

Choosing a Healthier You for Life Lifetime goal = Achieve and maintain a healthy weight

Build a healthy plate

- Choose more fruits and vegetables
- Choose whole grains
- Choose low-fat milk or water
- Choose lean proteins

Eat the right amount of calories for you • Use MyPlate's SuperTracker

- Use MyPlate's SuperTracker (www.SuperTracker.usda.gov) to find out your personal calorie level
- Control portions
- Limit sugary foods and beverages
- Reduce saturated fats and sodium

Plan, shop, fix and eat more meals at home

- Plan meals to save time and money
- Shop using a list. Read food labels carefully and compare prices to get highest nutrition for lowest cost.
- Cook together
- Try healthier recipes that are lower in sugar, fat, and sodium
- Eat together at home more often

Be active your way

- 150 minutes of moderateintensity aerobic activity (brisk walking, riding a bike on level ground, or pushing a lawn mower) each week for adults
- 60 minutes of active play every day for children and adolescents
- Muscle-strengthening activities2 or more days a week
- Flexibility exercises daily (bending, reaching, stretching)



Chill







This material is based up the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, condusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.





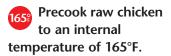




EAT SMART

Chicken and Cheese Enchiladas

Makes 8 servings | Serving Size: 1 enchilada







Ingredients

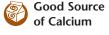
- Non-stick cooking spray
- 1 medium onion, chopped
- 1½ cups chicken or turkey, cooked and shredded
- 1½ cups Fresh-Made Salsa (page 13 of *Cooking with EFNEP*), divided
- 1 (8-ounce) package of reduced-fat cream cheese. Use 3 ounces.
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) of reduced-fat cheddar cheese, shredded and divided

Directions

- 1. Preheat oven to 350°F. Lightly spray baking dish with non-stick cooking spray.
- 2. Spray pan again and cook onion, stirring constantly, until tender.
- 3. Stir in chicken, 1/4 cup salsa, cream cheese, and cumin. Cook until thoroughly heated.
- 4. Stir in 1/2 of the shredded cheese.
- 5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
- 6. Place seam side down in a 9 x 13-inch baking dish. Top with remaining salsa and cheese.
- 7. Bake at 350°F for 15 minutes or microwave 3 to 5 minutes or until heated through.

Nutrition information Per Serving

211 calories		Protein	17 g
Total Fat	7 g	Total Carbohydi	rate 19 g
Saturated Fat	2.5 g	Dietary Fiber	2 g
		Sodium	350 mg



★ MOVE MORE



Make a Play for It

Go to the park or playground with your family and take a Frisbee or a ball. Once in the park, you may see other activities that encourage you and your family to have fun and move more. Make a commitment to go to the park or playground once this week with your family.