem-Solve Challenges Associated with Limited Facilities**
Nutritious convenience items like granola bars and low-fat yogurt are great choices when space is limited for food preparation. Be sure to read labels and pay attention to sugar content. Flavored yogurt is very high in added sugar but can be mixed with plain yogurt and/or fruit for an easy, healthier option. You can also explore “no-cook” recipes – including some in this guide – 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. Ideally, all adults in the program will make a conscious effort to eat well. The organization should invite staff to participate in creating policies regarding healthy food and beverages and encourage staff to prepare healthy items for their programs. Presentation of nutritious food and beverage choices, together with the attitudes of the adults in the setting, will influence how these items are received by young people.

**Explore Cost-Saving Measures**
Purchasing in-season produce and frozen or canned fruits in their own juices can cut costs, as can buying in bulk or on sale.
Choose Healthier Vending Machine Options

Consider a healthy vending machine policy for your organization such as in the sample worksite wellness policy from Cornell Cooperative Extension-Jefferson County (see Resources below). Such a policy could include the following requirements:

- Total fat below 5% per serving (except for nuts and seeds)
- Added sugar 8 grams (2 teaspoons) or less per serving
- Sodium below 220 mg per serving
- Vegetable and fruit options offered as often as possible

Switch to Healthier Foods and Beverages

Use this table to consider healthier alternatives!

<table>
<thead>
<tr>
<th>Try This!</th>
<th>Instead of That!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unsweetened iced tea, water</td>
<td>Sweetened beverages</td>
</tr>
<tr>
<td>Non-fat or 1% low-fat milk</td>
<td>Whole or 2% milk (note: 2% milk is reduced-fat but is NOT low-fat)</td>
</tr>
<tr>
<td>Salads with dressing on the side</td>
<td>Salad with added dressing</td>
</tr>
<tr>
<td>Low-fat or fat-free salad dressings or oil and vinegar</td>
<td>Regular salad dressings</td>
</tr>
<tr>
<td>Whole grain pasta salads with low-fat dressing</td>
<td>Pasta salads with mayo or cream dressing</td>
</tr>
<tr>
<td>Sandwiches on whole grain bread</td>
<td>Sandwiches on croissants or white bread</td>
</tr>
<tr>
<td>Lean meats, poultry, fish (3g fat/oz)</td>
<td>High fat or fried meats, bacon, poultry with skin</td>
</tr>
<tr>
<td>Baked potatoes with low-fat vegetables or vegetable toppings</td>
<td>Baked potatoes with butter, sour cream, and bacon bits</td>
</tr>
<tr>
<td>Steamed vegetables</td>
<td>Vegetables in cream sauce or butter</td>
</tr>
<tr>
<td>Whole-grain bread or rolls</td>
<td>Croissants or white rolls</td>
</tr>
<tr>
<td>Olive oil</td>
<td>Butter</td>
</tr>
<tr>
<td>Fresh vegetables, cut up and served with low-fat dressing, salsa, or tofu dip</td>
<td>Tortilla chips, potato chips, and high-fat dips</td>
</tr>
<tr>
<td>Cut-up fresh fruits</td>
<td>Fruit tarts, pies, cobbler, cakes, and cookies</td>
</tr>
<tr>
<td>Miniature pizzas made with whole grain English muffins, tomato sauce, part-skim mozzarella, and veggies</td>
<td>Pizza with pepperoni, Italian sausage, or other high fat toppings</td>
</tr>
<tr>
<td>Vegetable spring rolls (fresh, not fried)</td>
<td>Egg rolls</td>
</tr>
<tr>
<td>Part-skim or reduced-fat cheese</td>
<td>Full fat cheese</td>
</tr>
<tr>
<td>Air-popped or low-fat popcorn</td>
<td>Buttered or regular microwave popcorn</td>
</tr>
<tr>
<td>Baked or low-fat chips, pretzels</td>
<td>Regular chips</td>
</tr>
<tr>
<td>Dips made of salsa, low-fat cottage cheese, hummus, or low-fat salad dressing</td>
<td>Dips made from regular mayonnaise, sour cream, cream cheese, or cheese sauce</td>
</tr>
</tbody>
</table>

Healthy Options for Vending Machines

<table>
<thead>
<tr>
<th>Bottled water</th>
<th>Mini carrots or other prepackaged vegetables</th>
<th>Pretzels</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% fruit or vegetable juices</td>
<td>Fresh fruit</td>
<td>Animal crackers</td>
</tr>
<tr>
<td>Milk (skim or 1%)</td>
<td>Canned fruit (light or in its own juice)</td>
<td>Popcorn (light or low-fat)</td>
</tr>
<tr>
<td>Yogurt (plain or low-sugar, low-fat or fat-free)</td>
<td>Fig bars</td>
<td>Graham crackers</td>
</tr>
<tr>
<td>Reduced-fat cottage cheese</td>
<td>Reduced-fat whole grain crackers</td>
<td>Granola bars (low sugar)</td>
</tr>
<tr>
<td>Salads with low-fat dressing</td>
<td>Baked chips</td>
<td>Cereal (low sugar)</td>
</tr>
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</table>
Understand the Nutrition Facts Label

- **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 6 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 of a nutrient are high. Foods that have 5 percent daily value or less are low.
- **Total Fat:** This is the total fat per 1 serving in grams and % DV. Choose items with less fat. Be careful: many food labels that say “low-fat” or “reduced fat” can be high in calories.
- **Saturated Fat:** Saturated fat is unhealthy for your heart. Compare labels on similar foods and choose foods that have 5% DV or less—2 grams or less—saturated fat.
- **Sodium:** Salt contains sodium, as do many processed foods. 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, to get the 25 grams recommended per day.
- **Added Sugars:** Added sugars can lead to weight gain. Try to choose foods and beverages with little or no added sugar (like low-sugar cereals).
- **Vitamins and Minerals:** Aim for 100% of the DV for each of these nutrients daily.
- **Calcium:** Choose foods that are high in calcium, with at least 20% DV.

### Sample Menu Suggestions

#### Breakfast
- Fiber cereals such as bran flakes, low-fat granola, and oatmeal
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals
- Hard boiled eggs
- Vegetable omelettes 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

#### Snacks
- Fresh sliced fruits and vegetables - offered with low-fat dips
- Whole grain crackers or granola bars (5g fat and 8g added sugar or less per serving)
- An assortment of reduced-fat cheese and whole grain crackers
- Pita chips and hummus
- Whole grain muffins (cut in half unless mini muffins) and whole grain breads
- Low-fat yogurt with less than 8g added sugar
- 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 reduced-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 reduced-fat mayonnaise as condiments on the side. Use whole wheat bread.
Sample Recipes

Apple Cinnamon Wrap and Roll

Makes 8 servings, ½ tortilla per serving

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

Directions:
1. Mix sugar and cinnamon in a small bowl. Pour 1 teaspoon of oil in a saucer.
2. Wash, core and chop apples into small pieces. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Use fingers to lightly coat top side with oil. Sprinkle it with a spoonful of cinnamon sugar mixture.
5. Turn tortilla over so un-oiled side is up. Put 1/4 cup of the apple mixture on half of the tortilla, folding the other tortilla half over the 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. (if oil starts to smoke, remove pan from burner for a minute and then continue).
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

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

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Breakfast Parfait

Makes 12 half-cup servings

Ingredients:
- 3 cups chopped apple or other fruit – fresh, canned or frozen (approx. 3 medium apples)
- 2 cups low-fat yogurt, plain or vanilla
- 1 1/2 cups low-fat granola or your favorite whole grain cereal

Fruit ideas: Apple, banana, or fresh, canned, or frozen peaches, pineapple, strawberries, blueberries, etc.

Cereal ideas: Low-fat granola or a whole grain cereal with flakes and clusters. If using granola, use plain yogurt since granola is usually very sweet.

Directions:
1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite size pieces.
3. Place ¼ cup fruit in bottom of cup or bowl.
4. Spoon 2-3 tablespoons yogurt on top of the fruit.
5. Spoon 2 tablespoons cereal on top of the yogurt.

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP, 2007

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<tr>
<td>1/2 cup (87g)</td>
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Broccoli and Black Bean Quesadilla

Makes 8 servings, ½ tortilla per serving

Ingredients:
1 cup cooked black beans (½ can)
¼ cup salsa
1 cup grated low-fat cheese (4 ounces)
1 cup cooked broccoli
Cooking spray
4 (8-inch) whole wheat tortillas

Directions:
1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Variation:
Use 2 cups (1 15-oz can) of the black beans instead of just 1 cup.

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

Broccoli Buffet Salad

Makes 8 half-cup servings

Ingredients:
Salad
4 cups broccoli florets (about 1 bunch)
1/2 cup chopped red onion
1/4 cup sunflower seeds
1/2 cup raisins
1/2 cup low-fat cheese (grated)
1/2 cup pinto beans (drained)

Dressing
1/2 cup low-fat yogurt
1/4 cup light mayonnaise
2 tablespoon granulated sugar
1 tablespoon lemon juice
salt and pepper to taste

Directions:
1. Mix together broccoli florets, chopped red onion, sunflower seeds, raisins, low-fat grated cheese, and pinto beans in large bowl.
2. In a separate bowl, stir together low-fat yogurt, light mayonnaise, sugar, lemon juice, salt, and pepper.
3. Pour dressing over salad and mix gently.

Source: Healthy Children, Healthy Families: Parents Making a Difference! Food and Nutrition Education in Communities, Division of Nutritional Sciences, Cornell University

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Nutrition Facts

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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Colorful Black Bean Salad

Makes 12 servings

Ingredients:

- 2 15-ounce cans black beans, drained
- 2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
- 1 15-ounce can diced tomatoes
- 1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
- 1/4 cup finely chopped onion
- 3 tablespoons lime juice
- 2 tablespoons olive or canola oil
- 1/2 teaspoon salt, pepper to taste
- 1 red or green bell pepper, chopped (optional)
- 1 avocado, chopped (optional)

Directions:

1. Mix black beans, corn, tomatoes, chilies, onion, and optional bell pepper in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Add optional avocado just before serving.
4. Serve alone, over rice or quinoa, or with whole grain tortillas or tortilla chips.

Source: Adapted from http://snacktheplanet.blogspot.com

Dip for Fruit

Makes 12 servings

Ingredients:

- 2 tablespoons peanut butter
- 1 8-ounce container of low-fat vanilla yogurt
- Cinnamon (optional)

Fruits to dip: apples, peaches, grapes, strawberries, pears, or your favorite

Directions:

1. Mix together peanut butter and yogurt.
2. Sprinkle with cinnamon if desired.
3. Cut up fruits to eat with dip.

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

Makes 11 half-cup servings

Ingredients:

- 3 cups (12 ounces) strawberries or other frozen fruit
- 2 cups fat-free milk
- 1 large banana
- ¼ cup low-fat yogurt (vanilla or plain)

Directions:

1. Slightly defrost the frozen fruit, just enough so that it will blend easily.
2. Pour the milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add the banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Variation:

Add any seasonal fresh fruit or frozen fruit like peaches, pineapple, or other berries. Let young people help choose which to use!

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP, 2007

Hummus with Veggies and Pita

Makes 12 servings

Ingredients:

- 1 (15-ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 clove garlic, peeled and crushed (or 1/8th teaspoon garlic powder)
- 3 tablespoons lemon juice
- ½ teaspoon salt
- 6 tablespoons water
- 3 tablespoons tahini (ground sesame seeds)
- 1-2 tablespoons olive oil or other vegetable oil
- ¼ teaspoon paprika (optional)
- Cut-up raw vegetables for dipping
- Pita bread (optional)

Directions:

1. Put garlic, lemon juice, salt, and 1 cup of chickpeas into blender.
2. Add 3 tablespoons of water and blend until smooth. Alternatively, mash by hand using garlic powder.
3. Add second cup of chickpeas and 3 tablespoons of cold water. Blend or mash until smooth.
4. Add tahini and oil and blend or mash until smooth. If too thick or you want creamier hummus, add an additional tablespoon of water.
5. Scoop hummus into a bowl and sprinkle with paprika (optional).
6. Serve with cut-up raw vegetables, and (optional) pita bread.

Variation:

Use peanut butter instead of tahini.

Source: Adapted from World-of-the–East Vegetarian Cooking by Madhur Jaffrey, 1981.
Macaroni and Cheese with Broccoli

Makes 6 one-cup servings

Ingredients:
- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups low-fat milk
- 2 cups shredded cheddar cheese
- ½ teaspoon pepper
- 2 cups cooked chopped broccoli

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 in the flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese, salt, and pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce – approximately 7-10 minutes.
7. Stir in the broccoli, heat thoroughly.
8. Taste; then add a small amount of salt if needed.

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

Mango Salsa

Makes 8 two-tablespoon servings

Ingredients:
- 1 mango, peeled, pitted, and diced (or 1 cup thawed frozen chunks, diced)
- 1 tablespoon diced red onion
- 1 tablespoon chopped fresh or dried cilantro (optional)
- ¼ teaspoon salt
- Juice of 1 lime or 2 tablespoons bottled lime juice

Directions:
1. Combine mango, onion, cilantro, salt, and lime juice in a bowl.
2. Serve with baked tortilla chips.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

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Mini Veggie Pizza
Makes 10 servings

Ingredients:
5 English muffins (or bagels)
1 small zucchini
1 green or red bell pepper
8-ounce package part-skim mozzarella cheese
8-ounce can of tomato sauce
½ teaspoon dried 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 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).


Onion Dip
Makes 24 one-tablespoon servings

Ingredients:
¼ cup chopped green onion
2 tablespoons dried onion
1 cup plain low-fat yogurt
¼ cup light mayonnaise

Directions:
1. In a large bowl, combine green onion, dried onion, yogurt, and mayonnaise until mixed evenly.
2. Serve after 1 hour, or up to 2 days later, with your favorite raw vegetables.

Source: Finding a Balance curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences

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Roasted (or Grilled) Veggie Wraps
Makes 10 servings

Ingredients:
2 zucchini and/or yellow squash, in ¼ inch slices
1 red or green bell pepper, sliced
1 onion, sliced
2 cloves garlic, sliced
2 tablespoons olive or other vegetable oil
½ teaspoon salt
¼ tsp pepper
5 tablespoons nonfat cream cheese
5 (10-inch) low-fat whole wheat tortillas

Directions:
1. Preheat oven to 425 F.
2. In a large roasting pan or rimmed baking sheet, combine all vegetables, oil, salt, and pepper; toss until well combined. Roast for 20-30 minutes until soft (or grill them).
3. Spread one tablespoon of cream cheese on each tortilla (optional: warm tortilla first briefly in a microwave). Add the vegetables, fold in edges, and roll tight. Cut each wrap in half.

Variations:
Pinwheels: Instead of above vegetables, mix cream cheese with 3 Tbsp corn (canned or frozen/defrosted, drained), 3 Tbsp canned, chopped green chilies (drained), 1 Tbsp chopped onion, and 5 Tbsp salsa. Spread on four 7-inch tortillas and continue as above. Makes 8 small servings.

Other variations: Add other Italian-type vegetables like eggplant, chopped spinach, or mushrooms, or try broccoli, kale, root vegetables, or whatever is in season. Add basil and 2-3 tsp. balsamic vinegar to vegetables along with the oil.

Source: Quick and Healthy Recipes for Youth, Cornell Cooperative Extension 2016

Sweet Potato Fries and Dip
Makes 6 servings

Ingredients:
Fries
1½ pounds sweet potatoes (about 4 medium)
1 tablespoon oil (canola or vegetable)
1/8 teaspoon salt

Dip
1/4 cup light mayonnaise or salad dressing
1 tablespoon ketchup
1/8 to 1/4 teaspoon cayenne pepper, chili powder, or paprika

Directions:
1. Preheat oven to 425° F.
2. Rinse potatoes under running water. Scrub potatoes well and peel, if desired.
3. Cut the potatoes in half lengthwise.
4. Lay each potato half flat and slice into half-round shapes about 1/4” thick.
5. Combine potatoes, oil, and salt in a bowl. Stir so potatoes are covered with oil.
6. Grease cookie sheet with oil and lay potato slices in a single layer.
7. Bake for about 30 minutes, turning after 15 minutes.
8. Mix the dip ingredients together while potatoes are baking.

Source: Cornell University Cooperative Extension – Iowa State Extension
**Vegetable Macaroni Salad**

Makes 8 servings

**Ingredients:**
- 8 ounces cooked macaroni noodles
- 1/2 cup light Italian herb dressing
- 2 tablespoons onions, finely chopped
- 1 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)
- 1/2 cup carrots, sliced thin
- 1/2 cup black olives, sliced
- 1 cup cucumbers, diced

**Directions:**
1. Combine cooked, cooled macaroni with chopped and sliced onions, celery, red or green bell peppers, broccoli florets, cherry tomatoes, carrots, black olives, and cucumbers.
2. Pour Italian dressing over salad, toss to coat.
3. Refrigerate for an hour or two to blend flavors, or serve immediately.

**Nutrition Facts**

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**Source:** Cayuga County Cornell Cooperative Extension

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**Veggie Pick-Pockets**

Makes 12 servings

**Ingredients:**
- 12 (4-inch) whole wheat mini pita pockets
- 1 cucumber
- 3 carrots
- 1/4 cup low-fat creamy salad dressing

**Directions:**
1. Cut each mini pita in half.
2. Peel and dice cucumbers.
3. Grate carrots or cut into slivers.
4. Put 1/2 teaspoon salad dressing in each half pocket.
5. Add veggies and serve.

**Variations:**
Offer several choices of vegetables and let young people choose and fill their own. Or mix salad dressing with prepared vegetables and then add to pita halves.

**Nutrition Facts**

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**Source:** Linda Earley, Cornell Cooperative Extension of Columbia County
Resources

Healthy Recipes
Food and Nutrition Education in Communities: Table of Recipes
Cornell Cooperative Extension
https://fnec.cornell.edu/for-participants/recipe-table

Quick and Tasty Recipes for Healthy Youth
Cornell Cooperative Extension 4-H
https://nys4-h.org/s/4-H-Recipe-Book-Final_0616.pdf

MyPlate Kitchen
U.S. Department of Agriculture
https://www.myplate.gov/myplate-kitchen

Youth Events/Programs
Afterschool Meals (Resources for starting afterschool meals, promoting to kids and families, implementing in schools effectively, and more)
No Kid Hungry Center for Best Practices
http://bestpractices.nokidhungry.org/programs/afterschool-meals

4-H Healthy Event/Club Assessment
National 4-H Healthy Living Management Team

NY 4-H Healthy Food Guidelines: Making Healthy Choices Easier!
Cornell Cooperative Extension’s Youth Healthy Eating and Active Living Program Work Team
https://cfacaahuman.cornell.edu/dns.fnec/files/resources/NY4hHealthyFoodGuidelinesFinal.pdf

Worksite Wellness
Wellness Policy (sample)
Cornell University Cooperative Extension - Jefferson County
http://ccejefferson.org/resources/cce-jefferson-wellness-policy

Healthy Meetings (Toolkit, Guidelines for meetings and events)
Center for Science in the Public Interest
https://www.cspinet.org/protecting-our-health/nutrition/healthy-meetings

Health and Wellness
My Eat Smart, Move More: Core Behaviors
Eat Smart, Move More North Carolina
https://www.eatsmartmovemorenc.com/myesmm/myesmm-core-behaviors/

MyPlate
U.S. Department of Agriculture
https://www.myplate.gov/

For Youth
TeensHealth: Food and Fitness
Nemours

GirlsHealth
Office of Women’s Health, U.S. Department of Health and Human Services
https://www.girlshealth.gov/index.html

BAM: Dining Decisions App
CDC Healthy Schools
https://www.cdc.gov/healthyschools/bam/mobileapp.html

Take Charge of Your Health: A Guide for Teenagers
National Institutes of Health
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