

Easy Recipes for a Quick Snack or Breakfast

Fresh Banana Pudding Smoothie

Need:

- 3 cups of skim milk
- 2 medium ripe bananas, cut into chunks
- 1/2 cup of Banana Nut Crunch Cereal

Place all ingredients in a blender and cover.

Blend on high speed for 15 seconds or until smooth.

Serve immediately.

This contains 270 calories and only 4.5 grams of fat.

Peach Strawberry Smoothie

Need:

- 1-1/2 cups skim milk
- 1 container (6 oz.) nonfat yogurt
- 1-1/2 tsp. Raspberry Ice Crystal Light Soft Drink Mix
- 1 cup frozen sliced peaches
- 1 cup frozen strawberries
- 1/2 cup Honey Bunches of Oats Cereal

Place all ingredients in a blender and cover.

Blend on high speed for 15 seconds or until smooth.

Serve immediately.

This contains 190 calories per serving and only 0.5 grams of fat.

** Recipes from Kraftfoods.com

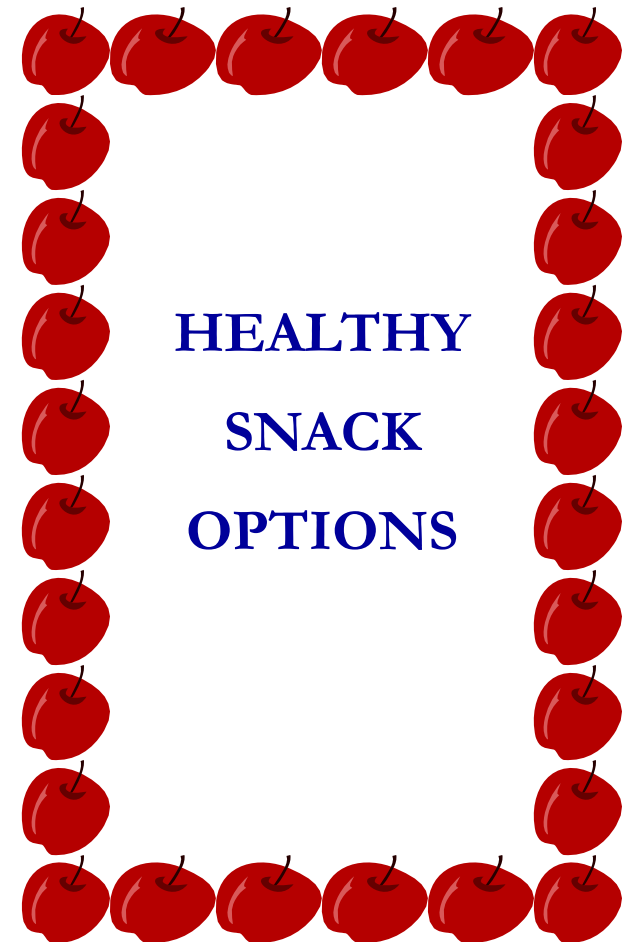
Tips for a Healthy Lunch

For sandwiches:

- Buy a variety of whole grain breads, rolls, and bagels
- Tuna, egg, chicken, or seafood salads
- Deli sliced turkey, roast beef, or ham
- Leftover meatloaf
- Peanut butter with sliced apples, bananas, or raisins instead of jelly
- Use different mustards or oil and vinegar combination

Balance with:

- Fresh fruit like apples, bananas, or grapes
- Use canned fruit like peaches, pears, or applesauce
- Pack a carton of yogurt or cottage cheese
- Raisin boxes
- Pre-cut carrots, broccoli, or cauliflower
- Salads—use prepackaged salad and add your favorite veggies to them.
- Cooked rice with beans
- Pack leftovers from the night before such as spaghetti, stir-fry, chili, or vegetable/potato/broccoli soup



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Why it is Important to Develop Good Eating Habits Early

The number of overweight children and adolescents has more than doubled within the last twenty years. Nationwide, 15% of children and adolescents are overweight, as defined by the body mass index (BMI) at or above the 95th percentile on the BMI growth charts. According to the Kentucky Cardiovascular Health Coalition, preliminary findings indicate that overweight and obesity rates among Kentucky's youth may be much higher than the national average.

Tips that will help:

- ◇ Encourage physical activities that your children enjoy. As children go through their teen years, a combination of portion control and regular physical activity will help them stay at a healthy weight.
- ◇ Encourage sensible, balanced eating and encourage healthy snacks, especially when they are at school.
- ◇ Encourage your children to keep a food journal of what they eat throughout the day.



Healthy Vending Choices

All of the following snacks contain 6 grams or fat or less and no more than 40% sugar by weight.

- Austin's Reduced Fat Sandwich Crackers or Zoo Animal Crackers
- Baked Doriitos or Lays Potato Chips
- Cheese Nips
- Cheez-It Party Mix
- Cereal Bars (Honey Nut Cheerios, Nutri-Grain, or Nature Valley)
- Fig Newtons
- Gardettos
- Kellogg's Frosted Pop Tarts or Frosted Mini Wheats Cereal
- Kellogg's Rice Krispie Treat or Snack Mix
- Ocean Spray Craisins
- Pepperidge Farm Goldfish
- Quaker Chewy Granola Bars
- Rold Gold Pretzels or Snack Mix
- Snyder's Pretzels
- SunChips

This list is not all inclusive or endorsing any brands.

Easy to Pack Snacks :

- Cereal Mixes
- String Cheese
- Cheese and crackers
- Graham Crackers
- Animal Crackers
- Fig Bars
- Fresh Fruit
- Low fat granola bars
- Cereal Bars
- Nutri-Grain Fruit or Yogurt Bars
- Peanuts
- Peanut butter and crackers
- Pretzels
- Popcorn
- Pumpkin or sunflower seeds
- Trail Mix
- Fresh vegetables and dip
- Yogurt

Beneficial Beverages

- 100% Fruit Juice
- Tomato or V-8 Juice
- Water
- Flavored or Sparkling Water
- Single serve, fat-free or 1% milk
- Fruit Smoothies
- Decaffeinated or herbal teas