

Nutrition Savvy for All Ages

Good nutrition is important at every age. Being savvy about nutrition means using food to your advantage—to enjoy the pleasures of eating as you optimize your health. To get the most out of your food choices, specific nutrition strategies can be tailored to fit the needs of individuals at any age.

Test Your Nutrition Savvy

- ◆ Do you make sensible choices from every food group?
- ◆ Have you found a balance between food and physical activity?
- ◆ Do you get the most nutrition out of your calories?

To increase your chances for a healthier life, make it your goal to answer YES to all of these questions. Eating right and being physically active are keys to a healthy lifestyle for everyone.

Make Sensible Choices

The foundation of a healthy diet is nutrient-rich foods, so remember to choose a variety of nutritious foods everyday. Sensible food choices include:

- ◆ Fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- ◆ Lean meats, poultry, fish, beans, eggs and nuts.
- ◆ Foods low in saturated fats, *trans* fats and cholesterol and without too much sodium and added sugars.

Balance Food and Physical Activity

Your food choices are just one part of your healthy lifestyle equation. Another is the physical activity you do. When you balance your calories with your daily physical activity, you are more likely to maintain a healthy weight over time. Getting 60 to 90 minutes of physical activity each day can also help you tip the calorie scales to lose weight.

Use Your Calories Wisely

Every person has a specific number of calories that's right for his or her body—depending on age, activity level and goal of maintaining, losing or gaining weight. If you “spend” your calories on a few high-calorie foods, you are less likely to get the full range of vitamins and other nutrients your body needs to be healthy. Choose nutrient-rich foods first,



Very Veggie Tuna Mac

the *sensible choices* listed above, to get the nutrients your body needs without overdoing calories. Then, as your calorie needs and activity level allow, you can fit in additional food choices. Go to www.MyPyramid.gov to get a healthful food plan to meet your personal needs.

Nutrition Pointers

Here are some tips to help you meet your nutrition needs and those of your family.

Childhood and Teen Years: Develop Healthy Habits

To prepare for a life of good health, help children and teens learn how to make sensible food choices and make physical activity part of a daily routine. Now is a good time to get started.

- ◆ **Eat for growth and development.** Kids need nutrient-rich foods to supply the vitamins, minerals and other nutrients required for growth and development without excess calories, fat or added sugars. Nutrients that many of today's young people are falling short on include calcium, potassium, fiber, magnesium and vitamin E.
- ◆ **Have fun getting physical.** Being active helps kids build strong bones and muscles. And it makes them feel good about themselves, too. Experts recommend that children and teens be active for a total of *at least* 60 minutes every day.

Adult Years: Refine Healthy Habits

Now is the time to focus on food choices and physical activity to achieve and maintain a healthy weight while reaping the health benefits of an active lifestyle.

- ◆ **Eat for taste and health.** Enjoy the great taste of eating right with nutrient-rich food choices. Some adults come up short on calcium, potassium, fiber, magnesium and vitamins A, C and E. Adequate amounts of iron and folic acid (from fortified foods or supplements) are important for women of childbearing age, too. Moderating your portion sizes is one way to enjoy a variety of foods and eat sensibly within your calorie needs.
- ◆ **Fit in physical activity.** Life is hectic, but physical activity should be a top priority. The key is consistency. Get active for *at least* 30 minutes each day and your body will feel the difference—today and for years to come.

Older Adults: Maintain Healthy Habits

Sensible food choices and active living help older adults feel good, stay productive and enjoy a higher quality of life.

❖ **Eat for nutrient richness.** As you get older, calorie needs may decrease, but your need for vitamins and minerals stays the same or increases. So, it becomes even more important to eat foods rich in essential nutrients, especially protein, vitamin B12, vitamin D and calcium. (Note: Some people may need fortified foods or supplements to

meet specific needs. A health professional can advise you.)

❖ **Stay physically active.** Being active is especially important as you age. Staying physically active can help maintain and build muscle, improve balance and flexibility and reduce the risk of certain chronic diseases. If you haven't been physically active in the past, it's never too late to start. Walking more is often a safe and easy way to begin.

Whatever your age, make your food and physical activity choices work for your good health today and in the future.

These healthy living recipes can help you enjoy the taste of eating right!

Beef Kabob Dinner

Prep: 10 minutes

Total: 50 min. (includes marinating)

- 1 lb. boneless beef sirloin steak, cut into 1-inch pieces
- 1 each medium red pepper, green pepper and zucchini, cut into 1-inch pieces
- 1 can (8 oz.) pineapple chunks, drained
- 1/2 tsp. garlic powder
- 1/2 cup KRAFT LIGHT DONE RIGHT! Ranch Reduced Fat Dressing
- 1 can (14-1/2 oz.) lower-sodium beef broth
- 2 cups instant brown rice
- 1/2 cup sliced green onions

THREAD beef, vegetables and fruit alternately onto 12 pre-soaked wooden skewers; place in shallow dish. Stir garlic powder into dressing. Pour dressing mixture over kabobs. Cover; refrigerate 30 min. to marinate. Preheat grill to medium heat. Drain kabobs; discard marinade.

GRILL OR BROIL kabobs 10 min. or until meat is cooked to medium (160°F) and vegetables are tender, turning occasionally.

MEANWHILE, add enough water to broth to equal 2 cups. Use broth mixture to prepare rice as directed on package. Stir in green onions. Serve kabobs over rice.

Makes 4 servings, 3 kabobs and 2/3 cup rice each.

Nutrition Bonus: The red peppers in this low-calorie, low-fat dinner are a good source of vitamin C

Nutrition Information Per Serving: 400 calories, 10g total fat, 3g saturated fat, 65mg cholesterol, 530mg sodium, 50g carbohydrate, 4g dietary fiber, 8g sugars, 27g protein, 25%DV vitamin A, 90%DV vitamin C, 4%DV calcium, 20%DV iron.

Exchange: 3 Starch, 1 Vegetable, 2 Meat (L), 1/2 Fat

Very Veggie Tuna Mac

Prep: 5 minutes

Cook: 20 minutes

- 1 pkg. (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner Made With 2% Milk Cheese
- 1 pkg. (10 oz.) frozen peas, thawed
- 1/2 cup chopped red peppers
- 1/2 cup shredded carrots
- 1/4 cup fat free milk
- 1 can (6 oz.) tuna, drained, flaked
- 1/2 cup sliced green onions

COOK Macaroni in large saucepan as directed on package, adding peas, peppers and carrots to the cooking water during the last 3 min. of the macaroni cooking time. Drain macaroni mixture; return to pan.

ADD Cheese Sauce Mix and remaining ingredients; mix well.

REDUCE heat to low; cook 1 to 2 min. or until heated through, stirring occasionally.

Makes 4 servings, about 1-1/2 cups each.

Take a Shortcut: Prepare as directed, substituting 1 pkg. (16 oz.) of your favorite frozen vegetable blend, thawed, for the peas, red peppers and carrots.

Nutrition Bonus: The carrots in this tasty easy-to-make main dish are a good source of vitamin A.

Nutrition Information Per Serving: 440 calories, 11g total fat, 3.5g saturated fat, 30mg cholesterol, 1150mg sodium, 59g carbohydrate, 6g dietary fiber, 10g sugars, 25g protein, 25%DV vitamin A, 45%DV vitamin C, 20%DV calcium, 20%DV iron.

Exchange: 3-1/2 Starch, 1 Vegetable, 2 Meat (VL), 2 Fat

Dietary Exchanges based on *Exchange Lists for Meal Planning* © 2003 by the American Diabetes Association and the American Dietetic Association