

# vitaMin

Vital health information in a minute!

## Healthy Meals for Busy Families

How can you preserve family mealtime and still meet your busy schedule?



## Start the day right with breakfast

Research shows that kids who eat breakfast daily are less overweight and do better in academic tests than children who skip it. It fuels the brain and body for the day ahead.

### Quick healthy breakfasts

- Whole-grain toast topped with 1 1/2 ounces melted reduced-fat cheddar cheese; 1 cup cubed fruit.
- Cooked oatmeal with applesauce swirled in, topped with raisins and chopped almonds; 8 ounces low-fat yogurt.
- Egg and pita sandwich: 1 egg scrambled in 1 teaspoon olive oil in a whole-wheat pita, and topped with salsa; 8 ounces 1% low-fat or skim milk.
- Breakfast parfait: Layer 1 cup low-fat yogurt; 1/2 cup crunchy whole-grain cereal and 1 cup fresh, chopped fruit, or whole berries.

### Dinner time! Plan to succeed

You don't have to make every meal from scratch. Frozen seafood, store-bought roasted chicken, and pre-cut and frozen fruits and vegetables are good for you and easy to use.

### Quick healthy dinners

- Store-bought roasted chicken; fresh or frozen vegetables; and a quick-cooking grain, such as packaged couscous or quick-cooking brown rice.
- Thin-crust cheese pizza topped with veggies; garden salad with reduced-fat dressing; milk or 100% juice.
- Cheese and vegetable omelets or scrambled eggs; fruit or vegetables; whole-grain toast or rolls; milk.
- 100% ground turkey or veggie burgers on whole-wheat buns; cooked broccoli; milk.
- Homemade pizza: top a whole-grain English muffin with pasta or pizza sauce or sliced tomato and shredded cheese; garden salad..

Source: Web MD®

## Time for TV or time to get moving?



When life gets hectic, it's tempting to sit down in the evening and unwind in front of the TV. But for a healthier life, it's good to balance those "couch potato" moments with activities that get your family up, out and moving. Summer is a great time for that.

Concerned that your family might be watching more television than is wise? Try these suggestions to change viewing habits and be more active.

**Walk, hike, bike or move.** Don't be a couch potato. Turn off the TV and go for a walk or bike ride around the neighborhood. Check out local hiking and biking paths. Support a local sports team.

**Make a list of alternative activities.** Start a weekly "family night" tradition and identify different activities you could do instead of watching TV. Post the list on the fridge and choose an activity from the list each week.

**Turn it off during dinner.** Meals together are important; many families just turn off the TV during the dinner hour to stimulate conversation and minimize distraction.

**Pick favorites.** Let each member of your family select one or two favorite programs each week. Record them on your VCR, DVD-R or TiVo and watch them on your schedule.



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