



Family Nutrition

A healthy diet can help give you and your family the extra boost you need to get through your day. Consider the following tips.

What You Can Do

Plan Ahead

It's easy to fall into meals of fast food or other prepared convenience foods when it's already 6 p.m. and no one has had a chance to think about dinner. Avoid this by planning meals for the week. Go grocery shopping at the beginning of the week so that you have everything you need on hand. Here are some quick, easy and healthy meal ideas.

- Whole grain pasta with sautéed vegetables, olive oil and parmesan cheese.
- Soup: Sauté any vegetables you have on hand, add a handful of brown rice or other whole grain. Pour in enough water or stock to cover vegetables and grains. Simmer until grains are thoroughly cooked. Serve with fresh bread.
- Quesadillas: Mix cooked meat with beans and cheese. Spread on two tortillas and sandwich them together. Cook on the stovetop or in the oven until cheese is melted. Serve with a side of guacamole and salsa.

Share a Meal

How we eat is just as important as what we eat. With busy schedules, meals sometimes turn into a quick fast food meal on the way to the next stop. Attempt to schedule as many sit-down and family style meals as possible. The simple act of preparing a meal and eating together can be a wonderful time to connect, while also serving as a reminder to slow down and be mindful of what you are eating.

Snack Smart

A common myth about snacking is that it's not good for you. On the contrary, snacking takes the edge off hunger that may occur between meals. However, make sure the snack is scheduled; otherwise, unlimited snacking can quickly become a full-sized meal in terms of calories consumed. Try setting a snack time between breakfast and lunch, and a second snack time between lunch and dinner. Plan snacks for the week to ensure you have healthy food available, and pay attention to serving size (keep it 'snack size'). For example:

- Veggies and hummus
- Fruit slices and almond butter
- Whole grain crackers and cheese
- Tortilla chips and fresh salsa
- Dried fruit slices and kale chips
- Cup of popcorn

Vitamins and Minerals

Vitamins and minerals are required for the body to remain healthy and to function properly. While you can get vitamins and minerals from different sources, the best way is through a healthy diet. Talk with your healthcare provider about you and your family members' nutritional needs.

School Lunches

School lunches have come a long way in recent years, in both taste and nutrition, but some lunches still contain too much unhealthy fat and sugar. In the typical school cafeteria unhealthy options, such as fries and milkshakes, are available to kids day after day. Use school lunches as an opportunity to talk with your kids about nutrition and healthy choices. Go over the school menu together to identify and recommend healthy options. Send your children to school with packed lunches when possible, and be sure to include fresh veggies, fruit, whole grain bread, and low-fat dairy products.

For more healthy living tips, visit the website listed below.



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