



eat smart what to pdf

Try to eat more dark-green, red, and orange vegetables, and beans and peas. whole-wheat tortillas, brown rice, and light popcorn, more often. Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

Eat Smart To Play Hard - Food and Nutrition Service

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Eat Smart. The cookbook includes breakfast, lunch, dinner, snacks, desserts and drinks, all created by me with health being at the forefront of my mind to nourish the body, yet not at all lacking in flavour or indulgence.

Eat Smart | Niomi Smart

Get Smart About Superfoods So-called "superfoods" alone won't make you healthier but adding these nutritious foods to an already balanced diet can bring health benefits. Featured Recipes

Eat Smart | American Heart Association

Cooking Basics: Cooking with Herbs, Spices and Seasoning. Herbs and spices can add flavor and variety to your food. Use a little at first, then add more when you are sure you like the flavor. To substitute dry herbs for fresh, use ¼ teaspoon powder or 1 teaspoon crushed for 1 table- spoon fresh chopped herbs.

EAT SMART - University of Tennessee

Smart Snacks When you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, and healthy fats. These foods can fill you up and give you an energy boost. TIPS Watch your portions. Use measuring cups and spoons to help. Do not eat out of a family size bag or box.

Smart Snacks - American Diabetes Association

African-American Churches Eating Smart and Moving More: A Planning and Resource Guide. Eating smart and moving more helps to prevent chronic diseases such as heart disease, cancer and type 2 diabetes. Unfortunately, many African-American church leaders and members have died pre-maturely from these diseases.

African-American Churches - Eat Smart, Move More NC

Freshen up your plate with delicious, easy-to-make Eat Smart vegetable recipes. Whole Wheat Spaghetti With Broccoli Pesto. Healthy Huevos Rancheros. Quinoa Stuffed Peppers. Black Bean Cakes. Healthy Ramen Bowl. Asian Sesame Dumplings. Healthy Asian Spring Rolls. Cauliflower Rice Pizza Crust.

Healthy Recipes | Eat Smart Blog

The entire contents of Saving Dollars and Making Sense can be downloaded at www.EatSmartMoveMoreNC.com. All files are available in PDF format for downloading and printing. Most agendas, letters, and resources are also available as Word documents online. The Saving Dollars and

Making Sense Committee Guideis in the public domain and can be

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