

# EATING SMART AT HOME



**REMEMBER  
TO EAT ALL  
YOUR  
COLORS**

## *Choosing More Fruits and Vegetables*



- Keep a bowl of fruit on the counter
- Make fruit smoothies for a quick breakfast or snack
- Top baked potatoes with salsa
- Keep baby carrots or other ready-to-eat vegetables on hand
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews
- Top sandwiches with lettuce, tomato, and other vegetables
- Add bananas or berries to cereal or yogurt
- Add peppers, onions, or other vegetables to spaghetti sauce
- Stir fry, experiment with different vegetables or use what you have on hand
- It all counts—fresh, frozen, canned, dried and 100% juice



# SUPER STIR FRY

Makes 2 servings  
Serving Size: 1 cup

## Choose 5 vegetables (1/2 cup of each)

- Onion
- Carrots
- Squash
- Broccoli
- Peppers
- Zucchini
- Celery
- Mushrooms
- Cauliflower

## Choose 1 sauce (about 1/4 cup)

- Lite/Low-Sodium Soy Sauce
- Teriyaki Marinade
- Bottled Stir Fry Sauce

## Choose 1 starch 1 cup per person (cooked according to package directions)

- White Rice
- Rice Noodles
- Brown Rice
- Whole Wheat Spaghetti Noodles

## Directions

1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir fry more pleasing to the eye.
2. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in 10-inch frying pan, electric skillet or wok.
3. Keeping the heat high, add vegetables to the pan in order of firmness—harder foods first and ending with the softest foods.
4. Toss vegetables to keep from sticking until they are cooked. When stir frying, vegetables should still be crisp and retain their bright color.
5. Add sauce to taste (about 1/4 cup). Stir Fry until all vegetables are thoroughly coated.
6. Serve with starch of choice.

## Nutrition information Per Serving

270 calories  
Total Fat 0.5 g  
Saturated Fat 0 g  
Protein 6 g  
Total Carbohydrate 9 g  
Dietary Fiber 2 g  
Sodium 560 mg



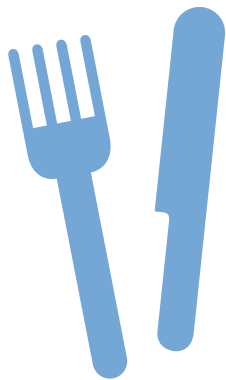
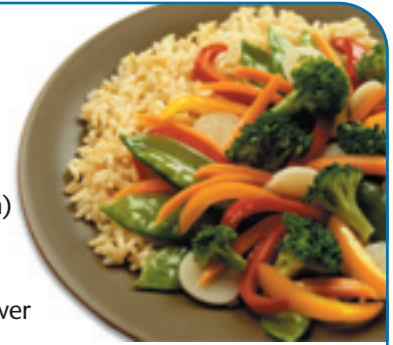
**Excellent Source of Vitamin A**



**Excellent Source of Vitamin C**

Recipe was analyzed using onions, green pepper, broccoli, celery,

carrots and low sodium soy sauce. Nutritional information will vary with other vegetable combinations. Analysis does not include rice or noodles.



**Eat Smart**



# HAVE A FAMILY PARADE

Have everyone get in a line and have a fun family parade. You can march, bounce, and skip along your parade routes through your house or out in the yard. What day this week will you and your family have a parade?

[www.pedbikeimages.org/](http://www.pedbikeimages.org/)Dan Burden



**Move More**