



Fit to Print

Newsletter of the Weigh Smart™ Program



Why eat fruits and veggies?

Did you know that most Americans don't eat the amount of fruits and veggies they're supposed to? Fruits and veggies can make a tasty snack, and people who eat at least 4 ½ cups of fruits and vegetables a day are less likely to be obese.

Even though we're supposed to eat 2-5 cups of fruits and veggies a day, it's hard to measure that amount out. Here's an easier way to think about it: try to make fruits and/or veggies half of every meal you eat. Here's some other easy tips:

1. Grind up veggies to "hide" in meatloaf and soups.
2. Cut up fruits and veggies so

they are ready for a quick snack; baby carrots are easy and taste great.

3. Frozen grapes and banana slices make a cool treat.
4. Include lettuce, tomatoes and onions on all your sandwiches and wraps.
5. Forget tortilla chips! Eat raw veggies with your favorite dips and salsas.
6. Take advantage of summer berries; add to muffins, pancakes, cereal and salads.
7. Don't forget about dried fruits.



They make an easy on-the-go snack.

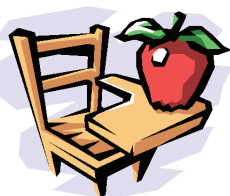
8. Shop your local outdoor produce markets for a variety of fresh fruits and vegetables.
9. Select a frozen 100% fruit bar as a simple and sweet snack.
10. Frozen is as good as fresh! It's easy to microwave or stir-fry frozen veggies.

For more information, take a look at www.fruitsandveggiesmorematters.org.

Adapted from: America on the Move (<http://aom.americaonthemove.org/>)

Do good diet and good grades go together?

Can eating a healthy diet help you ace that next math test? Maybe! Scientists in Canada gave 5,000 kids a test of reading and writing, and then asked them what they usually ate. It



turns out that kids that ate lots of fruits and veggies (and not a lot of fatty foods) did *better* on this test than kids who didn't have healthy eating habits. The scientists are still trying to fig-

ure out why the kids with the healthier eating habits do better on the test. Here's another reason to eat healthy! Take a look at this month's recipe for a tasty option.

Adapted from: The Nemours Foundation (http://www.kidshealth.org/research/food_school.html)

A healthier option at McDonalds

Here's our next stop on our tour of healthier choices when you're on the run. Last month we found a good meal at Chick-Fil-A — this week we're on to McDonalds!



Instead of:
Quarter Pounder with cheese
Medium fries
Regular Medium Soda
(1070 calories, 41 grams fat)



Try this:
Cheeseburger
Apple Dippers
Low fat Caramel dip
Diet Medium Soda
(415 calories, 13 grams fat)