(Sweet) Blueberry Apple Salsa

Portion 3/4 cup. Serves 4.

Ingredients:

- 2 cups fresh blueberries
- 1/2 cup diced Granny Smith apples
- 2 tbsp cilantro, chopped
- 1 tsp jalapeno peppers, diced (optional)
- 1/3 cup red onions, sliced
- 1 tsp ground cumin
- 1 tbsp fresh lime juice
- ½ tsp ground black pepper

Instructions:

In a large bowl, combine the apples, lime juice, blueberries, cilantro, jalapeno, onion, cumin and pepper. Mix thoroughly.

Tips:

- Pair with a small serving of guacamole and tortilla chips for a nutritionally complete snack.
- Add to your favorite taco to increase nutrient density and antioxidant intake.

Nutritional Facts:	
Calories	100
Total Fat	0g
Sat Fat	0g
Total Carb	15 g
Protein	1g
Dietary Fiber	3g

Oa

Sodium

Banana Berry Spinach Smoothie with hint of cinnamon and vanilla

Ingredients:

- ½ cup of low-fat Greek yogurt (pick Greek option for 2x the protein power)
- ½ cup of FROZEN berries (cherries add a bit more sweetness, but all berries are awesome)
- ½ medium banana (naturally adds sweetness and creaminess)
- ½ cup of spinach
- 1/4 tsp. of pure vanilla extract
- Sprinkle of cinnamon (as desired)
- 1/4 cup of water

Instructions:

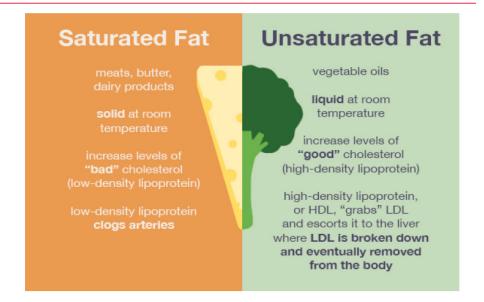
Combine all the ingredients into a blender. Blend at high speed for \sim 1 minute. Pour into a 10 ounce glass and enjoy.

- Limit calories from smoothies to <225 (typically will need to be 9 ounces or less, even smaller if seeds and nuts/nut butter or sugar are added). Avoid smoothies from smoothie shops.
- This is a great snack choice before or after a 1-hour workout (when your last or next meal has been >2.5 hours).
- As part of meal choice, try "100% whole wheat" toast with (~1 Tbsp.) of nut/seed butter (e.g. almond butter or sunflower seed butter) for breakfast.

How Dehydrated Are You?

A quick way to test how well you're hydrated is to check the color of your urine.





For more information, visit SwedishCovenant.org/healthyhabits.



Healthy Tips from ChooseMyPlate.gov



FOCUS ON WHOLE FRUITS

- 1. Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.
- 2. Try a new fruit for a snack. Fruits vary in vitamins and minerals so mix it up!
- 3. Add your favorite fresh or canned fruit to a salad or enjoy as a side.
- 4. Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- 5. On long car trips, pack fruit to snack on! Bananas, apples, grapes, and plums all travel well, as do dried fruit such as raisins, cranberries or apricots.



VARY YOUR VEGGIES

- 1. Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.
- 2. Make each meal colorful by adding red, dark-green, yellow, or orange vegetables to your plate.
- 3. Use dark leafy greens, like romaine lettuce

and spinach, to make salads. Add red and orange veggies for extra color and nutrition!

- 4. Cook it once, eat twice. Make extra vegetables and save some for later
- 5. Vary your veggies by adding a new vegetable to a different meal each day.



VARY YOUR PROTEIN ROUTINE

- 1. Next taco night, try adding a new protein, like shrimp, beans, or beef.
- 2. Make colorful kabobs with your favorite protein foods and veggies! Enjoy the kabobs grilled or roasted.
- 3. Serve seafood twice a week—it's simple! Make patties with canned salmon, crab, or tuna,

or use them on a seafood sandwich.

- 4. Enjoy hard-cooked eggs as a snack, on salads, or in main dishes.
- 5. Make beans, peas, and soy products part of your meals often. Try black bean burgers, hummus, or stir-fried tofu.



MAKE HALF YOUR GRAINS WHOLE GRAINS

- 1. Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal!
- 2. Use whole-grain bread when making a sandwich. If you choose refined-grain bread, make sure it's enriched by checking the

ingredients list.

- 3. Pack a whole-grain snack for work or when you're on the go. Whole-grain cereal or crackers and plain popcorn are great choices!
- 4. Mix whole-grain cereal with nuts and dried fruit for a great afternoon snack.
- 5. Try something new—choose less common whole grains (amaranth, quinoa, millet, and triticale). Look for recipes online.



MOVE TO LOW-FAT OR FAT-FREE MILK OR YOGURT

- 1. Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.
- 2. Be a role model! Parents and caregivers who drink milk and eat dairy foods show kids that it

is important for their health.

- 3. Leave room for some milk in your morning caffeine routine. Make or order your coffee, latte, or cappuccino with low-fat milk.
- 4. Cook your oatmeal or other hot cereal in fat-free or low-fat milk instead of water.
- 5. To get calcium at lunch, add cheese to your sandwich. When choosing dairy products, fat-free and low-fat dairy are good options.



DRINK AND EAT BEVERAGES AND FOOD WITH LESS SODIUM, SATURATED FAT, AND ADDED SUGARS

Salt and Sodium

- 1. Taste your food before you reach for the salt shaker. Spices and herbs are a great way to add extra flavor.
- 2. Cook at home! Preparing your own food helps you decide the amount of salt used in meals.

Saturated Fat

- 1. Trim visible fat from meat before cooking or remove the skin from poultry to reduce saturated fat.
- 2. Try a bean chili or roll up a tortilla with hummus and veggies for a low-saturated fat meal.

Added Sugars

- 1. Help kids learn about added sugars in foods. Read the ingredients and compare different foods together.
- 2. Fruits can help you satisfy your sweet cravings. Make it fun with a fruit kabob using bananas, apples, pears, and orange sections.