



## here's the scoop

### Easy Ways to Improve Your Family's Eating Habits

#### WHAT'S FOR LUNCH AT SCHOOL?

Look at the school lunch menu, or eat a meal at school with your children. Talk with your children about choosing fruits, vegetables and whole grains.

#### PLAN AHEAD

Meals tend to be healthier when planned. Try planning weekly menus, and keep track of the healthy meals your family likes best to "rerun" them in future menus.

#### VEGGIE CAMOUFLAGE

Try to get your children to eat more veggies by incorporating them into other dishes. Try chopped carrots, squash, broccoli, mushrooms or celery in meatballs, lasagna, casseroles or pasta salad. Serve veggies in stir-fry with chicken and rice, add tomatoes to omelets.

#### FRUITY TWISTS

Slip more fruit into diets by mixing them into popular foods your family already eats and likes: muffins, yogurt, oatmeal and cereal. Make a colorful dessert of chopped fruit and mix with nuts. Keep raisins or dried fruits for snacks, or make fun, creamy smoothies with fresh fruit, milk and ice.

#### DRINK SMART

Squeeze out sugar-filled sodas and serve 100 percent fruit juice, milk or water instead. Choose juice carefully—some juice has only 10 percent fruit juice, and the rest is sugar and fillers. Try strawberry or chocolate 2 percent reduced-fat milk, refreshing ice water or fun, fizzy carbonated water instead of soda or punch.

Keeping up with your family's lifestyle can be quite the juggling act — there's school, work, family activities and of course, family health. What's a busy, loving parent on the run to do when you want to provide the best nutrition for your family, but don't have a lot of time?



The key to healthy eating is to be aware of food choices at every meal and snack time. Planning your family's menu might require a little extra thought and effort at first, but that doesn't mean it has to be difficult. In addition to your own ideas, try one of these tried-and-true strategies as a starting point to keep your family headed in the right direction.

### Fresh Produce of the Month

#### Orange Facts

Yellow and orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include: oranges, grapefruit, tangerines, yellow and orange peppers, carrots and sweet potatoes.

One orange supplies 100% of your body's daily requirement for Vitamin C.

