Nutrition & Exercise

Nutrition

Here are some tips to help you on your way to becoming a healthier teen.

Start your day with breakfast.

Drink water and nonfat or lowfat (1%) milk instead of soda.

Plan your meals ahead of time, so you have the food for your recipes.

Carry healthy snacks with you, such as nuts, raisins, apples, and carrots.

Exercise or Other Physical Activity

Throughout this cookbook, we have added Fitness Tips. These are fun tips to help you get moving!

Set a goal. Start slow and enjoy moving your body.
Once you are more active, change your goal and work towards activities that challenge you.

To stay healthy, physical activity should be moderate to vigorous and add up to at least one hour each day. To see examples, visit http://www.choosemyplate.gov/physical-activity.html

Visit www.choosemyplate.gov to find the amount of grains, vegetables, fruits, dairy and protein foods you should eat daily. These values change based on how many calories you need to eat each day (included on the website too!) and your level of physical activity. This website also has great tools that help you to eat healthy and keep a healthy weight.

Use Your Plate to Eat Right!

Fruits & Vegetables

- Fruits and vegetables have vitamins, minerals and fiber for healthy hair, nails, and skin.
- Make half your plate fruits and vegetables.
- Choose a variety and eat more dark-green and orange vegetables.

Grains

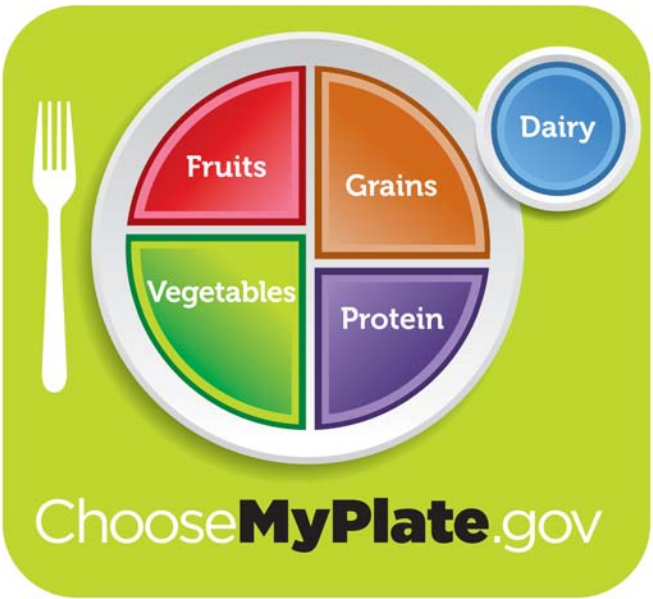
- Whole grains have more fiber to help you feel full and prevent constipation.
- Make at least half your grains whole grains.
- Try old-fashioned oats, bran cereals, brown rice and whole wheat bread/pasta.

Protein Foods

- Protein foods help you build muscles.
- Vary your protein food choices. Meat, beans, fish, nuts and seeds are some choices in this food group.
- Grill, broil, or bake instead of frying.

Dairy

- Milk products have calcium and vitamin D for building strong bones.
- Choose nonfat or lowfat milk products.
- If you can't consume milk, choose lactose-free milk or other calcium sources.



Support for Teen Families

Health

Adolescent Family Life Program (AFLP)

AFLP helps pregnant and parenting teens to:

- Get and stay healthy
- Graduate from high school
- Avoid a repeat teen pregnancy
- Connect to health and other services for their family

You can find AFLP in most counties in California. To find out more, check out the AFLP website at: http://www.cdph.ca.gov/programs/aflp.

Food

Women, Infants and Children Program (WIC)

WIC helps pregnant women, new moms, infants and children up to age 5 to stay healthy, eat well, and be active.

WIC provides:

- Checks to buy healthy foods
- Nutrition and health education
- Education and support for breastfeeding moms
- Help to find health care and other services

WIC has offices across the state. Many offices are open in the evenings and on Saturdays.

To learn more and find your local WIC office, check out the WIC website at: http://www.wicworks.ca.gov.

Or call toll free 1-888-WIC-WORKS (1-888-942-9675).

Shopping Tips

Don't be Fooled!

The store has been set up in ways that encourage you to buy unhealthy items. Here are some helpful hints to avoid buying on impulse:

- Do not shop when you are hungry.
- Check the store brands. They are just as good as name brands and cost a lot less.
- Avoid the displays at the end of the aisles or near the checkout counter. These foods are usually expensive and unhealthy.
- Make a shopping list at home and take it with you. Buy only what you have on the list.

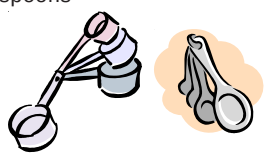
Buying Fruits and Vegetables

- Pick out fresh fruits and vegetables that do not have dark spots.
- Choose seasonal fruits and vegetables. They are fresher and are usually cheaper.
- Choose locally grown fruits and vegetables.
- Check out a farmer's market close to your home for the freshest fruits and vegetables. Ask if they take Food Stamps or WIC checks.

Cooking Tools

Helpful Tools to Have in the Kitchen

Measuring cups and measuring spoons



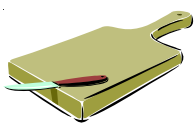
Bowl for mixing

Frying pan or skillet

Small saucepan (small pot) with lid

Large pot with lid

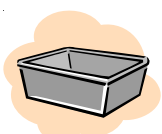
2 Cutting boards or sheets
- one for cutting raw meat
- one for cutting veggies



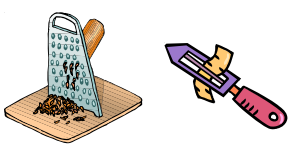
Cooking spoon (wood or plastic)

Spatula (big flat spoon for flipping food)

Baking or Casserole dish (oven-safe baking dish)



Graters (used for slicing and shredding)



Cookie Sheets (metal, flat oven pan)

Can opener

Pot holders or oven mitts (to protect your hands from heat)

Sharp knife

Strainer (bowl with holes in it)

Simple Measurements

Measuring Spoons and Cups

3 teaspoons (tsp) = 1 tablespoon (Tbsp)
2 Tbsp = 1/8 cup
4 Tbsp = 1/4 cup
5 Tbsp + 1 tsp = 1/3 cup
8 Tbsp = 1/2 cup
16 Tbsp = 1 cup
1 fluid ounce = 2 Tbsp liquid
8 fluid ounces = 1 cup
2 cups = 1 pint

Greater Volumes

2 pints = 1 quart
4 quarts = 1 gallon

Weight

16 ounces = 1 pound

Try Using Your Hands and Eyes to Measure

1/8 tsp or less = dash/pinch
3 ounces of meat = deck of cards
1 cup = tennis ball
2 Tbsp = ping pong ball

Fresh Food & Safe Storage

Follow *The Core Four Practices* to Keep Food Safe

1. Clean
Wash hands and surfaces often.

2. Separate
- Use one cutting board for fresh produce and a separate one for raw meats and eggs.
- Never place cooked foods on a plate that previously held raw meats or eggs.

3. Cook
Cook to proper temperature.

4. Chill
Refrigerate or freeze promptly.

Adapted from the Partnership for Food Safety Education.

Check the expiration date on the package. If the date has passed, do not eat the food. For other foods, use this table so you know how long you can safely store foods.

Food	Refrigerator (40°F or below)	Freezer (0°F or below)
Eggs		
• In shell, raw	3-5 weeks	Do not freeze
• Hard-cooked	1 week	Do not freeze
Meat		
• Hamburger & other ground meat	1-2 days	3-4 months
• Raw red meat	3-5 days	4-6 months
• Raw chicken or turkey	1-2 days	9 months
• Cooked meat or poultry	3-4 days	2-6 months
Frozen dinners & entrees	Do not refrigerate	3-4 months
Canned Food		**Pantry**
• High acid (tomatoes, pineapple & grapefruit)		12-18 months
• Low acid (meat, poultry, fish & most vegetables)		2-5 years

Fruit and vegetables vary.
See http://www.fruitsandveggiesmorematters.org/?page_id=129.

Adapted from the United States Department of Agriculture, Food Safety and Inspection Service and the United States Department of Health and Human Services.

Seasonal Fruits & Vegetables

Some fruits and vegetables grow best in certain seasons. These seasonal produce will be fresher, taste better, and cost less money when they are in season. In the recipes, seasonal fruits and vegetables are featured in **blue and bold font**. If not in season, you may replace these with other fruits and vegetables from this list.

Spring

apricots
artichokes
asparagus
avocados
bell peppers
collard greens
grapefruit
green peas
guavas
mangos
oranges
papayas
rhubarb
strawberries
swiss chard

Summer

apricots
avocados
bell peppers
cantaloupe
cherries
corn
grapes
green beans
green peas
honeydew
mangos
nectarines
okra
papayas
peaches
pears
plums
strawberries
swiss chard
tomatoes
valencia
oranges
watermelon
yellow squash
zucchini

Fall

acorn squash
brussels sprouts
butternut
squash
chayote squash
cherimoya
grapes
green beans
honeydew
kiwifruit
okra
pears
persimmons
pomegranates
pumpkins
sweet potatoes
swiss chard
tangerines
tomatoes
turnips
yams

Winter

avocados
brussels
sprouts
chayote squash
cherimoya
collard greens
grapefruit
guavas
kiwi
mustard greens
oranges
pears
tangerines
turnips

Year-Round

apples
bananas
beets
bok choy
broccoli
cabbage
cactus leaves
carrots
cauliflower
celery
chili peppers
cucumbers
eggplant
garlic
green onion
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
parsnips
pineapples
potatoes
radishes
spinach
tomatillos

Adapted from the *Network for a Healthy California.*

How to Use This Cookbook

Whether you are learning how to cook, advancing your cooking skills, or trying out new recipes, this cookbook helps you make healthy choices for every meal. Each recipe is fast and easy, with limited preparation steps, everyday ingredients, and fitness tips to keep you healthy and thriving. Cook for friends and family. Have fun and enjoy!

Vegetarian Symbol

If next to the title, this symbol tells you whether a recipe is vegetarian (made without meat or fish). If in the ingredients list, it tells you a tip to **alter the recipe** to make it vegetarian.

Name of Recipe

Number of Servings

This tells you how many servings this recipe will make if you follow it exactly. You can always cut the recipe in half, double it, or triple it, etc., to make the amount that you need.

Picture of Recipe

Food Category

- Breakfast
- Main Course (lunch or dinner)
- Snack/Side
- Dessert

ZUCCHINI PARMESAN

This vegetable side dish is flavorful and easy to prepare.

Makes 5 servings. 1 cup per serving.
Prep time: 10 minutes + **Cook time:** 5 minutes

Ingredients

- 1 1/4 pounds **zucchini** (about 3 medium zucchini)
- 1/4 tsp olive oil
- 1 Tbsp dried oregano
- 2 cloves garlic, finely chopped
- 1 tsp grated lemon peel
- 1 Tbsp grated Parmesan cheese
- 1/4 tsp ground black pepper

Preparation

1. Cut zucchini in half. Cut each half into 4 strips, like in picture.
2. Heat oil in a heavy nonstick frying pan over medium-high heat.
3. Add oregano and garlic and sauté for about 2 minutes.
4. Add zucchini and lemon peel and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

Fitness Tip: Take the stairs instead of the elevator! This is a great way to include more physical activity in your day.

SNACK/SIDE DISH 37

Items You Will Need

Go to the market and buy the items that you don't have at home. Fruits and vegetables that are colored blue and are bold **are seasonal** (see page 9 for details).

Preparation Steps

Fitness Tip

Helpful hints or exercises to keep you fit are on some pages.