

Choosing a Healthier You for Life

Lifetime goal = Achieve and maintain a healthy weight

1 Build a healthy plate

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

2 Eat the right amount of calories for you

- 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

3 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

4 Be active your way

- 150 minutes of moderate-intensity 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 activities 2 or more days a week
- Flexibility exercises daily (bending, reaching, stretching)

5 Keep foods safe

- Clean
- Separate
- Cook
- Chill



Chicken and Cheese Enchiladas



Makes 8 servings | Serving Size: 1 enchilada

165° Precook raw chicken to an internal temperature of 165°F.

 **Hint:** Try Fresh-Made Salsa from *Cooking with EFNEP*.

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 Carbohydrate	19 g
Saturated Fat	2.5 g	Dietary Fiber	2 g
		Sodium	350 mg



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.