

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### Love your Heart with Whole Grains

Ask your Nutrition Educator to introduce you to one of our services below:

- ~ Cooking Clubs    ~ Boys' Clubs    ~ Newsletters
- ~ Health Fairs      ~ Girls' Clubs    ~ Career Fairs

### **Tasty Topics:**

Every February, we are reminded of the ones we love. But why not think of ourselves too? Your heart needs some love and attention! A great way to show your heart some love is to eat whole grains every day. According to MyPyramid, half of the grains we eat each day should be whole grains. Whole grains are rich sources of many vitamins, minerals, and fiber. Making whole grains a healthy part of your diet may be easier than you think. Try these tips for adding more whole grains to your meals and snacks:

- Enjoy breakfasts that include high-fiber cereals, such as bran flakes, shredded wheat or oatmeal.
- Substitute whole-wheat toast or whole-grain bagels for plain bagels.
- Make sandwiches using whole-grain breads, rolls or a whole-wheat tortilla.
- Snack on air-popped popcorn, rather than chips or pretzels.
- Replace white rice with brown rice, wild rice, or bulgur.
- Use rolled oats or crushed bran cereal in recipes instead of dry bread crumbs.

### **Laugh Out Loud (LOL)**

- Q. What did one slice of bread say to the other slice of bread when he saw some butter and jam on the table?  
A. *We're toast!*
- Q: What do you get when you put three ducks in a box?  
A: *A box of quackers.*
- Q: Did you hear the joke about oatmeal?  
A: *It's a lot of mush.*

### **Monthly Mentions**

- **Live Connections:** *Live Connections* at World Café Live in University City: **Tuesday, February 9, Just Sing It!** Participants will listen, improvise and sing together in a supportive environment that draws out the artist in everyone. Appropriate for Grades 5 – Adult. For more information, please contact Tamar Lelkes, School and Community Partnership Coordinator, at [tamar.lelkes@gmail.com](mailto:tamar.lelkes@gmail.com) or 267-250-0508.
- **Nutrition Tip:** Add raisins and sunflower seeds to your whole grain cereal and you just made a power snack a power-house of nutrition to keep you going!
- **Fruit & Vegetable:** For tomato and passion fruit recipes, visit our website: <http://drexel.edu/nutritioneducation/>.
- **Now In Season:** Apples, cabbage, celery, grapefruit, lettuce, mushrooms, onions, pears, potatoes, turnips and winter squash.

### **Nutrition Education in Action**

Nutrition educator, Janelle Steiger shows menus created by Mrs. Cohen's art class at Wilson Middle School.



Questions or Comments?  
Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
**EAT.RIGHT.NOW.**  
Nutrition Education Program  
Drexel University  
Or call us at: 215.895.2422

Name \_\_\_\_\_ Date \_\_\_\_\_



# EATING FOR GOOD HEALTH

It's important to pay attention to the foods that you eat and to have a balanced diet. That means choosing a variety of foods from each of the five food groups. Take the time to learn about making healthful food choices and your body will thank you with strength, energy and good health. Learn more about the five food groups by reading the chart below. Then complete the chart with your own food choices.

Food Group	Healthy Tip	Food Examples	Examples of what I like to eat in this food group	Foods I ate in this food group today	Foods in this group that I would like to try
Grains	Whole grains are full of fiber, which gives you energy and helps you to digest food.	Cereal, bread, rice, pasta, crackers			
Vegetables	Vegetables are full of vitamins, minerals and fiber, which help you to grow and keep your body healthy.	Carrots, tomatoes, lettuce, peas, corn			
Fruits	Fruits are full of vitamins, minerals and fiber, which protect you from disease.	Oranges, bananas, mangoes, blueberries			
Dairy	Milk is full of calcium, which helps build strong teeth and bones.	Milk, yogurt, cheese			
Meat, beans, fish and nuts	Meats, beans, fish and nuts are full of protein, which helps you grow.	Turkey, hot dogs, tuna, eggs, sunflower seeds, peanut butter			

Funded by the P.A. Department of Public Welfare (DPW) through the P.A. NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

