

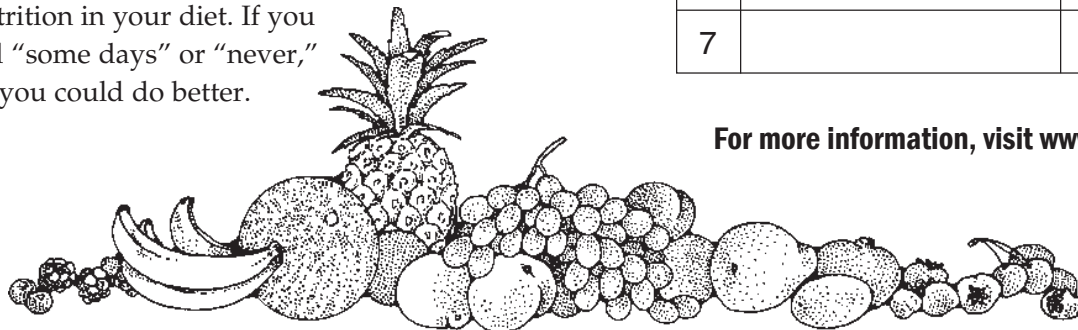
March is National Nutrition Month



How Do You and Your Family Score on Healthy Eating?

How often do you:	Every day	Some days	Never
Eat breakfast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat at least 2 different fruits? (can include 100% juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat at least 3 different vegetables? (can include 100% juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat 3 servings of whole-grain foods, such as whole-wheat bread or cereal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consume 3 cups of food from the milk group (or get enough calcium from other sources)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total your check marks:	_____	_____	_____

Where are most of your check marks? If you mainly marked "every day" you are getting lots of variety and nutrition in your diet. If you marked "some days" or "never," maybe you could do better.



Set a Goal

Use the chart below, and as an individual or as a family, set one healthy eating goal to do each day for at least a week. Then set a new goal and track your progress.

Goal _____
 (Example: Eat three different vegetables today.)

Chart Your Progress

Family members should write their initials on the chart each day they reach the goal.

Day	I met the goal	I didn't meet the goal, but I'll keep trying
1		
2		
3		
4		
5		
6		
7		

For more information, visit www.ndsu.edu/eatsmart

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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Chicken and Black Bean Quesadillas

- 4 whole-wheat tortillas
- 1 c. cooked chicken*
- ½ c. canned black beans, drained and rinsed
- ½ c. shredded cheddar or mozzarella cheese
- ½ c. bell peppers, chopped
- Optional toppings: salsa and reduced-fat or non-fat sour cream

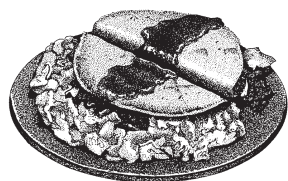
*** Stretch your budget by using planned-over roasted or grilled chicken.**

Place pan on stove and turn to medium heat.

Put one tortilla in pan, add half of the cheese and half of the other toppings. Place other tortilla on top of cheese. Cover pan for approximately two to four minutes. Flip quesadilla very carefully to heat other side approximately one to two minutes.

Repeat with remaining ingredients.

Cut into wedges and serve with salsa and sour cream.



*Makes four servings.
Each serving has 250 calories,
7 grams (g) fat, 29 g carbohydrate,
18 g protein, 4 g fiber and
620 milligrams sodium.*

MENU IDEA

Chicken and Black Bean Quesadillas,
carrot and jicama sticks with low-fat ranch dressing,
fruit kabobs (apple chunks and canned pineapple chunks),
fat-free milk

Just for fun

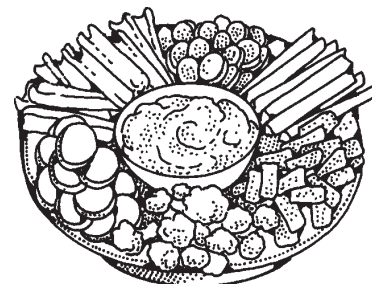
Why did the tomato turn red?
Because he saw the salad dressing!

Grow a salsa garden and make your own salsa.
For more information, see "From the Garden to the Table:
Salsa!" at www.ag.ndsu.edu/pubs/yf/foods/fn584w.htm

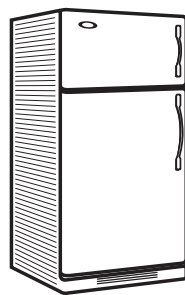
My family doesn't eat as well as I would like.
They don't eat enough fruits and vegetables.
Do you have any ideas?

Try these tips:

- Eat a fruit for a snack or with a meal. Try orange slices, apple slices or a fruit kabob (cubes of fruit on a toothpick) or 100 percent fruit juice.
- Vary your vegetables. Set out a plate of fresh veggies and low-fat dip while your family waits for dinner. Crunch on beans, broccoli, carrots and cauliflower.
- Snack smart. Try a fruit and milk smoothie. Blend low-fat milk or plain yogurt with mashed fruit or fruit juice.
- Try a new vegetable, such as jicama (pronounced hi-cah-ma); taste kiwi fruit; or sample some dried apricots or cranberries.



How long are my leftover foods safe to eat?



You can store leftover or cooked food in the refrigerator for up to four days. The quality decreases each time food is reheated, so just reheat the amount needed. If you will not eat the leftovers within four days, freeze them for longer storage.

Julie Garden-Robinson, Food and Nutrition Specialist

McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition,
food purchasing or food safety.



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