

(Sweet) Blueberry Apple Salsa

Portion $\frac{3}{4}$ cup. Serves 4.

Ingredients:

- 2 cups fresh blueberries
- $\frac{1}{2}$ cup diced Granny Smith apples
- 2 tbsp cilantro, chopped
- 1 tsp jalapeno peppers, diced (optional)
- $\frac{1}{3}$ cup red onions, sliced
- 1 tsp ground cumin
- 1 tbsp fresh lime juice
- $\frac{1}{2}$ 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
Sodium	0g

Banana Berry Spinach

Smoothie with hint of cinnamon and vanilla

Ingredients:

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

Instructions:

Combine all the ingredients into a blender. Blend at high speed for ~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.



Saturated Fat

meats, butter,
dairy products

solid at room
temperature

increase levels of
"bad" cholesterol
(low-density lipoprotein)

low-density lipoprotein
clogs arteries

Unsaturated Fat

vegetable oils

liquid at room
temperature

increase levels of
"good" cholesterol
(high-density lipoprotein)

high-density lipoprotein,
or HDL, "grabs" LDL
and escorts it to the liver
where **LDL is broken down**
and eventually removed
from the body

For more information, visit [SwedishCovenant.org/healthyhabits](https://www.swedishcovenant.org/healthyhabits).



Swedish Covenant Health

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.