

This belongs to _____

AISLE ADVENTURE

EXPLORING GOOD FOOD IS FUN!

WHAT'S INSIDE?

- Fun Facts
- Scavenger Hunt
- Puzzles



8 Delicious, Nutritious Recipes

Publix®

Dietary recommendations are for children ages 7 to 10.

YOU'RE IN FOR ONE EXCITING ADVENTURE! The goal? Learn what foods are good for your body. As you complete each activity in the book, you'll learn about the **five important food groups** to eat every day and find new ways to **stay active**. At the end, you'll know **what to eat and drink** to help you **grow strong and stay smart**.

Have fun! And don't forget to **share your book with Mom or Dad** and help them make some of your new recipes.

YOUR AISLE ADVENTURE BEGINS HERE!

As you read through the book, look for these clues on each page. Answer the questions to get your letters and uncover the important message at the bottom of **PAGE 2!**

Look for these icons. There's one for each food group you should eat every day!

bakery

Learn about **WHOLE GRAINS** and why they're good for your body. **PAGE 3**

Grains

PRODUCE

Explore a rainbow of **FRUITS** and **VEGETABLES**. Learn how they help keep you healthy. **PAGE 7**

DELI

The deli has lots of **PROTEIN** and **DAIRY** choices!

PAGE 5

Protein Dairy

Fruits Veggies

MEAT & SEAFOOD

Your body can't live without **PROTEIN!** You'll find lots in this department. **PAGE 9**

Protein

CLUE

5

GROCERY & FROZEN FOOD

The middle of the store is packed with nutritious options. Learn how to find them! **PAGE 13**

CLUE

7

CLUE

6

YOUR JOURNEY IS COMPLETE! NOW TRY THE **FOOD AND FITNESS CHALLENGE** **PAGE 18**

CLUE

USE YOUR CLUES TO FILL IN THE BLANKS and uncover this important message!

How can I help keep my body strong?

 SMART AND EVERY DAY!

Find the answers on Page 18!

bakery



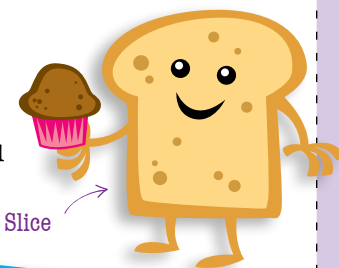
Grains are found here!

Foods in the bakery are made with GRAINS. Half the grains you eat each day should be **WHOLE GRAINS.** These give your body nutrients.

How many GRAINS should you eat each day? **5-6 ounces**

These ideas count as **one ounce:**

- 1 (1 oz) slice of sandwich bread
- 1/2 cup cooked rice or pasta
- 5 crackers



In-Store Activity

LOOK for this!

Study the labels on bakery items to spot **WHOLE-GRAIN** foods. The ingredients are in order by how much they're used. **First means most!**

KNOW WHAT'S WHAT. If you see any of these words, that food is made with **WHOLE GRAINS:**

- whole grain
- whole wheat
- whole or rolled oats
- oatmeal
- whole rye

(HINT: Most ingredients start with **whole!**)

But if you see any of these, it's usually **NOT** made with whole grains:

- bran
- stone-ground
- cracked wheat
- seven-grain
- multi-grain
- 100% wheat

What **WHOLE-GRAIN** food did you find in the bakery?

DID YOU KNOW?

WHOLE GRAINS are sources of many nutrients including:

FIBER — Dietary fiber from whole grains and other foods may help **reduce blood cholesterol levels.** Lower cholesterol levels are associated with a lower risk of heart disease. Fiber also helps **maintain your digestive system** by reducing constipation.

IRON — Iron is a mineral used to **carry oxygen** from your lungs to the rest of your body.

B VITAMINS — B vitamins help your body **use the energy** that comes from the carbohydrates, protein, and fat that you eat.*

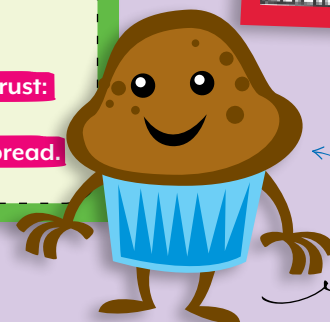
Hey, Mom & Dad!

Incorporating more whole grains into your family's diet is simple! Start with these ideas:

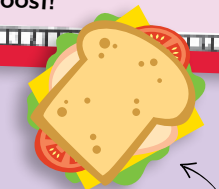
Use whole-wheat noodles or brown rice.

Try pizza with whole-wheat crust: frozen or homemade.

Buy whole-wheat sandwich bread.



Bran



Use whole-wheat bread on your sandwiches!

Get FIT



Soccer can improve your balance and speed. You need lots of energy to play, so fill up on **WHOLE GRAINS.** Grains are a carbohydrate. **Carbohydrates give you an energy boost!**

At-Home Activity

Circle the **WHOLE-GRAIN** foods. Their main ingredients are listed below.



CAN YOU SPOT THEM?



Bagel

whole-wheat flour, water



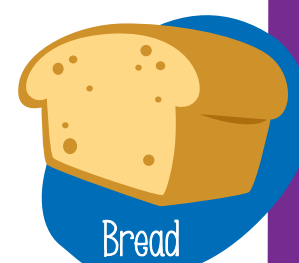
Cupcake

sugar, all-purpose flour



Cookie

wheat flour, sugar



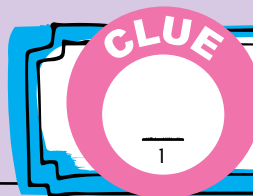
Bread

rolled oats, whole-wheat flour

Find a New Favorite

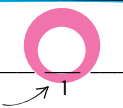
If you like: French Toast
Try: Whole-Grain French Toast on **PAGE 19**

IT'S DELICIOUS!



What's a whole-grain ingredient you might find in the bakery? o

Write this letter in the **PINK** circle on page 1.

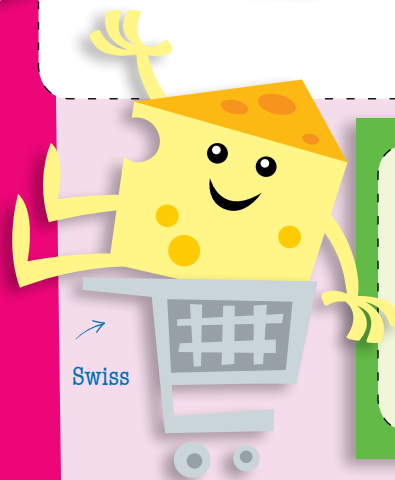


DELI

The deli offers **LOTS** of choices. Many different deli meats can be good sources of **PROTEIN**, and the cheeses are **DAIRY**.



Dairy and protein are found here!



Hey, Mom & Dad!

Giving kids choices **helps get them thinking about good nutrition and creates healthy eating habits** that will last a lifetime. Here are ways you can help:

Go for variety. Kids are more likely to try (and like!) new foods if you offer options.

Don't push. Let your kids decide when they're full. Don't make them overeat.

Shop together. Let your kids help pick out healthful choices.

At-Home Activity

Choosing Good Foods

Can you match these foods to their food groups? Draw a line from the food to its food group. Check your answers below.

Veggie

Fruit

Grain

Dairy

Protein



Whole-wheat sandwich bread



Ham deli meat



Carrots



Peach



Cheese slices

Whole-wheat crackers



Hard-boiled egg



Green beans



YOGURT

In-Store Activity

PROTEIN: DELI MEAT

Protein helps **build healthy bones and muscles**.* **GOOD PICK!** Lean turkey, roast beef, or ham

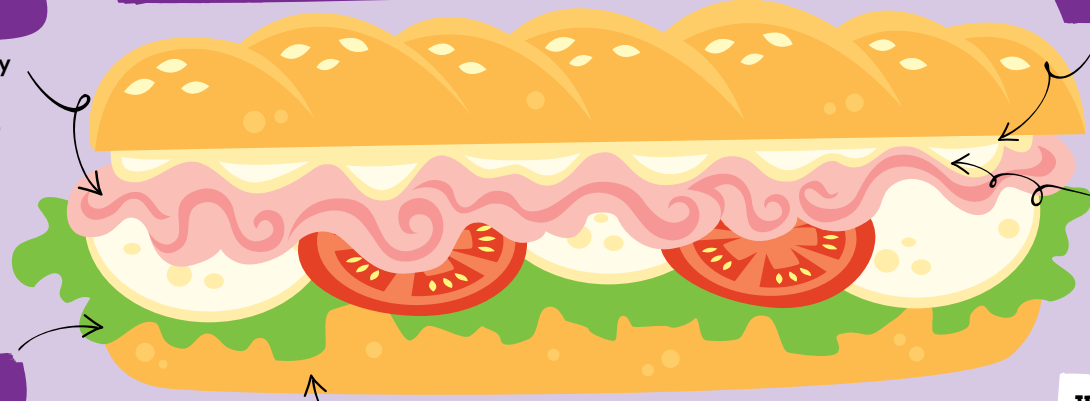
What's a new deli meat you'd like to try?

VEGGIES

Vegetables are packed with vitamins and minerals that **your body needs**. **GOOD PICK!** Dark-green lettuce packs an extra punch of vitamin A, which is **good for your eyes**.

THAT'S ONE NUTRITIOUS SANDWICH!

One sub equals **LOTS** of food groups and nutrients.



GRAINS: WHOLE-GRAIN BREAD

Source of iron, vitamins, and fiber

SPREAD SOMETHING NEW!

Do you like mayo on your sandwiches? Try **guacamole** instead. Made with avocados, it can contain nearly 20 nutrients!

DAIRY: CHEESE

Calcium in cheese helps you **build strong bones**.

What's one new kind of cheese you want to try?

DID YOU KNOW?

Everyone needs a different amount of water every day. If you **drink one glass every time you get thirsty**, you'll drink enough for your body. Other drink options are 100% fruit juice and low-fat milk.

Get FIT

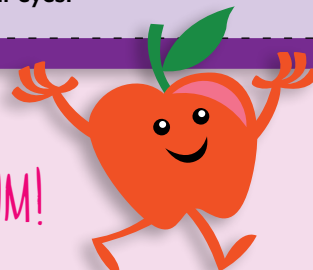


Dairy contains both calcium and protein, which help **build strong muscles and bones**. For an exercise at recess that can also help your bones and muscles, play jump rope or swing.

Find a New Favorite

If you like: A full sandwich
Try: Deli Sandwich Stacks, **PAGE 21**

YUM!



GLUE

What cheese may have the word "sharp" in its name? c h o o r

Write these letters in order in the **LIGHT BLUE** circle on page 1.

PRODUCE



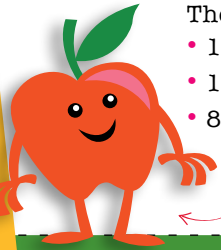
Fruits and veggies are found here!

What's the best thing about the produce section? It's home to colorful **FRUITS** and **VEGETABLES**! These nutritious foods contain a variety of vitamins and minerals that can help support your teeth, bones, and heart.*

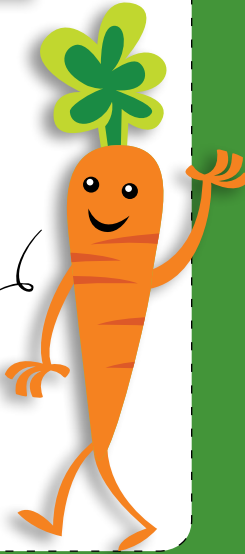
How many FRUITS and VEGETABLES should you eat each day? **1-1½ cups of fruit, 1½-2½ cups of veggies**

These ideas count as **one cup**:

- 1 large banana
- 1 medium pear
- 8 large strawberries
- 3 broccoli trees
- 12 baby carrots
- 1 medium potato



Mac

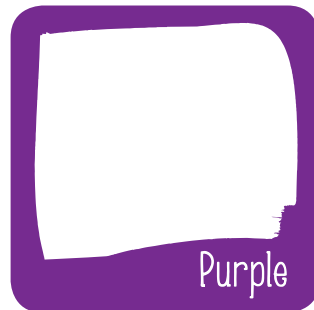
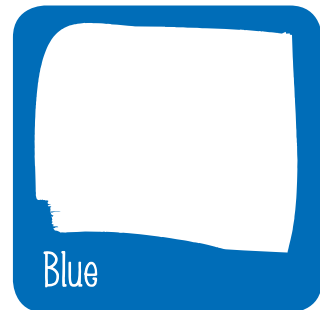
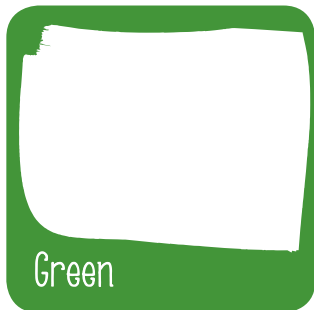
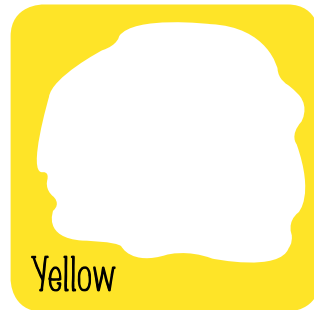
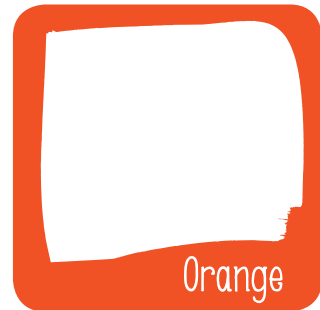


Stalk

In-Store Activity

Get Your Fill of COLORS!

Different colors of produce help give you different nutrients. The more colors you eat, the better! **Look around, then write or draw one new FRUIT or VEGETABLE of each color you'd like to try.**



At-Home Activity

WHERE DOES IT GROW?

Fresh produce comes from plants! **FRUITS** and **VEGETABLES** can grow in the ground, on a vine or bush, or on a tree.

Get FIT



Exercise can help keep your heart healthy and help you keep a healthy weight. Kids ages 7 to 10 should be active for 60 minutes or more every day. Try these ideas:

For a strong heart:

Try cardio! Run around the park, bike, or throw a flying disc.

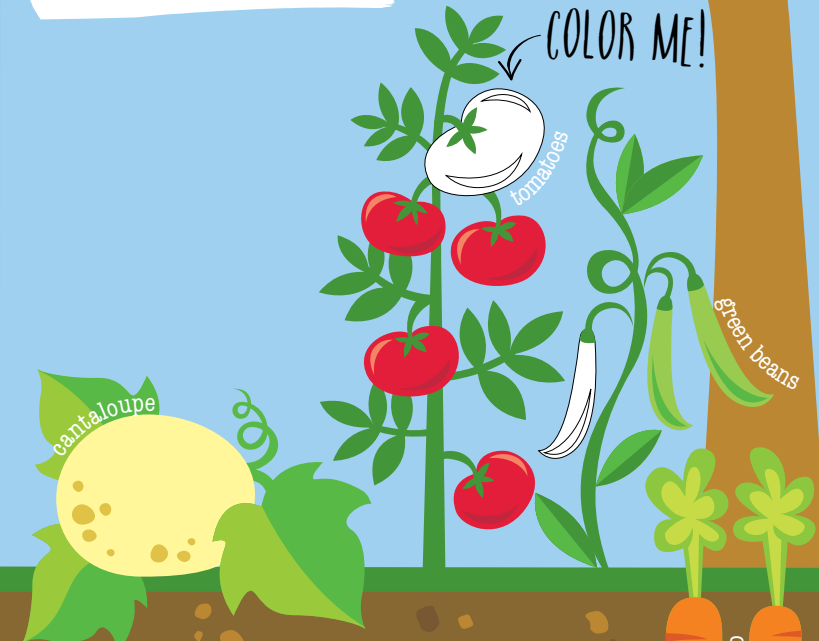
For strong muscles:

Do 20 sit-ups and try 5 push-ups. Or have fun on the monkey bars!

For strong bones:

Jump rope or play a game of basketball with your friends.

How many different kinds of apples grow in the United States?
a. 10 b. 200 c. 2,500



COLOR ME!

Squirm



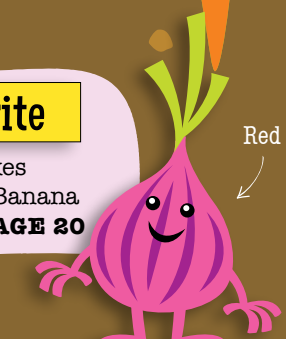
Hey, Mom & Dad!

Want your kids to eat more fruits and veggies? **Set a good example** for your kids to follow. Half of your plate should be fruits and veggies.

Here's a tip: Add one fruit and vegetable to each meal.

Find a New Favorite

If you like: Milkshakes
Try: Mix and Match Banana Berry Smoothie on **PAGE 20**



Red

GLUE

4

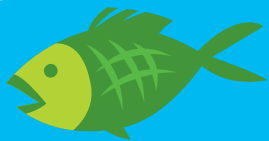
What's a **VEGETABLE** that is green and leafy and rhymes with "whale?" k _ _ o _

Write this letter in the **LIGHT ORANGE** circle on page 1.



4

MEAT & SEAFOOD



PROTEIN. Your body needs it to build strong bones and muscles. Meat and fish contain **PROTEIN** and B vitamins.*

How much **PROTEIN** should you eat each day? **4-5 ounces**

These ideas count as **one ounce**:

- 1/3 of a small hamburger or chicken breast
- 1/3 of a small fish fillet
- 1 tablespoon peanut butter



Proteins are found here!

Hey, Mom & Dad!

Go fish! Seafood provides crucial **omega-3s**. Our bodies can't make these brain and heart helpers, so we have to eat them. **Serve fish twice a week** by incorporating it into familiar foods like sandwiches or tacos.

Keep it lean! Choose **at least 90% lean** ground beef and skinless poultry.

See how your servings MEASURE UP!

- A small hamburger or chicken breast is the size of a deck of cards.
- A small fish fillet is about the size of a checkbook.
- Two tablespoons of peanut butter looks like a ping-pong ball.

At-Home Activity

A T S P U M P K I N S E E D S T
 K L D H E E G U R O E B K A I N
 I O M E T B W A T O F U M O Y E
 D U L O S B H A L P E A G E O Y
 N F C O N F U Y L F O B K I G F
 E S H E U D P G O N N Y O D U H
 Y U E Q S G B A I C U F H A R U
 B O E F O S M U A H P T I P T P
 E D S N B U Q O T F E R S L K O
 A L E G D K P I S T A C H I O S
 N E C H I O L C H A E R G T E E
 S O O T E G G S M U P R T A W A

DID YOU KNOW?

PROTEIN is all over the store!

Search for some of the different sources in the word find.

- | | |
|---------------|---------------|
| PISTACHIOS | PUMPKIN SEEDS |
| YOGURT | TOFU |
| EGGS | WALNUTS |
| ALMOND BUTTER | CHEESE |
| KIDNEY BEANS | QUINOA |

STRONG MUSCLES!

In-Store Activity

MIGHTY, MEATY PROTEIN

Use the shelf tags to help you **unscramble the names of these meats**.

RUOGND EEBF

HCKICEN

ROPK INOL

Better-for-you meats have adjectives like *lean* and *skinless*.



PROTEIN helps your body build muscle!

Find a New Favorite

If you like: Noodles

Try: Lemony Shrimp and Pasta Toss on **PAGE 22**

FIND MORE DELICIOUS recipes at publix.com/aprons. We have great choices for vegetarian PROTEINS too!

GLUE

This kind of shellfish can be fried, grilled, or tossed in pasta! **S**

Write this letter in the **DARK BLUE** circle on page 2.



*SOURCES: <http://www.choosemyplate.gov/food-groups/protein-foods-why.html>; <http://ndb.nal.usda.gov/ndb/foods/show/4609?fg=&man=&facet=&format=Abridged&count=&max=25&offset=&sort=&qlookup=shrimp>

DAIRY

What do you need to help build strong bones? **CALCIUM!**

How do you get calcium? DAIRY! Many dairy foods can also give you protein.

How much DAIRY should you eat each day? **2½-3 cups**



These ideas count as **one cup**:

- 3 slices cheddar cheese
- 1 cup milk
- 1 cup yogurt



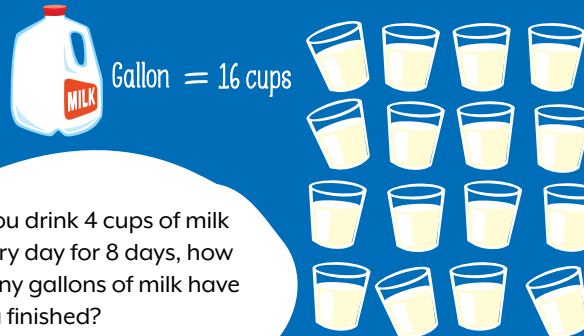
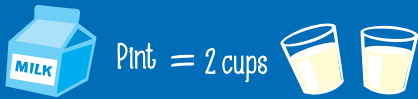
Get FIT

What else can help **build strong bones**? Exercise! Good activities include jumping, walking, and running. Bounce Tag is a fun game to try with friends at home or recess. When you get tagged, you have to jump up and down until you're freed.

At-Home Activity

Milk Math

Milk cartons come in different sizes. How do they match up?



If you drink 4 cups of milk every day for 8 days, how many gallons of milk have you finished?

In-Store Activity

THAT LOOKS GOOD!

What are three flavors of yogurt you want to try?

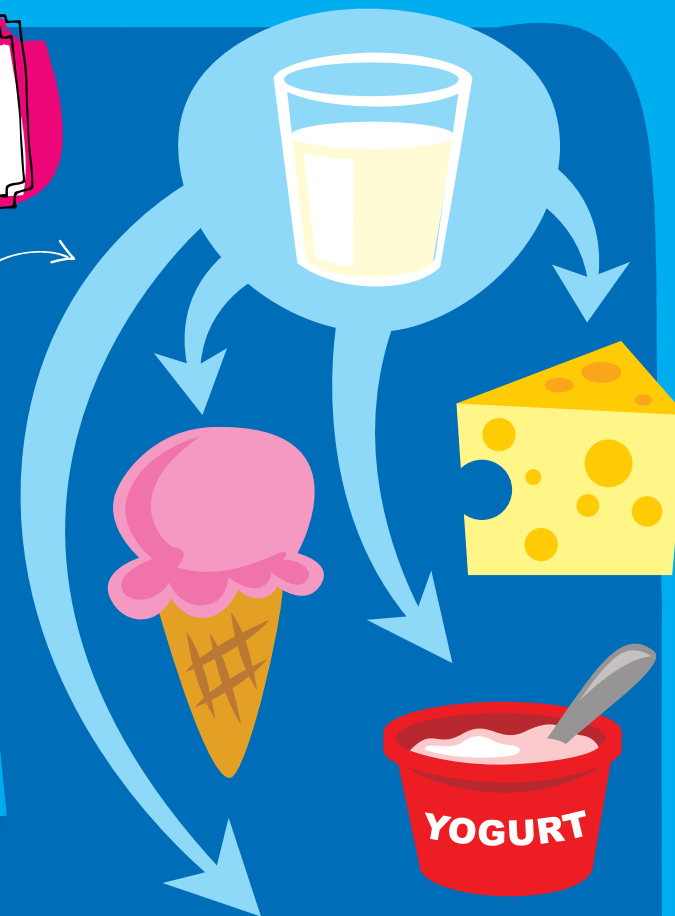
- _____
- _____
- _____



Answer: 2 gallons

MILK'S JOURNEY

Look at all the DAIRY foods that can be made from milk!



DID YOU KNOW?

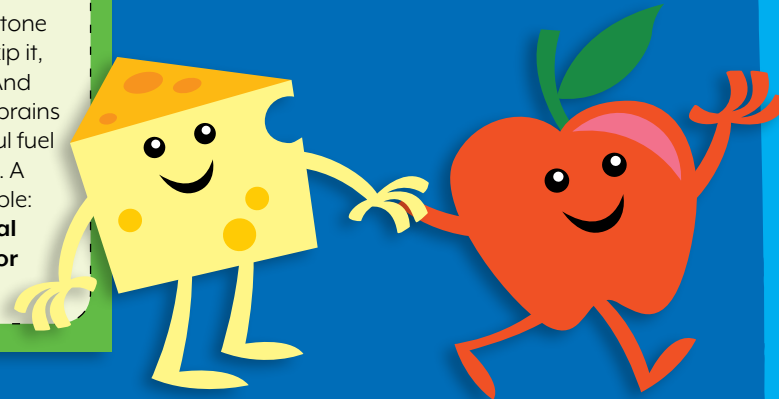
Not all milk comes from cows!

Some other types of milk are made from plants. These fortified milks are still good sources of calcium:

- Almond milk
- Soy milk
- Rice milk

Hey, Mom & Dad!

Let's talk breakfast: It sets the tone for the whole day. If your kids skip it, they're likely to eat more later. And because your kids' bodies and brains are growing, they need healthful fuel to help them perform their best. A nutritious breakfast can be simple: **Toss a handful of fruit in cereal or low-fat or fat-free yogurt for a quick, filling meal.**



CLUE

This is a popular yogurt flavor.

HINT: It's not a fruit!



Write this letter in the **DARK ORANGE** circle on page 2.

GROCERY & FROZEN FOOD

Lots of nutritious options live in the middle of the store, but they can be harder to spot. Better-for-you foods might share shelves with “sometimes” foods, so it’s important to know how to make a **healthful pick!**

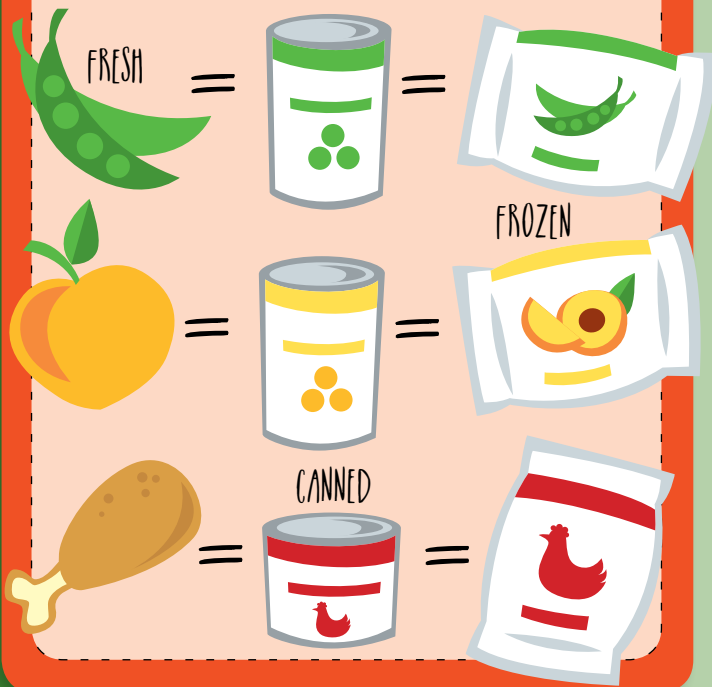


What is a “SOMETIMES” food?

“Sometimes” foods may not contain as many good nutrients and have extra fat, sugar, or salt you don’t need. If you eat too many of them, you might not have enough room to eat food that’s really good for you. Learn how to spot healthful choices on PAGE 14.

The Next Best Thing!

Foods from the fresh departments have relatives in the grocery and frozen foods sections. They all have the same good-for-you nutrients!



SMOOTH MOVE

Skip the ice and use frozen peaches to make a smoothie. They are a good source of vitamin C, which helps heal cuts and keep teeth healthy.

Get FIT

Disc baseball is a fun game you can play with your new Publix flying disc. There’s no pitcher—the batter just throws the disc as far as he or she can. If a fielder catches it, the batter is out.

WHAT IS A FOOD LABEL?

Those black-and-white **NUTRITION FACTS** are a great guide to help you make healthful eating decisions.

In-Store Activity

Pick a snack and copy its Nutrition Facts label here.

The snack I picked is:

2 SATURATED FAT, TOTAL FAT, CHOLESTEROL, SODIUM:

Foods that are better for you will have 5% or less listed under % Daily Value.

4 FIBER, VITAMINS, MINERALS:

Good foods will have 10% or more.

Nutrition Facts

Serving Size		Servings Per Container	
Amount Per Serving		Calories	
		Calories from Fat	
		% Daily Value*	
Total Fat			
Saturated Fat			
Trans Fat			
Cholesterol			
Sodium			
Total Carbohydrate			
Dietary Fiber			
Sugars			
Protein			
Vitamin A		Vitamin C	
Calcium		Iron	

1 SERVING SIZE:

This is how much you should try to eat at one time. It’s important to use this as a guide, not the size of your bowl or plate.

Is the snack you picked a better-for-you choice? Why or why not?

3 SUGARS:

Most of the time, a good food choice will be as close to zero as possible. But some foods and drinks (like 100% fruit juice and low-fat milk) may have a higher number because of natural sugars. These are better than added sugars. Spot added sugars in the ingredients list. They may be called corn syrup or fructose.

At-Home Activity

Circle the options that may be better for you:

- A bag of chips with 13% Total Fat OR plain popcorn with 2% Total Fat
- Whole-grain cereal with 1g of Sugar OR frosted cereal with 17g of Sugar
- Frozen French fries with 7% Fiber OR baked potato with 15% Fiber

(See if you were right on the next page.)

What’s one snack in your pantry with a better-for-you amount of sodium?

Find Good Food Fast!

Look for green tags on the shelves at Publix. These Better Choice shelf tags mean the foods above them are better-for-you options compared to other like products!

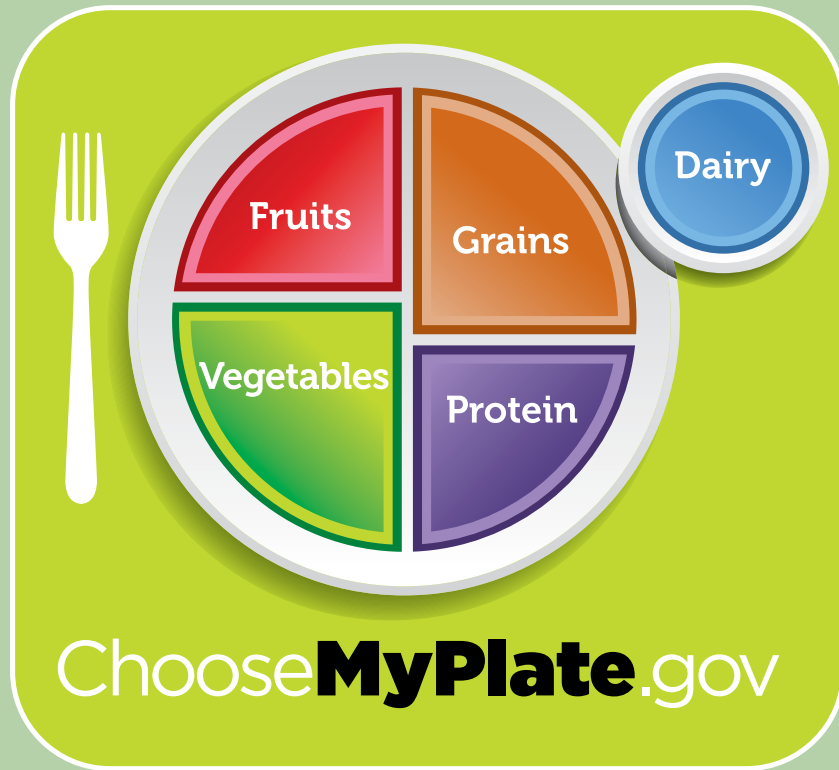
BETTER CHOICE			
based on the following nutrients, per serving			
0g	0mg	6g	0g
Sugars	Sodium	Fiber	Sat Fat
Serving Size 1 1/4 Cup(s)			170 Calories

CLUE

This is a popular movie snack AND a whole grain! p _ p c o
Write this letter in the YELLOW circle on page 2.

MY GUIDE TO MYPLATE

Now that you've learned about all the food groups, you can **use MyPlate to help you** remember how much of each to eat every day.



U.S. Department of Agriculture

At-Home Activity

Pop Quiz!

How much did you learn about each food group?

1. It's a good idea to eat as many different _____ of fruits and vegetables as possible.

- a. Colors
- b. Textures
- c. Shapes

2. Which of the following is a whole grain?

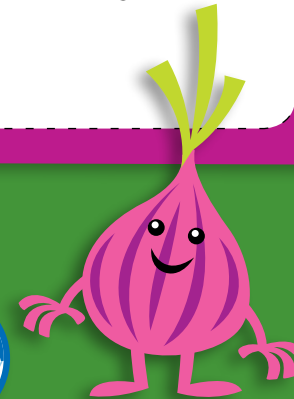
- a. Bran
- b. Multi-grain
- c. Oatmeal

3. What adjectives should you look for when choosing meat proteins?

- a. Lean
- b. Skinless
- c. Both

4. Dairy helps build strong _____.

- a. Skin
- b. Bones
- c. Eyes



Cut out this BOOKMARK

Use it as a reminder of how much to eat every day. **Remember:** Eating enough of each food group will help you get the nutrients you need to keep your body healthy!



Answers: 1. a; 2. c; 3. c; 4. b

MY DAILY DIET

Name: _____

THIS IS WHAT A HEALTHFUL DAY LOOKS LIKE.



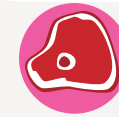
1-1/2 cups of **FRUIT** a day



1 1/2-2 1/2 cups of **VEGGIES** a day



5-6 ounces of **GRAINS** a day



4-5 ounces of **PROTEIN** a day



2 1/2-3 cups of **DAIRY** a day



Limit your **SOMETIMES FOODS** to one a day



BE ACTIVE for 60 minutes a day

Good to Remember!

- **Half of my plate** every day should be **fruits and veggies**.
- **Half of the grains** I eat every day **should be whole**.
- **Eat seafood twice a week**.
- **Choose dairy products** that are **low-fat (1%) and fat-free**.



Half of your plate should be fruits and vegetables.

***Remember:** Fresh, frozen, canned, dried and 100% juice all count!

GRAINS

Fill 1/4 of your plate with grains.

***Remember:** Make at least half of your grains whole!

PROTEIN

Keep your protein to 1/4 of your plate.

***Remember:** Protein comes in many forms—meat, seafood, nuts, beans and more!

DAIRY

You need 2 1/2-3 cups each day, so try to have 1 cup at each meal.

***Remember:** Choose low-fat or fat-free options.

Be a MyPlate champion! Visit ChooseMyPlate.gov/Kids

5 SIMPLE SNACKS

I CAN HELP MAKE THESE, **AND** THEY'RE GOOD FOR ME TOO!

1 Whole-wheat crackers with cheese slices and turkey deli meat

2 Apple slices with 1 tablespoon of peanut butter*

*Or almond butter or sunflower seed butter

3 Plain popcorn mixed with whole-wheat pretzels and pistachios

4 Baby carrots and broccoli

5 Celery sticks with peanut butter* and raisins

*Or almond butter or sunflower seed butter

AISLE ADVENTURE

Hey, Mom & Dad!

Encourage your kids to complete these tasks. Be supportive, but don't set up the activities for them. Let them decide to take control!

Try this: **REWARD** your kids when they complete every square.

Good to Know

Keeping your body strong takes effort every single day. Even after you've completed this game, continue to decide to eat healthful foods and stay active each day. **YOU are the best person to take care of you!**



YOUR AISLE ADVENTURE FOOD AND FITNESS CHALLENGE!

At-Home Activity

Now that you've learned what it takes to help your body grow strong, it's time to practice eating nutritious foods and staying active. This game is full of fun ideas. **Check off each box when it's done, and if you finish them all, you may get a prize!**

Throw your new disc with your family.

Eat fruit for dessert. What was it?

Help a parent make a recipe in this book.

Play a favorite game with your family.

Try 1 new fruit and 1 new vegetable.

Start a food journal.

Order water instead of soda the next time you eat out.

Count how many jumping jacks you can do in 1 minute.

Start a recycling bin for your classroom.

Organize a game of kickball to play at recess.

Turn off the TV for an entire day.

Be active for 60 minutes every day for a whole week.

Help a parent make whole-wheat pizza with only veggies as toppings.

Drink water during dinner every night for a week.

Join a local rec league sports team.

Pick a snack that has 5% or less total fat. What did you pick?

Help a parent plan your family's dinner and shop.

- whole-wheat pretzels
- pistachios
- celery

Play a game of disc keep-away with your friends at recess.

Eat a green vegetable for lunch 3 days in one week.

Choose produce for an after-school snack 3 days in a row.

my recipes

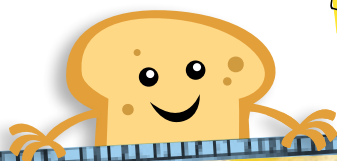


Making nutritious meals can be easy and fun! Help Mom or Dad gather ingredients and fix your food. **The highlighted instructions are perfect for kids to complete.**

5 Important Kitchen Tips ** READ THESE FIRST!*

1. Always **wash your hands** first to keep germs out of your food! And if you touch raw eggs or meat, wash them again.
2. Also **rinse off any produce** you eat.
3. Always **ask for Mom or Dad's help** with kitchen appliances.
4. Make sure **pan handles are always pointed to the sides** of the stove. If the handle hangs off the front, someone might run into it and knock the pan off.
5. If you have leftovers, **store them in the refrigerator** in a container with a lid. Eat them within three days.

BREAKFAST



IT'S DELICIOUS!



Whole-Grain French Toast

MAKES: 4 servings | **PREP:** 20 minutes | **COOK:** 8 to 12 minutes

- 4 eggs, lightly beaten
- 1 cup nonfat milk
- 2 tablespoons sugar
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 8 slices Publix Bakery whole-grain or whole-wheat bread
- 2 tablespoons vegetable oil, divided
- Maple-flavored syrup
- 2 bananas, sliced

1/ In a shallow bowl, beat together eggs, milk, sugar, vanilla, cinnamon, and nutmeg. **Dip bread slices into egg mixture, coating both sides.**

2/ In a very large skillet or on a griddle, heat 1 tablespoon oil over medium-high heat. Add half of the bread slices and cook for 4 to 6 minutes or until golden, turning once. Repeat with remaining bread slices and the remaining oil. Serve with maple-flavored syrup and sliced bananas.

Nutrition Facts (per serving): 437 cal., 15 g total fat (3 g sat. fat), 191 mg chol., 349 mg sodium, 59 g carb., 6 g fiber, 28 g sugar, 16 g pro.

KIDS CAN HELP!



Breakfast in Pita Pockets

MAKES: 4 servings | **PREP:** 15 minutes | **COOK:** 4 to 6 minutes

- 2 eggs, lightly beaten
- 1/2 cup egg product
- 3 ounces Canadian-style bacon, finely chopped
- 3 tablespoons water
- 2 tablespoons sliced green onion
- 1/8 teaspoon salt
- Nonstick cooking spray
- 1 cup frozen shredded hash brown potatoes
- 4 whole-wheat Greek pita flatbreads
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1 avocado, halved, seeded, peeled, and sliced
- 1 small tomato, seeded and chopped

1/ In a medium bowl, stir together eggs, egg product, Canadian-style bacon, water, green onion, and salt.

2/ Coat a large nonstick skillet with cooking spray; heat skillet over medium-high heat. Add potatoes; cook for 2 to 3 minutes or until potatoes are light brown, stirring occasionally. Reduce heat to medium. Pour egg mixture over potatoes in skillet. Cook, without stirring, until mixture begins to set on the bottom and around edges. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or until egg mixture is cooked through, but is still glossy and moist.

3/ Top flatbreads with egg mixture, **sprinkle with cheese. Add avocado slices and tomato.** Fold over to serve.

Nutrition Facts (per serving): 371 cal., 14 g total fat (4 g sat. fat), 114 mg chol., 742 mg sodium, 44 g carb., 8 g fiber, 2 g sugar, 22 g pro.

SNACK

FRUITY!



Mix and Match Banana Berry Smoothie

MAKES: 4 servings | **START TO FINISH:** 15 minutes

- 1 medium banana, cut up
- 1 cup blueberries, raspberries, blackberries, or strawberries
- 1 cup frozen unsweetened peach slices
- 1 5.3-ounce container plain Greek yogurt
- 1/2 cup pomegranate, cherry, blueberry, or cranberry juice
- 1/2 cup low-fat plain or vanilla soy milk
- 1 cup ice cubes
- 1/4 cup blueberries, raspberries, blackberries, or strawberries for serving

1/ In a blender combine banana, 1 cup berries, peaches, yogurt, fruit juice, and soy milk. Cover and blend until smooth. With the motor running, add ice cubes, one at a time, through the opening in the lid until combined and slushy. **Top each with berries from 1/4 cup for serving.**

Nutrition Facts (per serving): 112 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 30 mg sodium, 23 g carb., 2 g fiber, 17 g sugar, 5 g pro.



LUNCH

Deli Sandwich Stacks

MAKES: 4 servings | START TO FINISH: 25 minutes

- 1 ounce semisoft cheese with garlic and herb or reduced-fat cream cheese
- 6 slices marble rye, cracked wheat or seven-grain bread
- 2 small tomatoes, thinly sliced
- 1/3 cup sliced banana peppers (optional)
- 1 cup loosely packed fresh spinach leaves or lettuce leaves
- 4 thin slices reduced-fat Cheddar cheese
- 3 ounces thinly sliced reduced-sodium turkey breast
- 3 ounces thinly sliced reduced-sodium ham

1/ Spread semisoft cheese evenly on one side of four of the bread slices. **Divide tomatoes, banana peppers (if using), spinach, and cheese slices among the spread sides of bread slices.**

2/ Divide turkey breast between two of the stacks and divide ham between the remaining two stacks. **Place the ham stacks on top of the turkey breast stacks. Top with the remaining two bread slices.** Cut stacks in half using a sharp knife.

Nutrition Facts (per serving): 238 cal., 5 g total fat (3 g sat. fat), 29 mg chol., 697 mg sodium, 29 g carb., 2 g fiber, 2 g sugar, 18 g pro.

YUM!



PB & J Fruit Roll Up

MAKES: 4 servings | PREP: 10 minutes

- 4 (7-inch) flour or low-carb tortillas
- 4 tablespoons peanut butter*
- 4 tablespoons all-fruit spread (grape or strawberry)
- 2 bananas
- 4 large strawberries
- 1/2 cup low-fat granola

1/ Arrange tortillas on work surface. Spread 1 tablespoon peanut butter, then 1 tablespoon fruit spread over half of each tortilla.

2/ Peel bananas and remove strawberry stems. Slice bananas and strawberries and layer evenly over peanut butter and jelly. **Sprinkle granola evenly across each rollup.**

3/ Roll tortillas around filling, burrito-style. Slice diagonally into halves.

*For a peanut-free alternative, substitute almond butter, sunflower seed butter, or soy nut butter for the peanut butter.

Nutrition facts (per serving): 380 cal., 11 g total fat, 0 mg chol., 390 mg sodium, 62 g carb., 5 g fiber, 10 g pro.; 0% vit A, 30% vit C, 8% calcium, 15% iron



DINNER

Lemony Shrimp and Pasta Toss

MAKES: 4 servings | START TO FINISH: 35 minutes

- 12 ounces Publix fresh or frozen peeled and deveined medium shrimp
- 1 lemon
- 8 ounces dry fettuccine
- 2 tablespoons olive oil
- 3-4 cloves garlic, thinly sliced
- 6 cups baby spinach
- 1/2 teaspoon dried Italian seasoning, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh dill (optional)

1/ Thaw shrimp if frozen. **Pat dry with paper towels.**

Zest 1 teaspoon peel from the lemon; set aside. Squeeze 2 tablespoons juice from the lemon; set aside. In a large pot, cook pasta according to package directions; drain.

2/ Meanwhile, in an extra-large skillet, heat olive oil over medium heat. Cook garlic in hot oil for 1 minute. Add shrimp; cook for 3 to 4 minutes or until shrimp are opaque, turning frequently. Add spinach and drained pasta; toss just until spinach begins to wilt. Stir in Italian seasoning, lemon zest,

lemon juice, salt, and black pepper. If desired, top with fresh dill.

Tip/ If desired, substitute bite-size pieces of deli-roasted chicken for the shrimp. For a peppery bite, replace half the spinach with arugula.

Nutrition Facts (per serving): 365 cal., 8 g total fat (1 g sat. fat), 119 mg chol., 469 mg sodium, 48 g carb., 5 g fiber, 2 g sugar, 25 g pro.

HELP MOM AND DAD!



Crispy Fish Sticks and Sauce with Green Beans and Orange

MAKES: 4 servings | START TO FINISH: 25 minutes

- 1 1/2 pounds firm fish fillets (haddock, cod, or mahi-mahi)
- 2 3/4 cups crispy rice cereal
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt-free garlic/herb seasoning
- 3/4 cup egg whites (or egg substitute)
- 1/3 cup light mayonnaise
- 2 tablespoons fresh lemon juice
- 2 tablespoons honey

1/ Preheat oven to 450°F. Coat baking sheet with spray. Cut fish into 1-inch-wide strips (wash hands). Crush rice cereal and place in shallow dish; stir in flour and seasoning. Whisk egg whites until frothy.

2/ Dip fish in egg whites, then roll in cereal mixture to coat; place on baking sheet. Coat top of fish with spray; bake 10 to 12 minutes or until fish is 145°F (or separates easily).

3/ Whisk mayonnaise, lemon juice, and honey until blended. Serve.

Nutrition Facts (per serving): 300 cal; 4 g total fat, 90 mg chol., 600 mg sodium, 34 g carb., 0 g fiber, 31 g pro.; 10% vit A, 25% vit C, 2% calcium, 40% iron

Green Beans and Orange

MAKES: 4 servings | PREP: 10 minutes

- 1 8-ounce bag fresh microwavable French green beans
- 1 orange
- 2 tablespoons olive oil
- 1/4 teaspoon salt-free garlic/herb seasoning

1/ Microwave beans following package instructions. Zest/grate orange peel (no white; 1 teaspoon). Remove remaining peel and cut orange into segments.

2/ Preheat large sauté pan on medium heat 2 to 3 minutes. Place oil in pan, then add beans, seasoning, and zest; cook 1 to 2 minutes or until beans are crisp-tender.

3/ Remove pan from heat; stir in orange segments. Serve.

Nutrition Facts (per serving): 100 cal., 7 g total fat, 0 mg chol., 0 mg sodium, 9 g carb., 3 g fiber, 1 g pro.; 10% vit A, 45% vit C, 4% calcium, 2% iron

WHAT DID YOU EAT?

Write down **everything** you eat for one day. Don't forget any drinks or snacks!

BREAKFAST

LUNCH

DINNER

SNACKS

AISLE ADVENTURE

At-Home Activity

Now tally how much of each food group you ate on the right side of the chart. Use your book to help you remember what a cup or ounce may look like.

How much you should try to eat in one day:

How much you ate today:



1-1 1/2 cups of **FRUIT** a day



1 1/2-2 1/2 cups of **VEGGIES** a day



5-6 ounces of **GRAINS** a day



4-5 ounces of **PROTEIN** a day



2 1/2-3 cups of **DAIRY** a day



Limit your **SOMETIMES FOODS** to one a day

What food groups did you eat enough of?

What will you try to eat more of tomorrow?

Get FIT



How many minutes did you spend being active? _____

What did you do? _____

You should try to **BE ACTIVE** for **60 minutes** a day. Did you do that today? _____