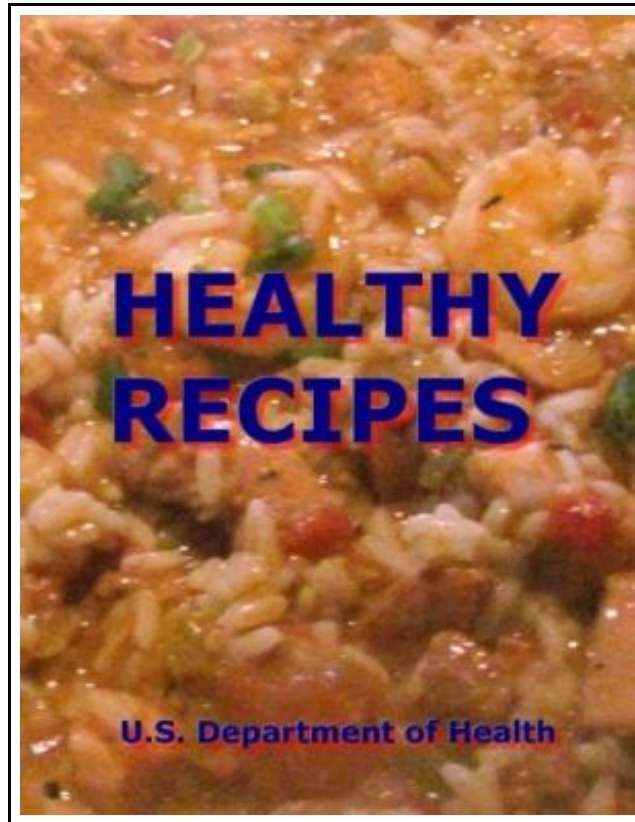


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HEALTHY RECIPES



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Paperback. Book Condition: New. Paperback. Youll find simple, low-cost recipes to make delicious breakfasts, lunches, dinners, snacks, and even desserts. This booklet also features cooking tips, nutrition information, and time-saving tips that you can share with your family. Fruits and vegetables help keep teens healthy, prevent disease, and are low in fat and calories. People of all ages should eat seven to nine servings of fruits and vegetables every day. Ideally, adolescents should eat seven servings daily. Fruits and vegetables can be fresh, frozen, canned, or dried. Whole grains contain vitamins, minerals, and other nutrients that are important for a teens health and growth. Today, many foods such as white bread and white rice are made with refined grains, which are low in fiber and other nutrients found naturally in grains. Instead, its best to eat a variety of whole grain foods. Ideas include: Food Serving Size Whole grain bread 1 slice Whole grain pasta 1/2 cup Brown rice 1/2 cup Foods made with bulgur (cracked wheat) such as tabouli salad 1 cup Some ready-made whole grain breakfast cereals 1/2 cup Whole barley, which can be added to soups Check the Nutrition Facts labels to choose whole grain foods that contain at least 10 percent Daily Value of fiber and are low in saturated fat, trans fat, sugars, and sodium (salt). In addition, one of the following whole grains should be listed first on the ingredient list: Brown rice Oatmeal Rolled or whole oats Bulgur (cracked wheat) Popcorn Whole rye Graham flour Whole barley Whole wheat Whole grain corn One of the best known benefits of fiber is that it reduces constipation. But did you know that fiber may also reduce the risk of coronary heart disease The total number of fiber grams to be consumed by children can be...



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