

Nutrition Notes *TO GO*

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APRIL



Power Up With Breakfast

Breakfast gives you the energy to start the day and enjoy the morning! It's a healthy habit for you and your family. Try these breakfast ideas:

- Blend low-fat milk or low-fat yogurt with fruit for a healthy shake.
- Have something different for breakfast like a burrito, pizza, sandwich, soup, or reheated leftovers.
- Fill pita bread or a tortilla with low-fat cheese, lean meat, and vegetables.
- Mix leftover rice, low-fat yogurt, fruit, nuts, and cinnamon together.
- Add vegetables or beans to scrambled eggs.
- Try the "Fruit Yogurt Sundae" recipe below.
- Keep foods like fruit, yogurt, and bagels on hand for mornings when you are in a hurry. They are great to grab and go!

What's in Season...

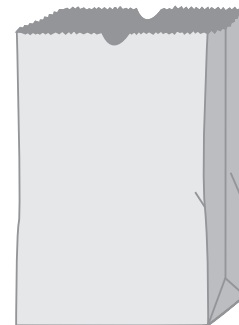
Save money and enjoy the best flavors of the season! Best buys for fresh fruits and vegetables in April are:

Vegetables:

Broccoli
Cabbage
Carrots
Onions
Spinach
Sweet Potatoes

Fruits:

Bananas
Grapefruit
Oranges
Pineapple



Keep Moving

Choose physical activities that are fun for you. Find friends and family who will join you for a walk to the park, a game of basketball, a bike ride, or a game of catch. The more fun you have, the more likely you will stay active!



Fruit Yogurt Sundaes

Serves 4

2 cups vanilla yogurt, fat-free
2 cups fruit, cut into bite-size chunks
1/2 cup topping (choose from crushed graham crackers, nuts, vanilla wafers, dry cereal, or granola)

TIPS:

- Use fruit in season or canned fruit packed in juice.
- Try other flavors of yogurt.
- A great breakfast treat, too.

Nutrition Facts: Serving size: 1 cup; Calories: 210; Fruits and Vegetables: 1; Fat: 2 g; Fiber: 2 g

1. If using fresh fruit, wash fruit and cut into chunks.
2. Divide fruit evenly into 4 individual bowls or cups.
3. Spoon 1/2 cup fat-free yogurt on top of fruit and sprinkle with crushed topping.

