



## 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: Chicken Meat Loaf

- 2 beaten eggs or ½ cup Egg Beaters®, an egg substitute
- ¾ cup skim milk
- 2/3 cup whole wheat bread crumbs
- ¼ cup finely chopped onion
- 2 tbsp. fresh chopped parsley
- ½ tsp. dried sage, basil or oregano, crushed
- 1 tsp. salt
- ⅛ tsp. black pepper
- 1 ½ pounds ground chicken
- ½ cup low-sugar ketchup
- 1 tbsp. Splenda® Brown Sugar Blend
- 1 tsp. ground mustard

#### Directions

1. In a bowl combine eggs and milk; stir in bread crumbs, onion, parsley, sage, salt and pepper. Add meat; mix well. Lightly pat mixture into an 8x4x2-inch loaf pan.
2. Bake in a 350°F oven for 1 to 1 ¼ hours or until internal temperature registers 160°F. In a bowl combine catsup, brown sugar blend, and mustard; spread over meat. Bake for 10 minutes more. Let stand for 10 minutes before serving.

#### Tip #2 Make changes slowly over time.

Making a change too quickly to your family's meals and their amount of physical movement can lead to resistance. If you start slowly with changes, your family will be more accepting. These changes can slowly become part of everyday life.

**Meals:** Add a fruit or vegetable to one meal per day. For example, start with adding a fruit at breakfast. After one or two weeks, add a fruit or vegetable to dinner. Then, move on to lunch and snacks. Over time, meals will become more healthy and complete.

**Physical movement:** Cut down on TV or video game time by 30 minutes per day. Cut down even more after one to two weeks until this time is limited to two hours each day.

Invite your kids to move more as you cut back on time doing things sitting down. Go for a walk together after dinner. Throw a ball around. Even standing and cooking together in the kitchen counts.

#### Recipe tip #2 Try plain, non-fat Greek yogurt in recipes.

Use plain, non-fat Greek yogurt in place of sour cream in recipes. Dips and toppings can be made with yogurt.

This substitution can cut down your recipe by 170 calories and 20 grams of fat for every half cup of sour cream you replace. It also adds nine grams of protein per half cup. Greek yogurt is very creamy, so the nonfat types are similar in texture to full-fat sour cream.

#### 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.
- Make it family-oriented.
- Don't use food as a reward.
- Keep it social.

*Sources: Adapted from Better Homes and Gardens New Cookbook.*