

Healthy Choices: As easy as 1,2,3



Eat Vegetables, Fruits & Whole Grains Every Day!

1) Vegetables

Choose from the colors of the rainbow! Deep greens, bright reds, yellow and orange vegetables are rich in vitamins. Try to get at least **3 cups** every day. The following counts as one cup: 6 baby carrots, 1 cup of leafy greens or 1/2 cup of cooked vegetables. How can I eat more vegetables? Try adding spinach to your omelet or eating a side salad with light dressing with dinner.

2) Fruits

Don't forget that fruits make an easy and quick snack! Aim for at least **2 cups** of fruit every day. Add fresh fruit to your cereal in the morning or add berries to yogurt for a great mid-morning snack.

3) Whole Grains

Whole grains contain fiber, an important ingredient that helps us stay healthy. Make sure that **at least half** of your grain servings are whole. (Tip: check the label to see if the first ingredient listed says "whole grain" and if product contains at least 3g of fiber or more). What equals one serving of grains? One slice of bread, 1/2 of an English muffin, 1/2 cup of cooked rice or pasta counts as one ounce or serving of grains.

Canned, Frozen, or Fresh?

When it comes to produce, fresh is not the only healthy option. Canned, dried, and frozen fruits and vegetables are also good choices and affordable. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

Save money by buying produce in season! **Summer** is a great time for avocados, bananas, berries, tomatoes, carrots, and corn. In the **fall** try pumpkin, peppers, mushrooms and grapes.

Tip **Winter** is good for spinach, winter squash and broccoli. **Spring** time is perfect for pears, radishes and tangerines. Remember apples stay in season summer, fall and winter!

Try growing your own or shopping at farmers markets!



SHARE OUR STRENGTHS
OPERATION
FRONTLINE
WE ARE HANDS

Operation Front line

2727 Bryant Street, Ste 300, Denver, CO 80211-4168

Phone (303) 892-8480 www.strength.org/operation_frontline/

Bean Dip

Ingredients:

1 (15.5 oz) can beans (black, white, etc)
1 minced clove garlic
Juice of one lemon
1 TBSP canola oil
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup salsa (optional)

Directions: Using a blender or food processor mix all ingredients together. (Or mash with fork). Serve with cut-up fresh vegetables, whole wheat pita or crackers, or use as a sandwich spread. Serving size: 1/4 cup, makes 8 servings

Nutrition: 73 calories, 2g fat, 11g carb, 3g Fiber, 3g protein

Fruit Yogurt Dip

Ingredients:

1 cup low-fat cream cheese softened
1/2 cup nonfat vanilla yogurt
1/2 cup fruit puree—such as crushed berries or pineapple, mashed bananas or your favorite fruit
1/2 tsp ground cinnamon

Directions:

Using an electric mixer or blender, mix all ingredients together and serve with cut-up fresh fruits such as apples, bananas, grapes or strawberries. Serving size 1/4 cup, makes 8 servings



Nutrition: 84 calories, 5g fat, 8g carbohydrate, 3g protein, 0g fiber

Vegetable Dip

Ingredients:

1 cup fat free plain yogurt
1 TSBP ranch packet seasoning

Directions: Mix all ingredients together in a bowl. Serve with cut up fresh vegetables, or use as a topping for black bean or vegetable quesadillas, turkey chili with vegetables or turkey tacos. Serving Size 4 Tablespoons, Makes 4 servings

Nutrition: 30 calories, 0g fat, 5g carbohydrate, 0g fiber, 3g protein

*Try these recipes using
fruits, veggies and
whole grains!*



Veggie Turkey Wrap

Ingredients:

1 large ripe avocado
1 lemon
3 sprigs fresh herbs (parsley, dill, cilantro)
1 cup salad greens
1 red bell pepper
1 small carrot
4 large radishes
4oz. Pepper jack or other cheese

3 whole wheat tortillas
5 oz. sliced roasted turkey
pinch of salt

Directions: slice avocado lengthwise and remove pit. Scoop avocado into small bowl and mash with fork. Wash all veggies and pat dry. Slice lemon in halves and squeeze onto avocado. Grate cheese in small bowl. Place tortilla on cutting board. Spread 1/3 of avocado over center. Layer with 1/3 greens, remaining veggies, cheese and turkey. Squeeze lemon over top. Season lightly with small amount of salt. Roll wrap tightly into a log and use sharp knife to slice in 1/2. Serving size: 1/2 wrap, makes 6 servings

Nutrition: 330 calories, 19g fat, 29g carbohydrate, 7g fiber, 16g protein

Banana Quesadillas

Ingredients:

2 TBSP creamy peanut butter
4 TBSP low-fat cream cheese
1/2 tsp honey
1/4 tsp cinnamon
4 (8-inch) whole wheat flour tortillas
3 ripe bananas
Non-stick cooking spray

Directions: measure and stir together peanut butter, cream cheese, honey & cinnamon. Lay tortillas flat and spread 1.5 TBSP of peanut butter mixture on one 1/2 of each tortilla. Peel and slice bananas 1/4" thick. Measure and lay 3/4 cup banana slices in single layer over PB mixture. Fold each tortilla in 1/2. Coat a frying pan w/non-stick spray and heat over medium-high heat. Cook for 1-2 mins. per side or until golden brown. Serving size: 1 folded quesadilla; makes 4 servings



Nutrition: 300 calories, 9g fat, 50g carb, 6g fiber, 9g protein