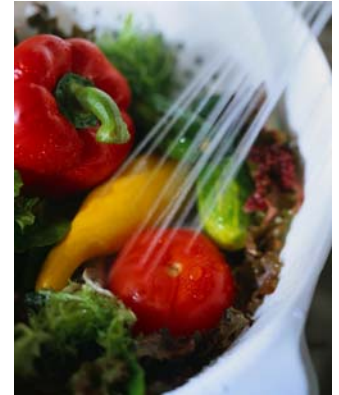


HEALTHY DINNERS

TIPS TO AVOID THE EVENING RUSH:

- Plan ahead; make sure you always have plenty of ingredients on hand.
- Know what you are going to make before you get home so that you aren't rummaging around looking for the quickest thing (often the unhealthiest).
- Don't become a short order cook. Make one meal for everyone; give each child a night to choose what will be served.
- Give each child a job to help out. Young children can set the table, fetch items from low shelves and the refrigerator, mix, and help clean up.



QUICK DINNER IDEAS:

- Personal pizzas: Top a whole wheat English muffin with jarred sauce, sliced veggies, turkey pepperoni, and low-fat cheese.
- Omelets: Combine eggs and your favorite sliced veggies, top with salsa.
- Burrito: Wrap a whole wheat tortilla around some canned low-fat refried beans, chopped veggies, and low-fat cheese.
- Mac and cheese: Add chopped veggies and canned tuna or salmon to boxed macaroni and cheese (try the whole wheat variety!)

A HEALTHY PLATE:

- 1/2 veggies and fruit
- 1/4 meat or meat alternative
- 1/4 whole grains
- Low-fat milk or water
- Start with small portions
- Avoid high fat condiments such as dressings and mayo.



HEALTHY GRAINS:

- Brown rice
- Whole grain bread
- Rye bread
- Whole wheat pasta
- Whole wheat pita or flat bread
- Whole wheat tortillas
- Try quinoa or bulgur for a change