

Healthy Eating Tips

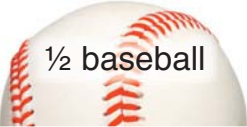
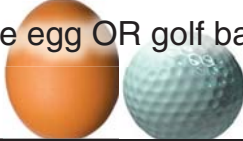





For more recipes, including many for a slow cooker, see the 2009 Eat Smart. Play Hard. Together magazine posted at www.ndsu.edu/eatsmart.

The North Dakota 5 + 5 Communities Program and North Dakota Department of Health sponsored the Get Smart North Dakota! Fruits & Veggies – More Matters Tip Contest in 2008. The tips show that North Dakota families are including more fruits and vegetables in meals and snacks by using canned, frozen, dried or 100 percent juice, in addition to fresh. These tips work for North Dakotans. Give them a try.

- Maria R. of Napoleon **begins shopping in the produce section**, choosing a variety of colors and products in season and on sale.
- At **snack time**, Rita L. of McVille serves apples with popcorn. She finds that the refreshing apples replace the sodas that many people drink while eating popcorn.
- For **breakfast**, Ann F. of Bismarck makes fruit smoothies for her kids. To help make sure that fruit is on hand and ready to use, she buys or picks blueberries and strawberries fresh in the summer and freezes them in convenient 1-cup packages.
- To help her young son make **smart choices**, Lisa D. of Cogswell keeps her refrigerator snack drawer stocked with 100 percent juice boxes, raisins, apples, oranges and peeled carrots. With these foods right at eye level and ready to eat, her son helps himself for his morning and afternoon snacks.
- Amy E. of Fargo **balances family dinners**, even pizza, by serving fruits and vegetables with each meal.
- Denise B. of Parshall sets out a bowl of cut-up apples, peeled oranges, grapes or carrots when her **family is home**. Denise also packs these foods on ice in an insulated cooler when the family is out boating in the summer.

Portion Size

Size up your portions with these visual clues. As shown, one-half of a baseball is the same size as ½ cup of mashed potatoes.

Visual Clue	Portion size
 ½ baseball	½ cup of mashed potatoes
 large egg OR golf ball	¼ cup of dried cranberries
 pingpong ball	2 tablespoons of peanut butter
 check book	3 ounces of fish
 card deck	3 ounces of meat or poultry
 6 dice	1½ ounces of natural cheese (cheddar, Swiss)
 thumb tip	1 teaspoon of margarine or butter