Choosing a Healthier You for Life
Lifetime goal = Achieve and maintain a healthy weight

1. Build a healthy plate
   - Choose more fruits and vegetables
   - Choose whole grains
   - Choose low-fat milk or water
   - Choose lean proteins

2. Eat the right amount of calories for you
   - Use MyPlate’s SuperTracker (www.SuperTracker.usda.gov) to find out your personal calorie level
   - Control portions
   - Limit sugary foods and beverages
   - Reduce saturated fats and sodium

3. Plan, shop, fix and eat more meals at home
   - Plan meals to save time and money
   - Shop using a list. Read food labels carefully and compare prices to get highest nutrition for lowest cost.
   - Cook together
   - Try healthier recipes that are lower in sugar, fat, and sodium
   - Eat together at home more often

4. Be active your way
   - 150 minutes of moderate-intensity aerobic activity (brisk walking, riding a bike on level ground, or pushing a lawn mower) each week for adults
   - 60 minutes of active play every day for children and adolescents
   - Muscle-strengthening activities 2 or more days a week
   - Flexibility exercises daily (bending, reaching, stretching)

5. Keep foods safe
   - Clean
   - Separate
   - Cook
   - Chill

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Chicken and Cheese Enchiladas

Makes 8 servings | Serving Size: 1 enchilada

1. Preheat oven to 350°F. Lightly spray baking dish with non-stick cooking spray.
2. Cook and stir onion in margarine in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese, and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of the shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in a 9 x 13-inch baking dish. Top with remaining salsa and cheese.
7. Bake at 350°F for 15 minutes or microwave 3 to 5 minutes or until heated through.

Nutrition information Per Serving

- 211 calories
- Total Fat 7 g
- Saturated Fat 2.5 g
- Protein 17 g
- Total Carbohydrate 19 g
- Dietary Fiber 2 g
- Sodium 350 mg

Good Source of Calcium

Ingredients
- Non-stick cooking spray
- 1 medium onion, chopped
- 1 tablespoon margarine
- 1 1/2 cups chicken or turkey, cooked and shredded
- 1 1/2 cups Fresh-Made Salsa (page 13 of Cooking with EFNEP), divided
- 1 (8-ounce) package of reduced-fat cream cheese. Use 3 ounces.
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) of reduced-fat cheddar cheese, shredded and divided

Directions

Hint: Try Fresh-Made Salsa from Cooking with EFNEP.

Move More

Make a Play for It

Go to the park or playground with your family and take a Frisbee or a ball. Once in the park, you may see other activities that encourage you and your family to have fun and move more. Make a commitment to go to the park or playground once this week with your family.