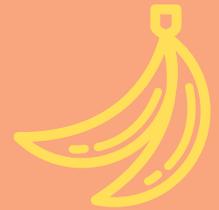
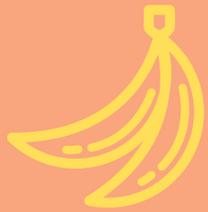
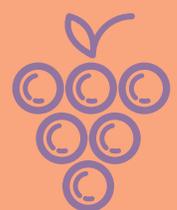
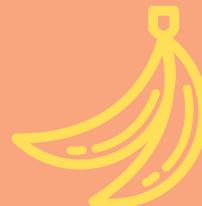


STUDENTS COOK



**A student's guide for making
easy, delicious, and nutritious
meals at home**





This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
This institution is an equal opportunity provider.

Table of Contents

Cooking Basics:

Bean Basics.....	4
Seasonal Produce.....	5
Food Safety.....	6
Knife Safety.....	7
Basic Cooking Tools.....	8
Produce Prep.....	10
Pantry Basics.....	11

Now, get cooking! Recipes:

Breakfast:

Overnight Oats.....	14
Banana Muffins.....	15
Fruit Pancakes.....	16
Huevos Rancheros.....	17
Egg in a Cup.....	18

Lunch and Dinner:

Veggie Pizza Pockets.....	20
Black Bean Quesadillas.....	21
Microwave Baked Potatoes.....	22
Noodles with Peanut Sauce.....	23
Mini English Muffin Pizzas.....	24
One Pot Mac and Cheese.....	25
Chicken Pot Pie.....	26
Healthy Rice Bowls.....	27
Chicken Pasta Salad.....	29
Three-Can Chili.....	30
One-Pot Chicken Alfredo.....	31

Snacks:

Trail Mix.....	33
Peanut Butter Banana Pockets.....	34
Oven Fries.....	35
Mozzarella Sticks.....	36
Chocolate Fruit and Nut Clusters.....	37

Enjoy, and eat well! Nutrition Basics:

Fruits and Veggies: Fresh, Canned and Frozen.....	39
What is MyPlate?.....	40
Fruit Guru.....	41
Veggie Master.....	42
Grains and Things.....	43
Protein Punch.....	44
Dairy Delights.....	45

Before you get cooking...

Cooking Basics

Bean Basics



Whether you're stocking your pantry or found some dried beans buried on a back shelf and are wondering what to do with them, we've got you covered! Low-cost and packed with nutrients, beans and lentils can easily be prepared in batches, stored for later use, or enjoyed. Scan the QR code for a video on 3 fun recipes using beans!

Follow these easy steps for preparing dried beans and lentils at home!

- Clean
 - Before soaking, sort through dried beans, peas, or lentils.
 - Throw out any that are discolored or shriveled.
- Soak
 - Quick soak:
 - Fill a pot with water. Add beans, and bring to a boil.
 - Boil beans for 5 minutes. Turn heat off. Cover, and let sit for 1 hour.
 - Drain the soaking water. Rinse the beans.
 - Overnight soak:
 - Fill a bowl with 3 cups cold water per 1 cup beans.
 - Soak beans for 8 to 12 hours at room temp.
 - Drain soaking water, and rinse beans.
- Cook
 - Add enough water to cover dry beans, peas, or lentils by 2 inches.
 - Simmer beans for 30 min to 2 hours, until cooked. You may need to add water to keep beans from drying out.
 - Beans, peas, and lentils are done when they're easy to break open with a fork.
- Store
 - Use right away or store in refrigerator or freezer.
 - When you're ready to use frozen beans, defrost and prepare like canned beans.



Bean cooking times

1 cup dried beans:

(makes 3 cups cooked)

Black beans

3 cups

~ 2 hours

Blackeyed peas

2 1/2 cups

1/2 hour

Great northern beans

2 1/2 cups

1 to 1 1/2 hours

Kidney beans

3 cups

~ 2 hours

Lentils (don't soak these)

2 1/2 cups

1/2 hour

Lima beans

2 1/2 cups

45 min - 1 hour

Navy or pea beans

3 cups

1 1/2 - 2 hours

Pink or pinto beans

3 cups

2 hours

Seasonal Produce



Want to buy fresh produce but don't know what's in season? We've created a short list of fruits & veggies and the seasons in which they are best!

Did you know fruits & veggies cost less when they are in season? It's true! And, eating veggies when they are in season provides your body with the nutrients it needs during that season.

Buying seasonal produce at your local farmer's market is a great way to eat healthily, support local farms, and save money!

Spring:

Apples, Apricots, Asparagus, Avocados, Bananas, Broccoli, Cabbage, Carrots, Celery, Collard Greens, Garlic, Kale, Kiwifruit, Lemons, Lettuce, Limes, Mushrooms, Onions, Peas, Pineapples, Radishes, Rhubarb, Spinach, Strawberries, Swiss Chard, Turnips

Fall:

Apples, Bananas, Beets, Bell Peppers, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cranberries, Garlic, Ginger, Grapes, Green Beans, Kale, Kiwifruit, Lemons, Lettuce, Limes, Mangos, Mushrooms, Onions, Parsnips, Pears, Peas, Pineapples, Potatoes, Pumpkin, Radishes, Raspberries, Rutabagas, Spinach, Sweet Potatoes & Yams, Swiss Chard, Turnips, Winter Squash

Summer:

Apples, Apricots, Avocados, Bananas, Beets, Bell Peppers, Blackberries, Cantaloupe, Carrots, Celery, Cherries, Corn, Cucumbers, Eggplant, Garlic, Green Beans, Honeydew Melon, Lemons, Lima Beans, Limes, Mangos, Okra, Peaches, Plums, Raspberries, Strawberries, Summer Squash, Tomatillos, Tomatoes, Watermelon, Zucchini

Winter:

Apples, Avocados, Bananas, Beets, Brussels Sprouts, Cabbage, Carrots, Celery, Collard Greens, Grapefruit, Kale, Kiwifruit, Leeks, Lemons, Limes, Onions, Oranges, Parsnips, Pears, Pineapples, Potatoes, Pumpkin, Rutabagas, Sweet Potatoes & Yams, Swiss Chard, Turnips, Winter Squash

Eat healthy, buy local!



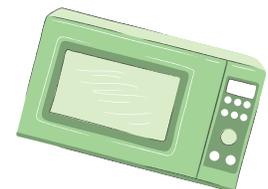
Food Safety: the Basics



Cooking at home is a great way to eat healthy and save money and time. However, handling food (even at home) has risks. It is important to follow these food safety tips to prevent any food-related illness.

4 Basic Steps for Food Safety at Home:

- **Clean**
 - Wash hands thoroughly before handling any food or cookware.
 - Make sure food prep surfaces (cutting boards, dishes, utensils) are cleaned.
 - Wash fruits and vegetables before use.
 - Rinse lids on canned goods before opening.
- **Separate**
 - Keep raw foods (meat, seafood, poultry, eggs) away from other foods.
 - Use separate cutting boards for raw foods.
 - Don't reuse utensils or dishes that were used for raw food prep.
- **Cook**
 - Make sure raw foods are cooked thoroughly.
 - Don't consume poultry or ground meat that is still pink.
- **Chill**
 - Leftovers should be stored in the refrigerator or freezer within 2 hours of preparation.
 - Most leftovers keep well for 3-5 days if stored in covered shallow containers.
 - Thaw frozen foods in the refrigerator, under running cold water, or in the microwave.
 - When using a microwave for heating:
 - Avoid any metal items (including utensils and aluminum foil).
 - Clean out the microwave before/after each use.
 - Use microwave safe containers/dishes.
 - Make sure microwave door is shut completely and turn off if door comes open during cooking.



Knife Safety: the Basics



Using knives to prepare food can be intimidating especially if you haven't used them very much. Following these simple tips on knife safety will have you chopping, slicing, and dicing safely in no time! Also, scan this QR code for some videos on how to cut different fruits and veggies!

How to use a knife safely:

1) Use the "claw"

- Tuck your fingers towards your palm into a claw that you will use to hold the food you are cutting. This helps protect your finger tips!

2) Point the tip of the knife down

- Make sure the tip of the knife is against the cutting board.

3) Use the lower part of the knife to slice

- With the tip of the knife against the cutting board, use a sawing motion to slice the food with the rest of the knife.

4) Make foods safer to cut by creating a flat surface

- If cutting a round food, like a potato, cut a slice off of the food to create a flat side. This will make it so the food doesn't roll when you cut it.



Safety Tips:

- Always walk with knives pointed down at the floor so you don't endanger other people in the kitchen.
- Do NOT put a knife into a sink full of water where someone may reach in and grab it by accident.
- When passing knives to someone else, make sure to pass it to them with the handle or set it on the counter so they can grab the handle.

Basic Cooking Tools

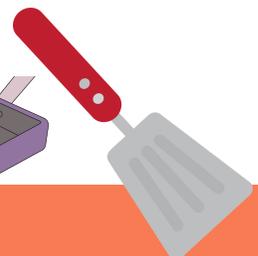
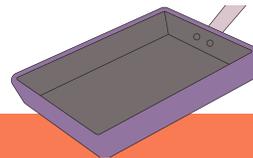
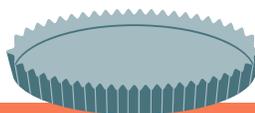
Mixing

- Mixing spoon: stirring ingredients without heat
- Wooden spoon: mixing on heated surfaces (in a pot on the stove)
- Mixing bowl: combining ingredients before cooking/eating



Cooking

- Pan/skillet: cooking small quantities on the stove
- Pot: cooking large quantities on the stove, soups, pastas
- Potholders: holding hot pants, pots, baking sheets
- Pie plate: baking pies
- Baking sheet: baking/roasting goods in the oven
- Spatula: moving foods from hot surfaces to plates



Basic Cooking Tools

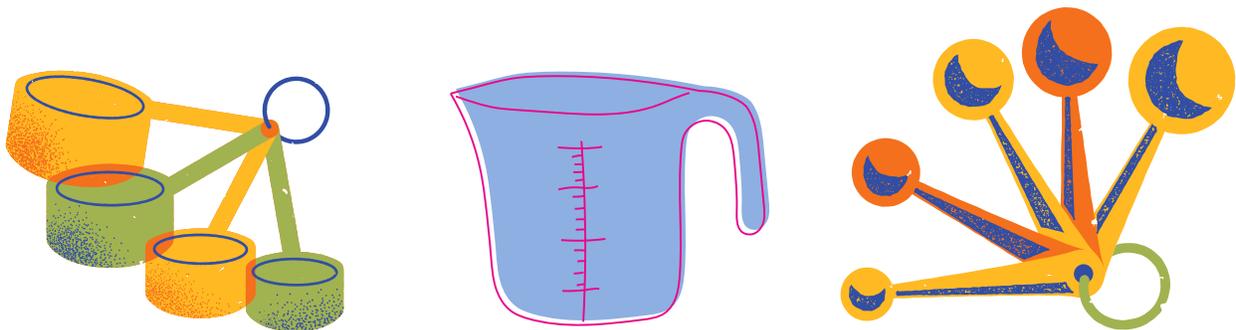
Preparing

- Knife: cutting, chopping, slicing, dicing
- Peeler: peeling fruits and vegetables
- Grater: shredding foods, like cheese or vegetables
- Cutting board: cutting foods
- Can opener: opening canned foods



Measuring

- Dry measuring cups: measuring dry ingredients (flour, sugar)
- Liquid measuring cups: measuring liquid ingredients (milk, water)
- Measuring spoons: measuring small quantities of dry and/or liquid ingredients



Produce Prep

Fresh fruits and vegetables are delicious and provide a variety of nutrients that maintain your body's normal functions and help protect against chronic disease. However, fresh produce needs to be handled carefully- this includes cleaning, cutting, and storing fresh fruits and vegetables safely.

Washing

- All fresh produce should be washed before eating, cutting, or cooking (even those with peels you aren't going to eat).
- Rinse soft produce (berries) under running water.
- Scrub firm produce (melons, cucumbers, potatoes) with a clean produce brush.
- Dry washed fruits and vegetables with a paper towel.



Cutting

- Use clean knives and cutting boards (don't use the same cutting boards for produce that you used for raw meat).
- Make sure cutting board doesn't slide (place a damp kitchen towel underneath).
- Cut away damaged or bruised areas.
- Cut the ends of round or odd-shaped foods to make a flat cutting surface.
- Keep finger tips tucked in while slicing.



Storing

- All cut, peeled, or cooked fruits and vegetables should be eaten immediately or stored in the refrigerator.
- Keep produce separate from raw meats and fish.
- Uncut potatoes, tomatoes, and bananas should be stored in a cool dry place.
- Whole melons should be stored at room temperature.
- Most uncut produce should be store in the refrigerator.



Pantry Basics



Not sure what kinds of things you should keep in your pantry? Or why those things even matter? We've got a short list of ingredients for you to keep on hand so that you can create quick and nutritious meals.

Baking Products. Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods.

Canned Beans. Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve them as side dishes or add to a main dish for added protein and fiber.

Canned Fruits and Vegetables. Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snack on their own. Or, you can use them as ingredients to stretch main dishes.

Dried Herbs. Buy the dried herbs and spices you like to use and taste often. Use to add flavor in place of extra salt.

Canned Tomato Products. Keep canned tomato sauce and whole, diced, or pureed tomatoes on hand. They are basic ingredients in a wide range of recipes.

Canned fish. Use canned tuna and salmon to add yummy protein and flavor to salads, casseroles, and pasta.

Cereals. Stock up on whole grain cereals when they're on sale. Enjoy these with fruit and milk. Or, use them to make trail mixes, baked goods, or even crispy coatings for meat, poultry, and fish!

Canned or Powdered Milk. Canned low-fat evaporated milk and dry powdered milk keep for longer than fresh milk. Prepare them according to the package directions. Use in recipes instead of fresh milk.

Oils. Canola and olive oils are nutritious choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

Pasta and Rice. Buy whole wheat pasta and brown rice on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests from getting in.

Vinegar. Keep apple cider, red wine, rice wine, or balsamic vinegars on hand for home-made salad dressings and marinades. Or, splash some on top of main dishes for some extra tang!

Dried Fruits and Nuts. Use these as a snack on their own or in homemade trail mix. Add to cereals, baked goods, and yogurt for a tasty snack or for breakfast.

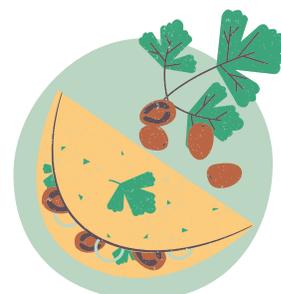
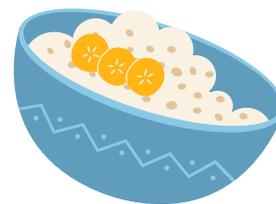


Your pantry will thank you. (And so will your tummy).

Now, get cooking!

Recipes

Breakfast



Overnight Oats

SERVES: 1

PREP TIME: 5-10 MIN

COOK TIME: OVERNIGHT

SO EASY YOU CAN MAKE IT IN YOUR SLEEP - LITERALLY!

This recipe is super easy and convenient for a grab-and-go breakfast. Make these oats at night and munch on them in the morning! You can use any type of milk for this recipe, or even try using low-fat Greek yogurt! Double or triple the recipe to make several breakfasts ahead of time, it will keep in the fridge for about 3 days.

INGREDIENTS

[Main ingredients]

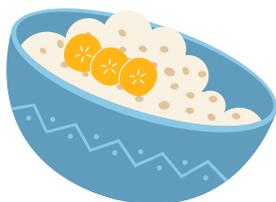
1/2 cup old-fashioned oats
1/2 cup of milk of your choice
1/2 teaspoon sweetener of choice
1/4 teaspoon vanilla extract

[Optional add-ins]

*mix these in before refrigerating!
cinnamon
nuts
dried fruits
coconut shreds
chocolate chips

[Optional toppers]

*toss these on top for extra yumminess!
A spoon-full of:
nut butter
fresh fruits
jams



INSTRUCTIONS

1. Simply combine the main ingredients and whatever add-ins you'd like in a jar with a lid or covered bowl and let it sit overnight in your fridge.
2. Then, take it out the next morning, add your toppers, and eat!
3. You can eat overnight oats cold (it's really yummy, we promise) or warmed up like classic oatmeal.
4. Letting them sit overnight gives the oats a soft but chewy texture that, when combined with the other ingredients, is so scrumptious, you'll want more!

Easy Banana Muffins

SERVES: 10-12 MUFFINS
PREP TIME: 10 MIN
COOK TIME: 20 MIN
OVEN TEMP: 400°F

BANANAS + PANCAKES + MUFFINS = MMMMM...

Got any bananas lying around that are starting to get spotty? There's no such thing as too-ripe when you're making banana muffins! Browner bananas give it a sweeter and more banana-y taste. AND, these muffins are super easy because they use an ingredient many of us already have in our pantry -- pancake mix!

These will stay fresh for up to 1 week in the refrigerator, or a few days covered at room temperature. Perfect for a grab-and-go breakfast or snack during the school week!

INGREDIENTS

2 cups pancake mix
 3 tablespoons vegetable oil
 1 teaspoon vanilla extract
 3 ripe bananas
 cooking spray or oil for pan

[Optional add-ins]

*mix these in before cooking!

3/4 cup chopped walnuts, pecans, or
 chocolate chips



INSTRUCTIONS

1. Preheat your oven to 400°F, and prepare your muffin tin by spraying cooking oil or swiping them with butter. Or, you can use cupcake liners.
2. In a bowl, mash up your bananas! You can use a fork, potato masher, or hand mixer.
3. Once thoroughly mashed, add in pancake mix, oil, and vanilla. Add any other optional add-ins. Mix until just combined.
4. Use 1/4 cup to scoop mix into muffin tins until they are nearly filled to the top.
5. Bake at 400°F for 15-20 min for a regular muffin tin, or 10-12 min for a mini muffin tin. Stick a toothpick in the center of the muffin. If it comes out clean, they're done!
6. Allow to cool for 5-10 min, pop out of the tins, and enjoy!

Fruit Pancakes



SERVES: 4
PREP TIME: 5-10 MIN
COOK TIME: 15-20 MIN

A SATURDAY MORNING CLASSIC

Use the pancake mix in your pantry to make some yummy fruity pancakes. You can also try adding your favorite fresh, canned, or dried fruit for an extra fruity twist!

Or, you can make your own batter by using the recipe below.

INGREDIENTS

[Main ingredients]

1 apple, cored, sliced into thin rings (or any fresh, canned, or dried fruit you like!)
 2 ½ cups pancake mix, prepared as written on package*
 ½ tsp cinnamon

[Make your own pancake mix]

1 teaspoon salt
 1 teaspoon baking soda
 2 teaspoon baking powder
 2 tablespoon. sugar
 1 & ¾ cup all-purpose flour
 1 & ½ tablespoon. butter melted
 2 eggs
 2 cups buttermilk (or reconstituted dry milk)

INSTRUCTIONS

1. Follow instructions on your package of pancake mix, or make your own following our recipe by mixing the dry ingredients and wet ingredients in separate bowls, then mixing.
2. If using canned fruits, drain liquid and set aside. If using fresh fruits, rinse and set aside.
3. Lightly coat a griddle or skillet with cooking spray, and heat over medium heat.
4. In a large mixing bowl, add cinnamon to prepared pancake mix.
5. For each pancake, place 1 apple ring on griddle. Top with about ¼ cup batter, starting in the center and covering the apple.
6. Cook until bubbles appear. Turn and cook other side until lightly brown.
7. Top with maple syrup or more fresh fruit and scarf your fresh stack of pancakes!

Huevos Rancheros

SERVES: 1
PREP TIME: 1 MIN
COOK TIME: 5 MIN

A HEARTY BREAKFAST!

This is a delicious and satisfying Mexican breakfast recipe. It means, "Farm eggs," since it is commonly eaten at or near Mexican farms. The eggs are typically fried and served with the other ingredients, but you can scramble them if you like that better.

Don't have tortilla shells? This would also be good on top of a few tortilla chips. Or, just the eggs with toppings is delicious, too!

INGREDIENTS

- 2 six-inch tortillas (try whole-wheat for a heart-healthy boost)
- 2 large eggs
- cooking spray or butter
- 1/8 teaspoon black pepper to taste
- 1/8 teaspoon salt to taste
- 2 tablespoons shredded cheese (your favorite kind)
- 1/2 cup of salsa



INSTRUCTIONS

1. Warm your tortillas by placing them in the microwave with a damp paper towel covering them for ~15-20 sec.
2. Spray a skillet with cooking spray or melt a slice of butter in the skillet to cook the eggs. You can pan-fry them by cooking them about 2 min on each side, or scramble them by whisking the eggs & stirring in the pan until they clump together. Cook until they are mostly dry.
3. Divide eggs onto tortilla shells. Sprinkle with cheese and top with 1/4 cup of salsa on each.
4. Roll to eat, and enjoy!

Want to add some more protein? Drain and rinse a can of beans, and add 1/4 cup to each tortilla. Other yummy toppings could include chopped onion, fresh cilantro, fresh chopped or pickled jalapeno, or low-fat sour cream!

Egg in a Cup

SERVES: 1

PREP TIME: 3-5 MIN

COOK TIME: 2-3 MIN

LIKE AN OMELET, BUT QUICKER & EASIER

This omelet is cooked in a microwaveable mug (what?? we know, it sounds a little crazy) to help you get out the door in the morning while supplying you with the energy and protein you need to start your day. Eggs are rich in protein, vitamin D to boost your immune system, and choline for a healthy metabolism!

Scan me!



INGREDIENTS

[Main ingredients]

1 teaspoon oil, butter, or cooking spray- to coat mug

2 large eggs

1 tablespoon milk or water

Pinch salt

Pinch black pepper

[Optional add-ins]

*mix these in before cooking!

Shredded cheese

Chopped veggies (like bell pepper, onion, tomato, mushroom)

Chives or green onions

Cubed ham or cooked bacon bits

[Optional toppers]

*toss these on top for extra yumminess!

Salsa

Beans

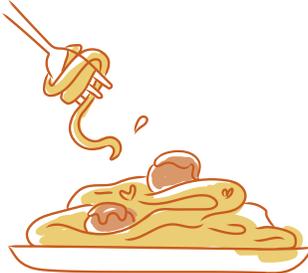
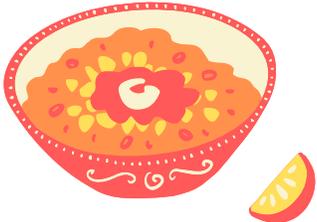
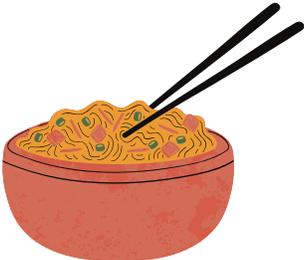
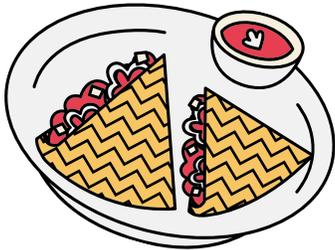
Hot sauce

INSTRUCTIONS

1. Spray the inside of a microwave-safe mug with non-stick cooking spray.
2. Chop the veggies into small pieces.
3. Crack the eggs into the mug, combine with milk or water, salt and pepper using a fork to stir.
4. Stir the vegetables and cheese into the egg mixture.
5. Microwave on high for 45 seconds. Then take out of the microwave and stir.
6. Return mixture to the microwave and cook on high until the eggs have puffed up. About 60-90 more seconds.
7. Allow mixture to sit for 1-2 minutes after cooking. Enjoy!



Lunch & Dinner



Veggie Pizza Pita Pockets

SERVES: 1
PREP TIME: 5 MIN
COOK TIME: 1 MIN

THE TIME SAVING FAVORITE

Pizza is at the top of many people's favorite foods. Now, you can make it at home in less than 10 minutes with all of your favorite veggies and servings from 3 of the food groups- veggies, dairy, and grains.

INGREDIENTS

1 whole wheat pita cut on the sides
2 tablespoons low sodium tomato sauce
2 slices mozzarella cheese
Any 2 veggies:
green & red peppers, sliced
mushrooms, chopped
1 tablespoon broccoli, chopped
1 tablespoon red onion, chopped
spinach, shredded

INSTRUCTIONS

1. Place one pita round on plate.
2. Spread 2 tablespoons of tomato sauce on pita.
3. Sprinkle various chopped vegetable over sauce.
4. Layer two slices of cheese on top of sauce.
5. Cover with the other half of pita round.
6. Microwave 35-45 seconds, or until cheese melts.
7. Slice in half, let cool, and enjoy!



Black Bean Quesadillas

SERVES: 4
PREP TIME: 3 MIN
COOK TIME: 5 MIN

YUMMY FOR AN AFTER-SCHOOL SNACK, OR A MEAL

This is an easy snack or meal to make with just a few ingredients from your pantry and fridge, and it's ready in just five minutes!

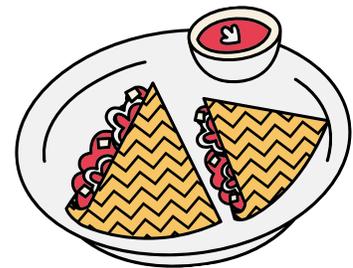
Plus, whole wheat tortillas and beans will help you meet your fiber goals for the day.

INGREDIENTS

4 six-inch tortillas (try whole-wheat for a heart-healthy boost)
2 cups black beans (~ 1 can)
1 cup low-fat cheddar cheese
1/4 cup salsa

[Fun add-ins]

chopped or sliced bell peppers (choose your favorite color!)
chopped onion
chopped zucchini
canned chicken



INSTRUCTIONS

1. Drain the liquid from the canned beans and rinse beans with water. Combine beans with cheese until thoroughly mixed.
2. Divide mixture into fourths and spread evenly on half of each tortilla. Add any other optional ingredients on top of this mixture, and then fold each tortilla in half.
3. Heat a skillet over medium-high heat. Place the quesadillas on the skillet and cook, carefully flipping until each side is golden brown, about 2 min per side.
4. Cut each quesadilla into halves. Top with salsa and enjoy!

Other yummy toppings can include fresh-squeezed lime juice, your favorite hot sauce, fresh cilantro, low-fat sour cream, or fresh sliced avocado.

Microwave Baked Potatoes

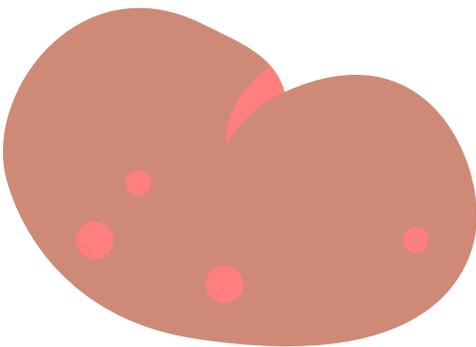
SERVES: 1
PREP TIME: 2 MIN
COOK TIME: 8 MIN

HOT POTATOES IN A FLASH!

Not many ingredients in your fridge? The only thing you need for this recipe is a potato! Potatoes are very versatile foods and can be dressed up with sour cream, cheese, broccoli or even canned chili! You can use regular or sweet potatoes with this recipe, try it with sweet potatoes and add your favorite nut-butter or some butter, brown sugar and cinnamon.

INGREDIENTS

1 potato



INSTRUCTIONS

1. Scrub potato. Prick the potato several times with a fork to make small holes for the steam to vent.
2. Place the potato on a microwave safe plate.
3. Cook 4 minutes in the microwave.
4. Turn the potato over and cook for 3-4 more minutes or until the potato is soft.
5. Let potato rest for 1-3 minutes before removing from the microwave.



Noodles with Peanut Sauce

SERVES: 8

PREP TIME: 10 MIN

COOK TIME: 10 MIN

PEANUT BUTTER & PASTA- THE PERFECT COMBO

Peanut butter is a great ingredient because it can be used in so many different foods! Peanut butter is a great source of healthy fats and protein, not to mention it is really delicious and many of us already have it in our pantry.



INGREDIENTS

1 (16 ounce) package whole wheat pasta
¼ cup peanut butter
⅓ cup warm water
¼ cup low-sodium soy sauce
2 tablespoons cider vinegar
4 teaspoons sugar
1 bag frozen vegetables, such as broccoli or snow peas, thawed
2 teaspoons red pepper flakes (optional)

INSTRUCTIONS

1. Cook pasta using package directions. Make sauce and veggies while pasta cooks.
2. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce.
3. Add soy sauce, vinegar, and sugar. Mix until sugar dissolves. If using, stir in red pepper flakes.
4. In a microwave-safe bowl, add thawed frozen veggies and ½ cup water. Steam in microwave for 3-5 minutes. Drain any excess water.
5. Pour peanut sauce and steamed veggies over cooked, drained pasta. Toss to combine. Serve warm or cold.



Mini English Muffin Pizzas

SERVES: 1
PREP TIME: 10 MIN
COOK TIME: 15 MIN
OVEN TEMP: 400°F

YOUR OWN PERSONAL PIZZA

Who says you need to order take-out to have a fresh, hot pizza? These mini english muffin pizzas are an easy way to satisfy your pizza cravings with ingredients that you probably already have at home. Add your favorite vegetable toppings such as bell peppers, onions, mushrooms, or even pineapple! Cooked or canned meats can be added too - the possibilities are endless! While this recipe only makes one personal pizza, it is easily multiplied to make as many pizzas as you want! Enjoy!



INGREDIENTS

1/2 english muffin (try whole wheat!)
1 ½ tablespoons spaghetti or pizza sauce
1 tablespoon grated cheese
4 tablespoons chopped vegetables, fruits, and/or cooked meat



INSTRUCTIONS

1. Preheat oven to 400°F.
2. Lightly toast english muffin.
3. Spread with spaghetti sauce or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2 hours.

One Pot Mac & Cheese

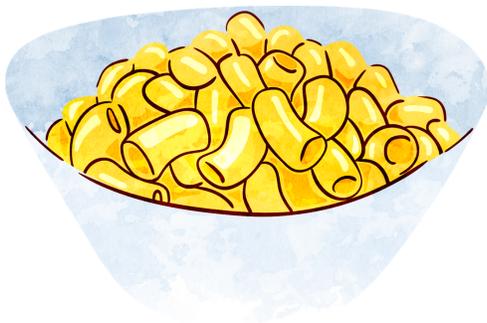
SERVES: 1
PREP TIME: 5 MIN
COOK TIME: 10 MIN

AMPING UP THE CLASSIC

This mac & cheese recipe takes a classic dish to a whole new level. Switch up the kind of cheese and add any and all of your favorite veggies. You can even add veggies to boxed mac & cheese if that's all you have on hand!

INGREDIENTS

½ cup whole wheat elbow macaroni, or other small whole wheat pasta
¼ cup low fat milk
½ cup shredded cheddar cheese
¼ cup frozen peas
1 cup water



INSTRUCTIONS

1. In a medium pot over high heat, bring the water to a boil.
2. Add the pasta to the pot, reduce heat to medium-low, and boil for 8-10 minutes.
3. Drain the water (keeping the pasta in the pot), and add in the milk, cheese, and peas.
4. Stir over medium-low heat until heated through and cheese is melted.



Chicken Pot Pie

SERVES: 6
PREP TIME: 10 MIN
COOK TIME: 45 MIN
OVEN TEMP: 400°F

EASY COMFORT FOOD

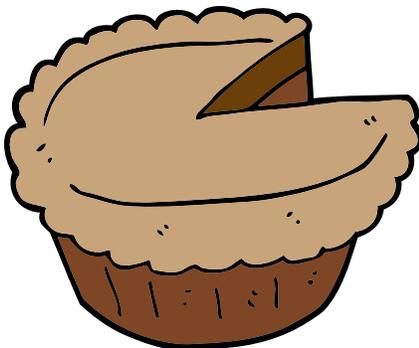
All of the comfort of chicken pot pie without all of the extra work! For even easier prep, use canned chicken- it's already cooked and cut up. Traditional pot pie vegetables include carrots, onions, and peas but feel free to use any veggies you have on hand!

INGREDIENTS

1 2/3 cups frozen mixed vegetables (thawed)
1 cup cooked chicken (cut-up)
1 can cream of chicken soup, low-fat (10-3/4 ounce, condensed)
1 cup baking mix, reduced-fat
1/2 cup milk (non-fat)
1 egg

INSTRUCTIONS

1. Pre-heat oven to 400°F.
2. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
3. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
4. Bake 30 minutes or until golden brown.
5. Let cool for 5 minutes and serve.



Healthy Rice Bowls



SERVES: 4
PREP TIME: 5 MIN
COOK TIME: 20 MIN

YOUR OWN CUSTOMIZABLE BURRITO BOWL

Create your own healthy rice bowls with this fun, customizable recipe! If you want more protein, add lean meat like chicken or ground turkey. You can choose your ingredients to make an Asian or Latin flavor, or mix it up to create your own unique flavor! This page will tell you how to make a more Latin-American flavored dish, and the following page will show the same recipe but with Asian flavors.

INGREDIENTS

[Main ingredients]

2 cups brown rice, cooked and warm
 2 cups cooked beans (one 15-oz can)

1 tablespoon olive oil

[Latin-inspired spices]

2 teaspoons cumin

1 teaspoon chili powder

1/4 teaspoon cayenne (spicy)

Vegetables to mix in, choose your favorites:

1/2 green pepper, chopped

1/2 cup onion, chopped

1/2 cup broccoli

1/2 cup carrots, chopped

1/2 cup frozen or canned corn

1 can diced tomatoes (or 1 whole tomato, diced)

INSTRUCTIONS

1. Heat oil over medium-high heat in a skillet. Add in your vegetables of choice and saute them until they're tender, stirring occasionally.
2. Add beans and chosen spices and heat through.
3. In a bowl, place a scoop of warm rice and top with bean mixture. Add other desired toppings and sauce and feast!

[Latin-inspired toppings]

fresh chopped cilantro, sprinkled on top

1/2 cup shredded cheese

1/2 cup salsa

1/2 cup shredded lettuce

Healthy Rice Bowls



INSTRUCTIONS CONTINUING...

Use the same main ingredients

Veggies to choose from:

1/2 cup frozen or canned edamame

1/2 green pepper, chopped

1/2 cup onion, chopped

1/2 cup broccoli

1/2 cup carrots, chopped

[Asian-inspired spices]

2 teaspoons fresh ginger

3 cloves garlic

1. Use the same basic steps as the previous recipe, except use these spices & veggies instead.

2. Add some toppings and enjoy!

[Asian-inspired toppings]

1/4 cup soy sauce

2 green onions, chopped

fresh-squeezed or bottled lime juice

1/4 cup peanuts

Feel free to mix and match the veggies, spices, or any other ingredients for this recipe! It's all about getting in the kitchen and creating flavors that you enjoy with fresh ingredients you love.

**Scan this code for other ideas
for making rice bowls!**



Chicken Pasta Salad

SERVES: 7
PREP TIME: 10 MIN
COOK TIME: 10 MIN

CANNED AND FRESH VEGGIES TOGETHER!

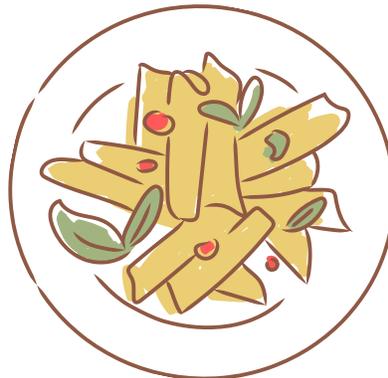
This recipe uses both canned and fresh ingredients tossed together into a delicious pasta salad that is packed with protein, veggies and whole grains. You can swap any of these veggies with your favorites veggies or try different veggies that you get at the farmers market!

INGREDIENTS

2 cups cooked whole grain pasta
 1 1/2 cups canned chicken (drained)
 1 cup diced bell pepper
 1/2 cup sliced green onion
 1 cup shredded yellow squash
 1/2 cup canned corn kernels (drained)
 1/2 cup frozen or canned peas
 1 can black beans, low sodium (15 oz, rinsed and drained)
 1/2 cup Italian dressing

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. Combine first eight ingredients (pasta through black beans) in a large bowl.
3. Toss gently with salad dressing.
4. Chill for several hours to blend flavors.



Three-Can Chili

SERVES: 6
PREP TIME: 2 MIN
COOK TIME: 15 MIN

EASY AS 1-2-3!

With only three ingredients and minimal prep work, this recipe is quick and easy. It can also be customized to include your favorite chili ingredients, such as other vegetables and spices. Enjoy as is or top with avocado, cheese, sour cream, or all three!

INGREDIENTS

1 15.5-ounce can beans, low-sodium undrained (pinto, kidney, red or black beans)
1 15-ounce can of corn or 10-ounce package of frozen corn
1 15-ounce can of crushed tomatoes
Chili Powder to taste

INSTRUCTIONS

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated through.
5. Refrigerate leftovers.



One-Pot Chicken Alfredo



SERVES: 7 CUPS
PREP TIME: 20 MIN
COOK TIME: 30 MIN

MAKE DINNER FOR YOUR WHOLE FAMILY, IN A SNAP!

Want to make an easy dinner without all the dirty dishes? Try this one-pot alfredo pasta recipe. It's so cheesy and yummy, you'll want to make it all the time!

Try using whole-wheat pasta for extra healthy fiber!

INGREDIENTS

- 1 chicken breast, cubed
- 2 cups broccoli, chopped (fresh or frozen)
- 2 tablespoon oil
- 1 3/4 cup chicken broth
- 2 tablespoons flour
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried basil
- 1 3/4 cup low-fat milk
- 3 cups pasta (penne, or your favorite kind)
- 1 cup parmesan cheese

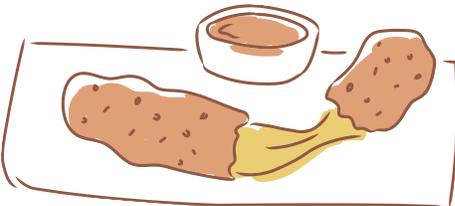
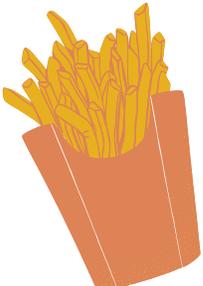
This QR code will take you directly to the recipe instructions and a how-to video!



INSTRUCTIONS

1. Cut chicken breast into 1-inch cubes (think chicken-nugget size). Disinfect the surface and your hands.
2. Wash and chop broccoli into little bits, and set aside for later.
3. Heat oil over medium-high heat in a deep skillet or pot. Cook chicken in the oil until brown, about 6 minutes. You can cut open a piece to check if it's cooked through.
4. Add chicken broth and flour into the skillet and stir until mixed.
5. Add garlic powder, onion powder, basil, and milk and stir.
6. Add dry pasta noodles into the sauce. They will cook in the liquid and the mixture will thicken.
7. Bring the mixture to a boil, then cover and reduce the heat to low. Simmer until the pasta is soft, stirring occasionally.
8. Top with parmesan cheese, and enjoy your one-pot chicken alfredo!

Snacks



Trail Mix



SERVES: 12 SERVINGS

PREP TIME: 5 MIN

COOK TIME: 0 MIN

TAKE A CLASSIC AND MAKE IT YOUR OWN

The fun thing about trail mix is that you really can't get the recipe wrong! It's basically just adding in your favorite healthy & sweet treats to make a satisfying snack that you can carry with you during the week. Anything you don't like? Leave it out and substitute it for another fun ingredient!

INGREDIENTS

[Nuts]

1 1/2 cups of your choice:

raw or roasted almonds
raw or roasted cashews

roasted peanuts
roasted pecans
roasted pistachios

[Dried fruits]

1 cup your choice of:

raisins
dried cherries
dried cranberries
dried blueberries
dried apricots
banana chips
coconut chips

[Sweet stuff]

3/4 cup your choice of:

dark chocolate chips
yogurt raisins
peanut butter chips

[Grains]

1/2 cup of:

your favorite cereal
pretzels
popcorn

scan for another recipe idea!



INSTRUCTIONS

1. Pick 1-2 kinds of nuts, 1-2 kinds of fruits, and a sweet treat or other fun add-ins.
2. Pour all ingredients together in a bowl and mix them.
3. Store at room temperature in a sealed container or plastic baggie.
4. Enjoy your own homemade, customizable trail mix!

[Recommendations]

Try our favorite combos:

- Fancy almond, cashew, cherry, & dark chocolate mix
- Classic peanut, almond, raisin, chocolate chip mix
- Tropical almond, pistachio, apricot, banana chip, and chocolate chip mix

Or, get wild and create your own unique combo!

Peanut Butter Banana Pockets

SERVES: 4
PREP TIME: 10 MIN
COOK TIME: 10 MIN

A GREAT AFTER SCHOOL SNACK!

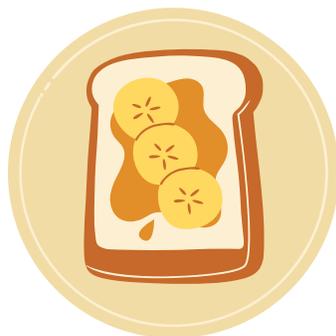
These peanut butter banana pockets are a quick and easy snack that are great for after school or even as a dessert! You can use your favorite kind of peanut butter (crunchy or creamy - whichever you prefer) and you can even try different types of fruits other than bananas. They are awesome toasted in a skillet, but if you are in a time-crunch they are delicious cold too!

INGREDIENTS

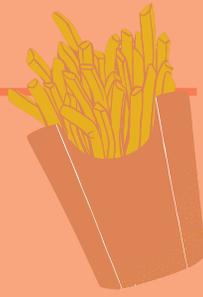
3 ripe bananas
3 tablespoons creamy peanut butter
1 1/2 teaspoons honey
1/4 teaspoon cinnamon
4 (8-inch) whole wheat tortillas
Non-stick cooking spray

INSTRUCTIONS

1. Peel and slice bananas in 1/4-inch slices.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange banana slices in a single layer over the peanut butter mixture. Fold tortilla in half.
5. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in skillet. Cook for 1-2 minutes on each side, or until golden brown.



Oven Fries



SERVES:	3-4
PREP TIME:	10 MIN
COOK TIME:	30 MIN
OVEN TEMP:	450°F

A YUMMY SNACK OR SIDE DISH

Like french fries, but easier -- and less fat!

These fries are easy, so yummy, and you can toss them in the oven while doing homework or other activities. Eat them as a snack or as a side dish with a meal! Also, try using sweet potatoes for this recipe for a new twist.

Refrigerate leftovers within 2 hours.

INGREDIENTS

3 large baking potatoes (Yukon or russet works well)
 3 tablespoons vegetable oil
 1 teaspoon paprika
 1 teaspoon garlic powder
 1 teaspoon chili powder
 1 teaspoon onion powder
 1 teaspoon salt



scan this code for a how-to video on a similar recipe!

INSTRUCTIONS

1. Preheat oven to 450°F and line a baking pan with aluminum foil for easy clean-up later. Lightly grease the foil.
2. Wash potatoes by scrubbing them under running water, and dry. Leave the skins on for extra fiber and nutrients.
3. Cut each potato into about 8-10 wedges, length-wise.
4. Toss potato slices, oil, and seasonings together in a bowl or directly in the baking pan.
5. Spread potato slices out on the baking sheet in a single layer. Bake for 25 - 30 min.
6. Let cool for a few minutes, and enjoy with your favorite dipping sauce!

Mozzarella Sticks + Dipping Sauce

SERVES: 12 STICKS
PREP TIME: 10 MIN
COOK TIME: 5-8 MIN
OVEN TEMP: 400°F

INGREDIENTS

on-stick cooking spray

1 (8-ounce) chunk of part-skim mozzarella cheese (or try using string cheese!)

3 large eggs

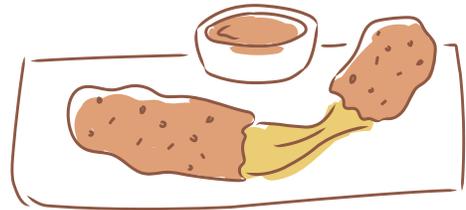
1 cup plain breadcrumbs

3/4 teaspoon dried oregano

3/4 teaspoon dried basil

3/4 teaspoon dried parsley

1 (8-ounce) can tomato sauce



INSTRUCTIONS

1. Preheat oven to 400°F and coat a baking sheet with cooking spray.
2. Cut mozzarella chunk in half, then cut each half into ~6 sticks. Skip this step if using string cheese. Put sticks in the freezer while preparing the remaining ingredients.
3. In a small bowl, whisk eggs with a fork until blended.
4. In a second small bowl, mix breadcrumbs with 1/2 teaspoon oregano, 1/2 teaspoon basil, and 1/2 teaspoon parsley, and mix together.
5. Dip each frozen mozzarella stick into the egg mixture, then into the seasoned breadcrumbs. Then, dip again into eggs, then into breadcrumbs for a thorough coat.
6. Place breaded sticks onto the baking sheet and spray them lightly with cooking spray. Bake until lightly browned, 5-8 minutes.
7. In a small skillet, add tomato sauce and the remaining 1/4 teaspoon of oregano, 1/4 teaspoon of basil, and 1/4 teaspoon of parsley. Stir and warm over low heat while mozzarella sticks are baking.

Serve sticks with sauce and enjoy!

Chocolate Fruit & Nut Clusters



SERVES:	10
PREP TIME:	5 MIN
COOK TIME:	5 MIN
COOL TIME:	15 MIN

A YUMMY (AND HEALTHY) DESSERT

This is one of the simplest and yummiest desserts you can make with ingredients you probably already have in your pantry. If you're allergic to nuts, try doing this with just the dried fruits, kinda like making your own chocolate-covered raisins!

You can use any kind of chocolate for this recipe, but try using dark chocolate. It has lots of antioxidants and minerals, and less sugar than milk chocolate!

INGREDIENTS

[Main ingredients]

- 1 cups unsalted mixed nuts, lightly chopped
- 1 cup dark chocolate chips or melting chocolate*
- 1/2 teaspoon sea salt

[Optional dried fruits]

- 1 cup your choice of:
 - dried cherries
 - dried strawberries
 - dried blueberries
 - raisins (red or golden)
 - dried apricots
 - coconut shreds

INSTRUCTIONS

1. Prepare a baking pan, lined with wax or parchment paper.
2. Microwave chocolate in a microwave-safe bowl for 1 min-intervals until melted, and stir.
3. Mix in nuts and/or your choice of dried fruits, stir until nuts and fruit are fairly coated.
4. Spoon out little drops of nut & fruit clusters onto the wax paper, and sprinkle little bits of salt on top.
5. Place the baking pan in the fridge to cool until chocolate is hardened, about 15 min. Then peel them off, and devour!

*You may have to play around with your chocolate to nut/fruit ratio. If you're adding both fruit and nuts, you may need to use 1 1/2 cups of chocolate. If you're doing dried fruit only, you may only need 3/4 cup of chocolate.

Enjoy, and eat well!

Nutrition

Basics

Fruits & Veggies: Fresh, Canned, Frozen

There are all kinds of ways to buy your favorite fruits and vegetables. While carrots are still carrots (and just as nutritious!) whether they are fresh, canned, or frozen, you can enjoy them best by keeping these simple tips in mind.

Fresh



Advantages:

- Many can be eaten as is
- Enhanced flavor
- Limited processing
- Less expensive when purchased seasonally
- May come from local growers

Tips:

- Wash all produce thoroughly before use

Canned



Advantages:

- Already cooked
- Shelf stable
- Less expensive
- Don't require much prep work
- Canned at peak freshness
- Available all year round

Tips:

- Check the cans for damage (dents, holes) before opening
- Use 'low sodium' options when available or rinse under running water
- Choose fruits packed in water or 100% juice

Frozen



Advantages:

- Picked and frozen at peak ripeness
- Can be cooked quickly
- Can be stored for a long time
- Don't require much prep work

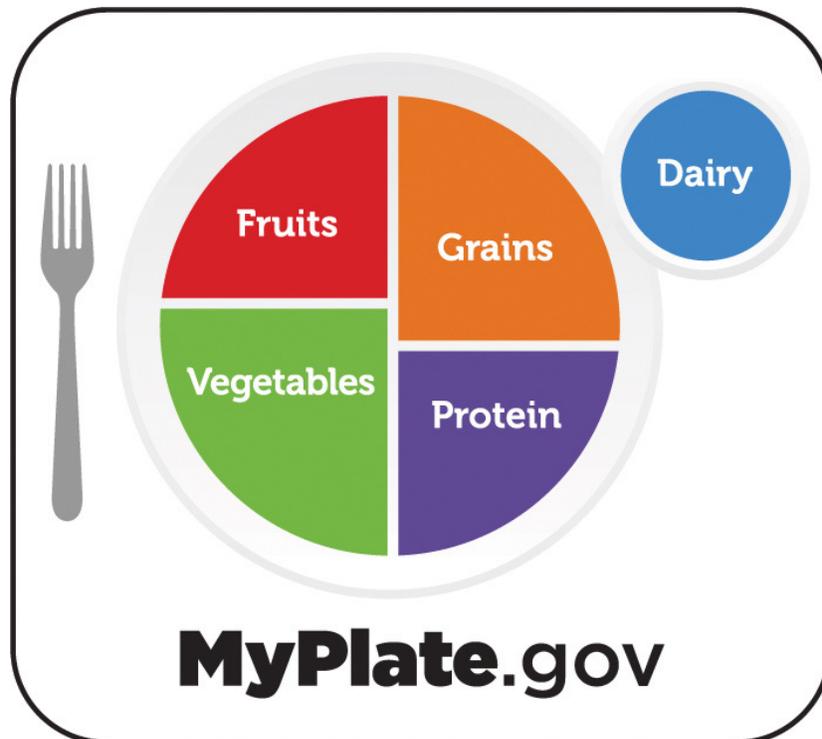
Tips:

- Be mindful of sodium content
- Choose frozen produce with no added salt, sugar, or fat

Fruits & veggies are nutritious, no matter how you buy them!

What is MyPlate?

Have you ever seen the plate below? This is MyPlate, and it can help you create a healthy and balanced meal in a snap! MyPlate reminds us to eat a variety of foods including fruits, vegetables, grains, protein and dairy. Balancing your plate like this will help you get all of the nutrients, vitamins, and minerals you need to live a healthy life! An easy way to start is by making half of your plate fruits and vegetables.



Key Points of MyPlate:

- Make half your plate fruits and vegetables
- Focus on whole fruits
- Vary your vegetables
- Make half of your grains whole
- Try low-fat and fat-free dairy products
- Eat a variety of different protein sources

We will learn more about each section of MyPlate on the following pages.



Fruit Guru



Fruits are a super important part of your day - don't neglect them! It's recommended that half of your plate should be fruits and vegetables each day.

Did you know that eating plenty of fruits can even protect against certain types of cancers? Try eating different fruits for dessert as a way to make sure you get your daily intake!

Recommended Intake: 1-2 cups per day.

- 1 cup equivalent could be:
 - 1 cup of raw fruit
 - 1/2 cup dried fruit, or
 - 1 cup of 100% fruit juice

Focus on whole fruits

- Whole fruits are fruits containing the skin, flesh, pulp
 - Think about fruits in their "natural form"
- Includes fresh, canned, frozen, and dried fruit in whole, sliced, or pureed form

Nutrient Info

- Potassium, maintains healthy blood pressure
- Fiber, helps reduce blood cholesterol levels and lowers risk of heart disease
 - Except fruit juices, those do not have fiber
- Vitamin C, important for growth and repair of body tissues
- Folate, important for maintaining a healthy nervous system



Make each day a little happier with healthy fruits!

Veggie Master



We all know that we're supposed to eat our vegetables, but why?

Veggies do so many amazing things for your body, like reduce risk of chronic diseases, supply nutrients that improve body functions and health, increase fiber and potassium! They also help to lower calorie intake, since they are lower in calories per cup than other high-calorie foods.

Recommended Intake: 1-3 cups per day

- 1 cup of veggies could be:
 - 1 cup raw or cooked vegetables
 - 1 cup of vegetable juice
 - 2 cups of raw leafy greens

Variety is Important

- Did you know, similar colors of vegetables have similar nutrients?
- Try varying what kinds of veggies you eat so that you increase the amount of nutrients you get from your food!

5 Subgroups of Vegetables

- Dark Green
- Red and Orange
- Beans, Peas, and Lentils
- Starchy Vegetables
- Other Vegetables

Nutrients

- Potassium, helps maintain healthy blood pressure
- Fiber, helps reduce blood cholesterol levels and may lower risk of heart disease
- Vitamin C, helps heal cuts and wounds, and keeps gums and teeth healthy
- Vitamin A, keeps eyes and skin healthy and protects against infections

Beans, Peas, & Lentils



Unlike Most veggies, beans and lentils are a great source of plant protein

They contain:

- Iron, zinc, fiber, folate, and potassium

Examples include:

- Kidney beans, Pinto beans, Garbanzo beans (or Chickpeas), Lentils, Split peas

Grain Wizard



Grains provide a lot of healthy nutrients and fiber that you need in your diet. What is a grain, you ask? It's essentially any food made from wheat, rice, oats, cornmeal, barley, or other cereal grain. Make half of the grains you eat whole grains, which give you more nutrients.

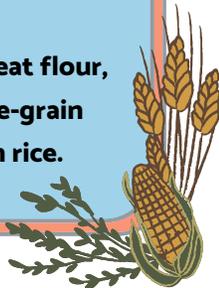
Did you know there are two kinds of grains?

Most Americans don't consume enough whole grains. Eating whole grains can reduce the risk of some chronic diseases and help maintain a healthy diet.

Whole Grains

These contain the entire grain kernel- the bran, germ, and endosperm- which are packed with iron, fiber, and B vitamins.

Examples are whole-wheat flour, bulgur, oatmeal, whole-grain corn meal, and brown rice.



Refined Grains

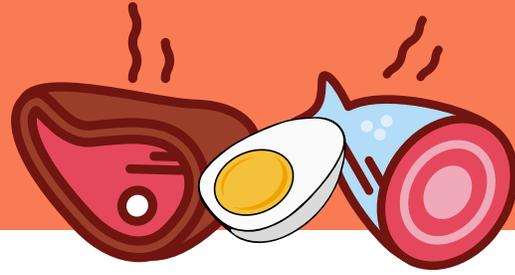
These go through a milling process to remove the bran and germ in order to increase shelf life and to create a finer texture.

Some examples include white flour, white bread, and white rice.

- The needed daily amount of grains vary between 3 and 8-ounce equivalents based on age, sex, and activity level
 - 1-ounce equivalent = 1 slice of bread, 1 cup of cereal, 1/2 cup of cooked rice, cooked pasta, or cooked cereal, etc.
- Nutrients include:
 - Fiber, lowers risk of heart disease and aids proper bowel function
 - B Vitamins, like Thiamin, Riboflavin, Niacin, and Folate, key nutrients for a healthy metabolism, helping the body release energy from protein, fat, and carbohydrates
 - Iron, used to carry oxygen in the blood
 - Magnesium, used in building bones and releasing energy from muscles
 - Selenium, important for a healthy immune system

Healthy grains = a healthy mind, heart, & mind

Protein Punch



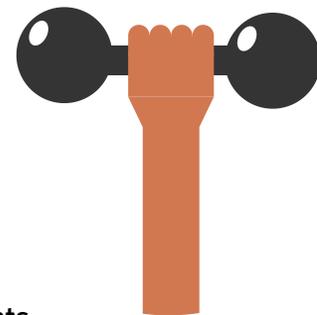
Proteins are one of the most essential parts of your diet. They are the building block for bone, muscle, cartilage, skin, blood, enzymes, hormones, and vitamins. Some proteins like fish and seafood contain omega-3 fatty acids, which may help reduce the risk for heart disease. So basically, you could not live without enough protein in your diet!

What foods are in the protein group?

- Protein is found in foods like seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products

How much should you eat?

- It can vary based on how active you are, but approximately 2 - 6.5 ounces per day.
- One ounce may include:
 - 1 ounce of meat, poultry, or fish
 - 1/4 cup of cooked beans
 - 1 egg
 - 1 tablespoon of nut butter
 - 1/2 ounce of nuts or seeds



Variety is Important

- Different types of protein-rich foods contain different nutrients
- Eating a variety of protein-rich foods increases the range of nutrients in your diet.

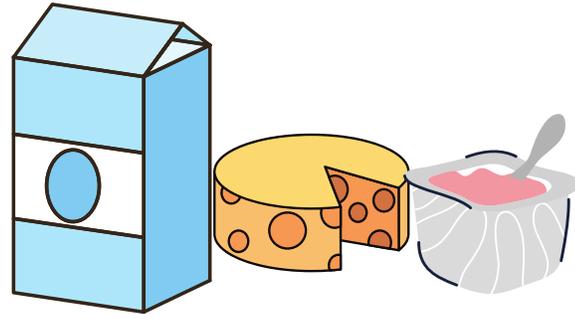
What kinds of proteins should I eat?

- Generally, try to choose lean or low-fat proteins.
- Some foods in the protein group are high in saturated fat. A diet high in saturated fat can increase the risk of coronary heart disease.

Healthy Protein Choices

- Lean meats and poultry (ground beef that is 93% lean, skinless turkey or chicken, etc.)
- Tofu
- Beans, peas, lentils, and nuts
- Fish and seafood

Dairy Delights



Dairy provides a lot of rich nutrients that your body needs. They help build and maintain strong bones and provide a lot of nutrients for health and the maintenance of your body, such as calcium, potassium, vitamin D, and even protein. Try moving to low-fat or fat-free dairy milk or yogurt for extra health benefits!

What counts as dairy?

- Dairy includes foods like milk, yogurt, cheese, lactose-free milk, and calcium-fortified soy milk and yogurt.
- Opt for low-fat or fat-free dairy that is lower in saturated fats, which decreases the risk of developing coronary heart disease.

How much should you eat?

- It is recommended to consume about 3 cups per day.
 - 1 cup dairy = 1 cup milk, yogurt, or soy milk
 - Or, 1.5 ounces of hard cheese

Did you know dairy has a lot of health benefits? Check them out:

Nutrients

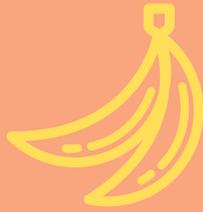
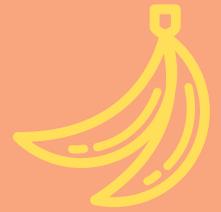
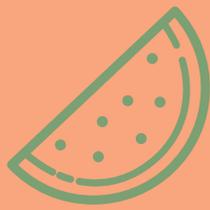
- B Vitamins
- Calcium
- Fiber
- Potassium
- Iron
- Selenium
- Magnesium
- Vitamin A
- Vitamin C
- Vitamin D

Benefits

- Releases energy from protein, fat, & carbs; maintains the nervous system
- Build bones and teeth, maintains bone strength
- Reduces blood cholesterol levels and reduces risk of heart disease
- Maintains healthy blood pressure
- Carries oxygen in the blood
- Protects cells from oxidation and maintains immune system
- Builds bones and releases energy from the muscles
- Keeps skin & eyes healthy, protects against infection
- Grows and repairs bodily tissues, heals cuts and wounds, good for teeth & gums
- Maintains calcium and phosphorus levels in the body, builds and maintains bones



UNC Center for Health Promotion and Disease Prevention



STUDENTS



COOK

