

Aim...Build...Choose...
for good health

Aim for fitness...

- Aim for a healthy weight.
- Be physically active each day.

These two guidelines will help keep you and your family healthy and fit.

Build a healthy base...

- Let the pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

These four guidelines build a base for healthy eating.

Choose sensibly...

- Choose a diet low in fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.

These three guidelines help you make sensible choices that promote health and reduce the risk of certain chronic diseases.

<http://www.husd.k12.ca.us/Nutrition/pyramid.htm>

Healthy Choices
Food Preparation
Food Safety
Physical Activity
Youth Counseling
Healthful Topics



For Programming Information:

Mel Coco
Nutrition Assistant
Avoyelles, Evangeline, & Rapides
136 South Lee Street
Marksville, LA 71351

318-253-7526

Melody_Coco@suagcenter.com



Southern University Ag Center

EFNEP

**Expanded Food and Nutrition
Education Program**



Tots to Teens Fruits & Veggies

Summer is now in full swing and those summer fruits and vegetables are out and plentiful. Families should try to eat the recommended 3 a day.

Servings might include fresh, frozen, or in the form of juice.

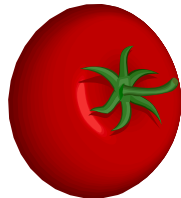
It's recommended that we eat 5 servings of vegetables daily. Eating them raw with dip is a fun summer treat.

Try to provide a rich variety of textures and colors when selecting both fruits and vegetables.

Check out your local produce market or trade with neighbors.

Summer selections:

- blueberries
- corn
- squash
- cucumbers
- tomatoes
- watermelon
- cantaloupe
- zucchini
- okra
- bellpepper



Summer Exercise & Activities *Exercise at least 30 minutes every day!*

WHY EXERCISE? Exercise is important because it keeps people's bodies - and minds - healthy. Without exercise, we won't feel as well or look as good. An exercise "habit" will give you more energy, help prevent disease and help you live longer!



It's time to get right into it - you'll see it's cool to be fit!

Get the whole family moving.....

**Ride your bike,
Skateboard,
Rollerblade,**

**Join a walking group,
Jump rope around the block,
Skip down the sidewalk,
Visit the neighborhood pool,
Walk to the library,
Walk anywhere.....,
Attend camps and clubs,
Dance!**

Get Moving!

Kids in the Kitchen

Heavenly Delight

(it really is light)

- 1 can sugar free fat free condensed milk
- 1 container light cool whip
- 2 cans of fruit cocktail (no sugar added)
- 1 can of cherry pie filling (sugar free)

To prepare salad, combine all ingredients. Chill in refrigerator for one hour before serving. Very cool, light and refreshing. Kid friendly and fun to eat.



The more children learn about nutrition, the better choices they will be able to make. We live in a world of fast food, additives, and sugar. Often, parents have very poor eating habits. To empower children to be nutrition wise we need to educate them at an early age to be heart healthy and make the best food choices available.