

Easy & Healthy Microwave Recipes



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Healthy Habits *Healthy* You!

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Little Losses—BIG Gains!

If you are overweight, losing just 10% of your weight can add up to improvements in your health, including reducing your risk of diabetes (or helps control your blood sugar if you already have diabetes). It can also cut your risk of heart disease, reduce blood pressure, reduce your risk of gallbladder disease and cancer, and takes stress off your joints. So set your goals small and work towards achieving a 10% weight loss (that's just 25 pounds for someone who weighs 250 pounds) and keeping it off.

How to lose 10%.

- Keep a food diary. Research shows that those who write down everything they eat and drink may lose twice as much weight as those who don't. There are even cool apps for smart phones that can help you keep track!
- Just 30 minutes of brisk walking a day can give you great physical health benefits. Exercise also improves stress levels and increases focus. You don't even have to do 30 minutes all at once—three (10 minutes each) walks each day may be beneficial.
- Get enough sleep. If you're short on sleep, you'll find it difficult to keep the pounds away. Try to get 7-9 hours of sleep each night. If you snore or feel excessively tired during the day, talk to your doctor about having a sleep study.

Mix and Match Your Breakfast!

Starch	Protein	Fruit
Whole Wheat English Muffin	Peanut Butter	Banana
Cold Cereal (low sugar)	String Cheese	Orange
Granola Bar	Cottage Cheese	Peaches/Pears
Small Bagel	Cream Cheese	Strawberries
Oatmeal	Almonds	Raisins
Toast	Scrambled Eggs	Mandarin Oranges
Granola	Greek Yogurt	Blackberries

Tips for a Healthy Breakfast

- 1) Choose a low sugar breakfast cereal (less than 5 g of sugar per serving) and if possible, with a label of 100% whole grain. You may see cereals labeled “made with whole grains.” This does not mean that they are healthy. Try to select 100% whole grain whenever possible.
- 2) Don’t forget protein! It’s easy to get protein in your morning meal, and it will help you keep full until lunch.
- 3) Try to select whole grain breads like whole wheat toast or whole wheat English muffins whenever possible.
- 4) Having fruit with your morning meal will provide you with a fiber boost that will help keep you full until lunch. Try to choose whole fruits (oranges) instead of orange juice.

A Week of Healthy and Easy Lunch Ideas

SUNDAY

Hamburger on a whole wheat bun
Margarine
Watermelon cubes
Tossed Salad with Low fat dressing

MONDAY

Chicken Breast
Cooked Brown Rice
Cooked Broccoli
Plum

TUESDAY

Arby's Roast Beef Sandwich
Side Salad with Lowfat dressing
Iced Tea

WEDNESDAY

Grilled Cheese Sandwich
Tomato Soup
Celery/Carrot Sticks

THURSDAY

Macaroni and Cheese
Green Beans
Fresh Pineapple
Whole Wheat Roll

FRIDAY

Cooked Whole Grain Pasta
Spaghetti Sauce
Milk
Tossed Salad with Low Fat Dressing

SATURDAY

2 Soft Tacos (Meat, Cheese, Tomato, Salsa on
7 inch whole wheat tortillas)
Single Serving bag of tortilla chips
Apple

Tips for a Healthy Lunch

Try to eat at least one serving of fruits and vegetables at your lunch. They will help fill you up and are very healthy!

If you do pick fast food, try to limit it to once a week.

Pick whole grains at your lunch meal (whole wheat bread, brown rice) whenever you can.

If you choose to drink soda, try to limit to one can or choose diet soda, iced tea, or water when possible

Microwave Safety Tips

From Purdue University Extension

Microwave Safety Tips

- Keep the inside of the microwave clean. Wipe up spills as they occur.
- Never operate the microwave if it is damaged in any way. This includes a bent door, broken or loosened hinges and latches, broken door seals, or broken inside surfaces.
- Metal cookware and metal utensils are not recommended for microwave use. Do not use aluminum foil or dishes and utensils with a metal trim.
- If a dish is covered with plastic wrap, use a sharp knife to make a couple of slits in the top, before lifting the side farthest away from you.
- If a recipe requires several minutes of cooking, the food can get very hot, which does make the container hot enough to cause a burn. Always be careful when removing food from the microwave, and use potholders, if necessary.
- Be careful when removing the covering from a dish that has been microwaved for several minutes. Let it stand for a few minutes, then carefully lift the side farthest away from you. This keeps the steam from gushing into your face.
- Eggs cannot be cooked in the shell. They will explode.
- Do not heat oil or fat for deep fat frying.
- Potatoes, tomatoes, egg yolks, and other foods with a skin or membrane must be pierced before they are microwaved. This allows the steam to escape and keeps them from exploding.
- Popcorn should be cooked only in special microwave poppers carefully following manufacturer's recommendations. Do not pop popcorn in paper bags or glass utensils.

Covering for Microwave Cooking

Different kinds of coverings may be used when cooking in a microwave.

- **Waxed paper** allows steam to escape; lay it loosely over the food.
- **Paper towels** allow steam to escape and catch splatters. Some foods are cooked on paper towels to absorb excess moisture; use white paper towels only.
- **Plastic wrap** should be heavy duty and fit snugly over the dish. It must be vented to allow steam to escape; pierce the top in a few places with a small sharp knife.
- **Carefully take off coverings.** Always remove plastic wrap or a lid away from your face. Steam can cause burns.

Microwave Ravioli Casserole

www.bettycrocker.com

- Prep Time 5 min
- Total Time 20 min
- Servings 6

Ingredients

1 pound lean ground beef
1 small onion, chopped (1/4 cup)
2 cans (15 ounces each) beef ravioli
1 cup shredded mozzarella or Cheddar cheese (4 ounces)

Directions

1. Crumble beef into 2-quart microwavable casserole. Add onion. Cover loosely and microwave on High 5 to 6 minutes, stirring after 3 minutes, until beef is no longer pink; drain.
2. Stir in ravioli. Cover tightly and microwave 5 to 7 minutes, stirring after 3 minutes, until hot. Sprinkle with cheese. Cover and let stand until cheese is melted.

Nutrition: Calories 335, Total Fat 17g, Saturated Fat 7 g, Sodium 800 mg , Total Carbohydrate 23 g, Dietary Fiber 1 g, Protein 24 g

Sitting too much is bad for your health — Your BUTT could be killing you!

- ♥ Children and adults in the U.S. spend over half of their waking day being sedentary – that's more than 9 hours each day we spend sitting. (2003-2004 National Health and Nutrition Examination Survey)
- ♥ Many forms of sedentary behavior involve sitting:
 - Riding in a car
 - Working at a desk
 - Eating a meal
 - Playing video games
 - Using a computer
 - Watching TV
- ♥ Being sedentary has been linked to chronic health conditions such as obesity, adult-onset diabetes, and heart disease, and puts our body at risk for other health problems

Healthy Black Bean Chicken Burritos

www.bettycrocker.com

- Prep Time 25 minutes
- Total Time 25 minutes
- Serves 8

Ingredients

Instant brown rice
Water as called for on rice box
1/8 teaspoon salt
2 cups shredded cooked chicken breast
1 can (15 oz) black beans, drained, rinsed
1 cup mild salsa
2 teaspoons chili powder
1 tablespoon lime juice
8 low-fat whole wheat tortillas (8-inch)
1 cup shredded reduced-fat sharp Cheddar cheese
Salsa, if desired

Directions

- 1) Cook rice as directed on package for two servings, using 1/8 teaspoon salt, but omitting butter if called for.
- 2) Meanwhile, in medium microwavable bowl, mix chicken, black beans, 1 cup salsa and chili powder. Microwave on High 2 minutes or until hot, stirring after 1 minute.
- 3) Place cooked rice in large bowl; stir in lime juice until well blended.
- 4) Heat tortillas as directed on package. Spoon about 1/2 cup chicken mixture down center of each tortilla. Top with about 1/4 cup rice mixture and 2 tablespoons cheese. Fold sides of tortilla toward center; fold ends over. Serve with additional salsa, if desired.

Nutrition: Calories 240, Total Fat 8g, Saturated Fat 3g, Trans Fat 0g, Sodium 430mg, Total Carbohydrate 23g Dietary Fiber 5g, Protein 18g

Hot Ham and Cheese Wraps

www.bettycrocker.com

- Prep Time: 15 minutes
- Total Time: 15 minutes
- Serves: 6

Ingredients

1/4 cup sharp reduced fat Cheddar pasteurized process cheese spread
4 (8-inch) whole wheat flour tortillas
1 1/2 cups diced cooked ham (1/2 lb.)
2 tablespoons lowfat mayonnaise or salad dressing
1 tablespoon pickle relish
1 teaspoon prepared mustard
1 cup creamy coleslaw (from deli)
1 cup shoestring potatoes

Directions:

- 1) For each wrap, spoon heaping 1/3 cup ham mixture across tortilla about 2 inches from bottom. Top with 1/4 cup coleslaw. Begin rolling tortilla around filling from bottom edge.
- 2) About 1/3 of the way up, fold in right edge; roll until halfway up. Spoon about 1/4 cup shoestring potatoes along fold; continue to roll. Wrap securely in microwave-safe waxed paper.
- 3) Microwave each wrap on High for 30 seconds or until thoroughly heated, turning once halfway through cooking.

Nutrition: Calories 310, Total Fat 14 g, Saturated Fat 4 g, Total Carb 29 g, Fiber 3 g, Protein 16 g, Sodium 690 mg.

Chicken Vegetable Soup

www.bettycrocker.com

- Prep Time: 15 minutes
- Cook Time: 15 minutes
- Serves: 6

Ingredients

1 carton (32 oz) reduced-sodium chicken broth (4 cups)
2 ½ cups diced cooked chicken breast
1 container (8 oz) refrigerated pre-chopped celery, onion and bell pepper mix
1 cup frozen sliced carrots
1 bag (14 oz) frozen baby potato and vegetable blend
1 teaspoon roasted garlic (from 4-oz jar)
1/2 teaspoon Italian seasoning
1/2 teaspoon curry powder
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
1 ½ cups coarsely chopped fresh baby spinach leaves
1 can (12 oz) evaporated fat-free milk
Pepper, as desired

Directions:

- 1) In 5-quart Dutch oven, stir together broth, chicken, celery mixture and carrots. Cover; heat to boiling.
- 2) Meanwhile, place potato-vegetable blend in microwavable bowl. Cover with microwavable plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on High 5 minutes. Add garlic, Italian seasoning, curry powder, 1/2 teaspoon pepper and the salt to broth mixture; cover and continue to cook.
- 3) Using kitchen scissors, cut cooked potato-vegetable blend into bite-size pieces; add to broth mixture. Stir in spinach and milk. Cover; cook over high heat 5 minutes or until carrots are tender. Sprinkle individual servings with additional pepper.

Nutrition: Calories 200, Total Fat 2g, Saturated Fat 1/2g, Sodium 690mg, Total Carbohydrate 20g, Dietary Fiber 2g, Protein 25g

Get Started! Eating Healthy and Moving More

Try one of these tips each week to eat healthy and move more!



Eat Healthy (ENERGY IN)

- Put berries or bananas on whole-grain cereal or oatmeal.
- Order a green salad instead of fries. Ask for fat-free or low-fat dressing “on the side” – and use only half of it.
- Drink water, fat-free or low-fat milk instead of regular soda or other sweetened drinks.
- Add flavor with herbs and spices, instead of salt.
- Use fat-free or low-fat mayo, sour cream, and salad dressings.
- Choose fruit for a snack or dessert.
- Grill, steam, or bake food.
- Don’t eat late at night.
- Use lean meats such as white meat chicken, lean ground turkey, or fish in place of beef or pork.
- When you eat out, choose an appetizer for your meal or share a main course.

Move More (ENERGY OUT)

- Take your dog on longer walks.
- Ride bikes after dinner.
- Park farther away from the store and walk.
- Use the stairs instead of the escalator.
- Dance with your children.
- Walk your kids to school or walk to work.
- Ask your kids to help with active chores around the house, like vacuuming or raking leaves.
- Sign your kids up for community sports or lessons.
- Walk along the sidelines at your kids’ sports events.
- Play ball at the park.
- Choose video games that get your kids moving, like dancing or fitness games.



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children’s Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

Microwave Chili-Coated Chicken

www.bettycrocker.com

- Prep Time: 10 minutes
- Total Time: 30 minutes
- Serves: 4

Ingredients

1/2 cup Original Bisquick® mix
2 tablespoons yellow cornmeal
2 teaspoons chili powder
1 teaspoon paprika
1/2 teaspoon salt
1/8 teaspoon pepper
8 chicken pieces, drumsticks, thighs or wings (about 2 pounds)*

Directions:

- 1) Mix all ingredients except chicken in 2-quart resealable plastic food-storage bag.
- 2) Shake 2 pieces of chicken at a time in bag until coated. Arrange chicken, skin sides up and thickest parts to outside edge, in ungreased 9-inch microwavable pie plate.
- 3) Cover with waxed paper. Microwave on High 10 minutes. Turn pie plate 1/2 turn. Microwave 6 to 9 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut.

***Using all of the same kind of chicken pieces helps to cook the chicken evenly, which is especially important for microwave cooking. To check if it's fully cooked through, cut into the chicken with a sharp knife; the juices should be clear, not pink.**

Nutrition: Calories 275, Total Fat 13g, Saturated Fat 4g, Sodium 490mg, Total Carbohydrate 11g, Dietary Fiber 1g, Protein 30g

Barbeque Stuffed Potatoes

www.bettycrocker.com

- Prep Time 5 min
- Total Time 20 min
- Servings 4

Ingredients

4 baking potatoes (1 1/2 lb)
1/2 cup fat-free sour cream
3 medium green onions, finely chopped (3 tablespoons)
1 1/3 cups refrigerated shredded fully cooked chicken in barbecue sauce
1/2 cup shredded reduced-fat extra-sharp Cheddar cheese (2 oz)

Directions:

- 1) Pierce potatoes with fork; arrange in circle on microwavable paper towels in microwave oven. Microwave uncovered on High 5 minutes; turn potatoes over. Microwave 5 minutes longer or until potatoes are tender when pierced in center with fork.
- 2) Meanwhile, in small bowl, mix sour cream and 2 tablespoons of the onions; set aside
- 3) Place chicken in microwavable bowl; cover with microwavable plastic wrap (do not allow plastic wrap to touch food). Microwave on High 2 minutes or until thoroughly heated.
- 4) Cut potatoes open; fluff with fork. Top potatoes with chicken, sour cream mixture, cheese and remaining 1 tablespoon onions.

Nutrition: Calories 350, Total Fat 6g, Saturated Fat 3g, Sodium 620mg, Total Carbohydrate 58g, Dietary Fiber 4g, Protein 16g

Microwave Meatloaf

adapted from www.kraftrecipes.com

- Prep Time: 10 min
- Cook Time: 24 min
- Serves: 4

Ingredients

1/2 cup ketchup	1 egg, lightly beaten
1 lb. ground beef	1/2 tsp. salt
½ cup plain dry bread crumbs	½ tsp. dried basil leaves
½ cup finely chopped onion	1/8 tsp. black pepper
¼ cup finely chopped green pepper	

Directions:

- 1) Remove 1/4 cup of the ketchup, set aside. Mix remaining ingredients until well blended.
- 2) Shape mixture into loaf in 12x8-inch microwavable dish; top with reserved 1/4 cup barbecue sauce. Cover loosely with wax paper.
- 3) Microwave on HIGH 12 to 14 minutes or until cooked through, turning dish after 7 minutes. Let stand 5 minutes before cutting into slices to serve.

Nutrition: Calories 320, Total fat 15 g, Saturated Fat 5 g, Sodium 800 mg, Carbohydrate 22 g, Fiber 1 g, Protein 23 g

EXERCISE: How Much?

Aerobic Activity—

Adults aged 18 to 65 need at least 150 minutes of moderate-intensity exercise a week or 60 minutes of vigorous-intensity exercise a week. During moderate-intensity aerobic activities, your heart rate rises but you are still able to talk normally. With vigorous-intensity aerobic activities such as jogging, your heart pumps even faster and you burn more calories in less time.

Strength Building—

Fit in strength exercises 2 or 3 times a week.

Stretching—

Take at least 5 to 10 minutes every day.

Microwave Chicken Nuggets

www.recipe4living.com

- Prep Time: 15 minutes
- Cook Time: 8 minutes
- Serves: 4

Ingredients

1 egg
¼ c. butter or margarine, melted
½ tsp. salt
1/4 tsp. freshly ground pepper
1 2/3 C. crackers or corn flake crumbs, crushed
1 lb. chicken breasts, skinless, boneless and cut into bite-sized chunks

Directions

- 1) In a medium bowl, beat the egg with the butter or margarine. Sprinkle chicken with salt and pepper. Place crumbs in a shallow pan.
- 2) Dredge the chicken through egg mixture then roll in the cracker crumbs.
- 3) Arrange in a 13 x 9 inch microwave safe dish. Cover with some wax paper. Microwave on high for 8 minutes, rotating dish after 4 minutes. Serve with barbecue sauce or mustard for dipping.

Nutrition: Calories 317, Total Fat 13g, Saturated Fat 3g, Total Carb 9g, Fiber ½ g, Protein 30 g

Vegetarian Enchiladas

www.thedailymeal.com

- Prep Time: 10
- Cook Time: 15
- Serves: 4

Ingredients

1 olive oil
1/2 yellow onion, diced
8 baby portobello mushrooms, sliced and halved
1/2 canned sweet yellow corn
One 16-ounce can black beans
One 12-ounce jar enchilada sauce
Six 8-inch whole-wheat tortillas
1 shredded Cheddar cheese

Directions

Place chopped onion in a microwave-safe bowl and cover with plastic wrap; microwave for one minute until tender.

In a separate bowl, microwave sliced mushrooms, covered with plastic wrap, for 2 minutes until tender, stirring halfway through. Mix onion, mushrooms, canned corn, beans, and half the jar of enchilada sauce. Scoop into tortillas, roll and place in a microwave-safe pan.

Pour the rest of the sauce over the enchiladas, and microwave uncovered for six minutes or until heated through. Add the cheese and microwave until melted, about two minutes.

Make every day more physically active

Walking, chores, taking the stairs, gardening and other physical activities all count toward exercise if you perform them at moderate or vigorous levels in increments of 10 minutes or longer. In addition to

burning calories, regular exercise boosts metabolism—the higher your metabolism, the more calories you burn.

Healthy Snacks—100 Calories or Less

Snacking is good when you feel hungry between meals. Choosing *healthy* snacks will help you and your family stay at a healthy weight.



Here are some healthy snacks—all 100 calories or less.

Fruits

- 1 small banana
- 1 medium apple
- ¼ cup raisins
- 1 cup whole strawberries
- ½ cup canned fruit cocktail in juice (not syrup)
- ½ cup orange juice

Vegetables

- 1 cup cherry or grape tomatoes
- 2 cups raw mixed veggies with 2 tablespoons fat-free dressing
- 12 baby carrots
- 18 small celery sticks
- 1 cup raw cauliflower
- 1 cup low-sodium vegetable juice



Breads, Cereals, Rice, and Pasta

- ½ cup oat circles cereal
- 2 graham cracker squares
- 3 cups air-popped popcorn
- ½ whole-wheat English muffin with jelly
- 4 whole-wheat crackers, unsalted
- 2 brown rice and multigrain rice cakes

Fat-free or Low-fat Milk, Cheese, and Yogurt

- 6 ounces cup fat-free plain yogurt
- ½ cup low-fat cottage cheese
- 1 cup fat-free milk
- ½ cup fat-free pudding
- ½ cup fat-free frozen yogurt
- 1 ounce low-fat cheddar cheese

Other Snacks

- 1 large hardboiled egg
- 8 baked tortilla chips with salsa
- 10 almonds

Source: USDA National Nutrient Database for Standard Reference, Release 19

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Microwave Mexican Casserole

www.recipe4living.com

- Prep Time: 10 minutes
- Cooking Time: 18 minutes
- Serves: 6

Ingredients

1 lb. lean ground beef, crumbled
1 can Ro-Tel
1 can reduced sodium cream of chicken soup
1 single serving bag tortilla chips, crumbled
4 oz. shredded Cheddar cheese

Directions:

1. Brown ground beef in glass baking dish in microwave on high for 5 minutes, stirring until crumbly; drain.
2. Add Ro-Tel and soup, mixing well. Layer half the chips, half the ground beef mixture and half the cheese in glass casserole. Repeat layers with remaining ingredients.
3. Microwave on high for 10 to 12 minutes.

Nutrition: Calories 283, Total Fat 17g, Saturated Fat 7 g,
Total Carbohydrate 7.5g, Fiber ½ g, Protein 22 g,

More Fruits & Vegetables

Aim for at least 2 cups of fruit per day and 2 1/2 cups of vegetables per day.

Ideas: Make sure you have vegetables or fruit with every breakfast, lunch, dinner and snack. Have a salad blend of romaine lettuce and leaf spinach at lunch. Keep a bowl of colorful fruit within easy reach for snacks.

TIP: Choose deeply hued produce.
The brighter or darker the fruit or vegetable, the more nutrients it may contain.

One Step Chili

www.food.com

- Prep Time: 10 minutes
- Cook Time: 35 minutes
- Serves: 6

Ingredients

1 lb lean ground beef
1/4 cup chopped green pepper
1 3/4 cups pinto beans, and liquid
1 crushed garlic clove
2 tablespoons chili powder
1 (14 1/2 ounce) can cut up peeled whole tomatoes with juice
1 teaspoon salt
1/2 teaspoon cumin
1 (6 ounce) can tomato paste
1/4 teaspoon red pepper flakes
1/2 cup chopped onion

Directions

- 1) Combine all ingredients in microwave-safe 2 quart casserole.
- 2) Cover, microwave on high 5 minutes. Stir to break up meat. Microwave additional 20 minutes, stirring every 10 minutes.
- 3) Note: If beef is less lean. Microwave first and drain off excess fat.

Nutrition: Calories 262, Total Fat 8 g, Saturated Fat 3 g, Sodium 830 mg, Total Carbohydrate 26 g, Fiber 8g, Protein 22 g

Baked Potato Casserole

www.hercampus.com

- Prep Time: Under 15 minutes
- Serves: 4

Ingredients

3 Russet potatoes
1/2 cup shredded cheddar cheese
¼ cup reduced fat sour cream
Salt
Pepper
1 teaspoon Butter or Margarine
Chives (optional)
1 tablespoon Hormel Bacon toppings

Directions

1. Using a potato peeler, peel three medium-to-large potatoes.
2. After the potatoes are peeled, rinse them under warm water for 15 seconds. Scrub away any dirt with a vegetable brush. Using a fork, poke holes into the potatoes about six times all over to help them vent while in the microwave. If you skip this step, your potatoes will explode.
3. Place the three potatoes inches apart on a large dish. Microwave the potatoes for 7 minutes. If the potatoes still feel hard, microwave for additional time until they are to the desired tenderness. Let the potatoes cool for 1-3 minutes.
4. Once the potatoes have cooled, cut them into medium-sized chunks as if you were preparing mashed potatoes. Pour the potato chunks into your casserole dish.
5. Place 1 teaspoon of butter or margarine and mix throughout (optional). Measure out ¼ cup of sour cream (or more depending on how much you desire) and using a spoon, mix it in with the potatoes until covered.
Measure out ½ cup shredded cheddar cheese and spread it throughout the casserole dish. Sprinkle your bacon bits and chives on top of the potatoes.

Nutrition: Calories 311, Fat 9.3 g, Saturated Fat 4 g, Total Carb 54 g, Fiber 4 g, Protein 9g

Green Beans and Ham

www.cdkitchen.com

- Prep/Cook Time: Under 30 minutes
- Serves: 4

Ingredients

2 cups cooked ham, chopped
1 can (10 3/4 ounce size) cream of mushroom soup
1/2 cup milk
1 bag (16 oz. size) frozen cut green beans
1 can (2.8 ounce size) French fried onions

Directions

- 1) In a microwave-safe casserole dish, mix ham, soup, milk and green beans. Cover and microwave on high for 10-12 minutes, or until well heated.
- 2) Remove and sprinkle top of casserole with French fried onions.
- 3) Return to microwave and cook, uncovered, for 3-5 more minutes.

Let's Get Moving Logan County!

♥ We must all decrease the amount of time we spend sitting!

Suggestion: keep a log of your 'sitting' time to know where you stand!

♥ General activity throughout the day is just as important as a regular, structured exercise program!

Suggestion: wear a pedometer periodically to track steps (good estimate of general activity) and with a goal of more than 10,000 steps each day

♥ Turn the TV and computer off!

Suggestion: Set boundaries for yourself and your family on the amount of TV watched or the amount of time spent on the computer

Nutrition: Calories 331, Total Fat 18 g, Saturated fat 6g, Total Carbohydrate 19 g, Fiber 4 g, Protein 23 g

Chicken and Veggies Casserole

www.cdkitchen.com

- Prep/Cook Time: Under 30 minutes
- Serves: 4

Ingredients

1 can (10 3/4 ounce size) cream of chicken soup
1/2 cup mayonnaise or salad dressing
1 can (4 oz.) water chestnuts, chopped (optional)
1 1/2 teaspoon lemon juice
3/4 teaspoon prepared mustard
1/4 teaspoon curry powder, or more to taste
1 package (10 oz. size) frozen mixed vegetables, thawed and drained
2 cups cubed cooked chicken or turkey
2/3 cup shredded cheddar cheese
1/4 cup seasoned bread crumbs

Directions

- 1) In medium mixing bowl, combine soup, salad dressing, milk, water chestnuts, lemon juice and seasonings.
- 2) In a 1 1/2 quart casserole, layer half the vegetables, half the chicken, half the sauce and half the cheese. Repeat layers. Top with bread crumbs.
- 3) Microwave at high for two minutes, then 50 percent (medium) for five minutes, rotating the dish 1/2 turn after half the cooking time.

Nutrition: Calories 404, Total Fat 16 g, Saturated Fat 6 g, Total Carbohydrate 34 g, Fiber 4 g, Protein 31g

Microwaving Vegetables

Trying to eat more vegetables but don't know how to cook them? Follow our quick and easy guidelines and you won't have any more excuses. (Studies show veggies retain more nutrients when cooked this way!)

* Place vegetables in a microwave-safe bowl with a small amount of water and cover with microwave-safe plastic wrap. Vent slightly and microwave on HIGH. Cooking times vary, so check for doneness.

* Leafy vegetables such as spinach require 1 to 2 tablespoons of water per pound and take about 5 minutes.

* Green vegetables such as green beans and broccoli require about 4 tablespoons of water per pound and take about 8 minutes.

* Dense vegetables such as carrots and diced potatoes require about 6 tablespoons of water per pound and take about 10 minutes.

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Stay hydrated, stay healthy

Most people can let thirst be their guide to staying hydrated.

But thirst is a sign that you're already on the way to dehydration. To stay healthy, you may need to do more than just quench your thirst.

Drink water throughout the day. Even if you aren't exercising or the weather isn't warm, it's a good idea to drink water throughout the day. Around 91 ounces of water a day for women and around 125 ounces daily for men. Keep in mind that this includes water from foods such as fruits, vegetables and soups as well as from beverages such as water, juice, and even coffee and tea.

Drink extra when you exercise.

- Drink 17 to 20 ounces of water two to three hours before exercise.
- Drink 7 to 10 ounces of fluid every 10 to 20 minutes during exercise.
- Weigh yourself before and after workouts. Drink 16 to 24 ounces of fluid for every pound you lost during exercise.

Water isn't your only option. Sports drinks often include necessary nutrients such as electrolytes and carbohydrates, which can be helpful after an hour or more of exercise. Keep in mind, however, that these products aren't calorie-free.

THINK YOUR DRINK!

GET ALL THE FACTS!!!!

Take a closer look. The **Nutrition Facts** Food Label offers information to you about what you are eating!

START WITH SERVING SIZE!

The label gives both the serving size and number of servings in the package. Remember, the serving size (amount for one serving) on the label is not necessarily all the food or beverage in the container. Be sure to compare your portion to a serving size on the label.

If a label serving size is 1 cup and you drank 2 cups, you consumed twice the amount of calories and other nutrients listed.
Example: 20 oz of Cola is 2.5 servings!



8 oz = 1 serving 12 oz = 1.5 servings 16 oz = 2 servings 20 oz = 2.5 servings

NOTE THE NUTRIENTS!

Of all the nutrients in food, only a few are listed on the label -- those that relate to today's most important health issues.

- For **Fat, Saturated Fat, Trans Fat, Cholesterol,** and **Sodium**, try to limit how much you consume from a variety of foods to 100% Daily Value (DV) or less for the day.
- For **Fiber, Vitamins A and C, Calcium,** and **Iron**, try to consume a variety of foods that add up to 100% DV per day. Check the label!

Be aware that 100% DV may or may not be the optimal amount recommended for you. For example, on food labels, the DV for Calcium is 1,000 milligrams, the Dietary Reference Intake (DRI) recommended for adults up to fifty. However, teens are urged to consume 1,300 mg of calcium daily, and for adults over age fifty, the advice is 1,200 mg daily.

Depending on your age, gender, and activity level, you may need more or less than 100% DV. Visit www.mypyramid.gov for more information.

STEP 1:

Grab a drink and fill in the Nutrition Facts label with information from your container.

Start Here →

Nutrition Facts	
Serving Size _____	
Servings Per Container _____	
Amount Per Serving	
Calories _____	Calories from Fat _____
%Daily Value	
Total Fat _____ g	_____ %
Saturated Fat _____ g	_____ %
Trans Fat _____ g	_____ %
Cholesterol _____ mg	_____ %
Sodium _____ mg	_____ %
Total Carbohydrate _____ g	_____ %
Dietary Fiber _____ g	_____ %
Sugars _____ g	_____ %
Protein _____ g	_____ %
Vitamin A _____ %	Vitamin C _____ %
Calcium _____ %	Iron _____ %
Vitamin D _____ %	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	35g
Cholesterol	Less Than	300g	300mg
Sodium	Less Than	2,400g	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Limit these Nutrients → (Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrate)

Get enough of these Nutrients → (Dietary Fiber, Sugars, Protein, Vitamin A, Vitamin C, Calcium, Iron, Vitamin D)

Quick Guide to % DV

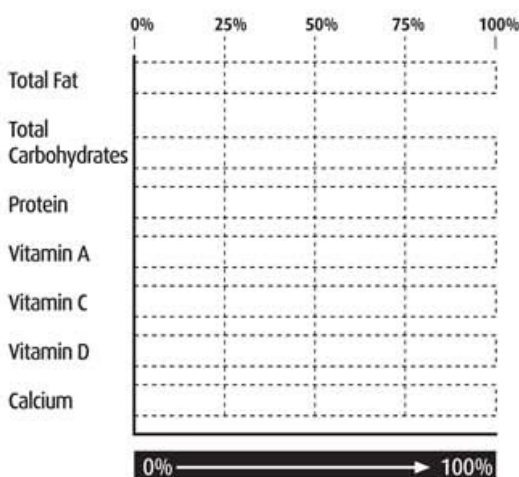
- 5% or less is Low
- 20% or more is High

STEP 2:

Graph the % Daily Value nutrients in your drink.

This is where you'll see if your drink has little or many nutrients. These percentages give you a general idea of how one serving contributes nutritionally to a 2,000 calorie-a-day diet.

Remember that % DV refers to a whole day, not to a single meal or snack.



STEP 3:

So what do you think? Is this drink a good source of nutrients?



**Mary Rutan
HOSPITAL**



(937) 592-4015
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24-hour Emergency Dept. • 205 Palmer Avenue.....	937-592-4015
Administration • 205 Palmer Avenue.....	937-599-7021
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Imaging Center • 120 Dowell.....	937-592-1883
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Nutritional Counseling • 205 Palmer Avenue.....	937-651-6428
Obstetrics & Gynecology • 1125 Rush	937-599-3538
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Oncology Clinic • 2160 Ewing Crawfis Circle	937-592-9221
Orthopedics • 2221 Timber Trail.....	937-599-1280
Outpatient Scheduling • 205 Palmer Avenue.....	937-593-1505
Pediatrics • 118 Dowell.....	937-593-5437
Physical Therapy • 2200 Timber Trail	937-593-0822
Radiology/X-Ray • 205 Palmer Avenue.....	937-599-7012
Respiratory Therapy • 205 Palmer Avenue.....	937-651-6476
Sleep Disorders Center • 205 Palmer Avenue	937-593-4081
Speech Therapy • 2200 Timber Trail	937-593-0822
Sports Enhancement Training • 2200 Timber Trail	937-593-0822
Surgical Services • 205 Palmer Avenue	937-651-6717
Urology • 2160 Ewing Crawfis Circle	937-593-0070