



Helping families eat well and be active

Help with your plan for eating healthy and moving more

Tips for Healthy Families

1. Show your kids what healthy living means.
2. Make changes slowly over time.
3. Drink more water.
4. Slow down and listen to your stomach.
5. Get walking.
6. Stay positive.
7. Plan ahead before grocery shopping.
8. Add balance to your life.

Recipe of the Month: Whole Wheat Pizza

- 2–2 ½ cups whole wheat flour
- ½ cup rolled oats
- 1 cup warm water
- 1 pkt dry yeast
- 1 tbsp honey

Toppings: Jarred tomato sauce, reduced-fat mozzarella cheese, fresh vegetables, mushrooms and grilled chicken or a mix of some of these choices.

Directions: Mix yeast, honey and water together in a mixing bowl. Let mixture sit for 10 minutes. Add flour and oats. Mix well and knead dough for 2–3 minutes. Let rise for 45 minutes.

Punch down dough and roll out onto pizza stone or greased cookie sheet.

Bake crust at 350°F for 5–7 minutes. Take out and add toppings. Return to oven for 8–12 minutes, or until cheese melts.

Tip: Pizza dough can be placed right onto a greased outdoor grill. It helps if you use a cooking spray. Cook on one side for 2–3 minutes. Then, turn and place toppings on crust. Cook for another 3–5 minutes until cheese melts.

Tip #1

Show your kids what healthy living means.

Healthy eating starts at home. Preparing and eating fruits, vegetables, whole grains and lean meats together as a family shows your kids healthy behaviors. Your children will remember these lessons throughout life.

Make a healthy recipe together. Go to the store together. Pick a new fruit or vegetable to try as a family. After dinner, go for a walk or play outside together. Find something to do that you'll all enjoy to show that even parents need to move more to stay healthy.

Recipe tip #1

Try unsweetened applesauce when baking.

Try unsweetened applesauce in place of oil in baking recipes. Cookies, cakes, brownies, batter breads or sandwich bread can be made with applesauce.

This substitution can cut down your recipe by 800 calories and 112 grams of fat for every half cup of oil you replace. All you need to do is add the same amount of applesauce that is called for in oil.

Talking with your kids about healthy living

- It's about being healthy, not about weight.
- Set goals. Keep them small and reachable. Add a new goal each week.
- Make it fun.

