

Frosty Fruity Smoothie

What You'll Need

- 1/2 cup chilled pineapple juice
- 1/2 ripe banana
- 1/2 cup fresh strawberries, cut in half
- 4 to 5 ice cubes

Serves 1

Let's Cook!

- 1 Place all ingredients in blender and blend until smooth.

Nutrition Facts

Serving Size (345g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 28g	
Protein 1g	
Vitamin A 2%	Vitamin C 90%
Calcium 4%	Iron 4%



Healthy Food Attitude

Do you have a healthy food attitude? A healthy attitude is important to eating right. It means setting realistic goals for you and your family and being supportive to those who are trying to make healthy changes. These are some tips to help your family have a healthy attitude.

Eat and cook as a family

- » Cook food the whole family can eat; avoid cooking special foods for one person in the family.
- » Try to eat dinner as a family every night. If this is difficult, aim for once or twice a week.
- » Eat meals and snacks at a table in the kitchen or dining room. Avoid eating in front of the TV or computer, or while playing video games.

Avoid preoccupation with food

- » Kids should not have to finish everything on their plate.
- » Don't use food as a reward or punishment, or to appease a child.
- » If you are trying to encourage a child to try a new food, work with the child to take a few bites of the food and praise her after she has reached the goal.

Set realistic, attainable goals

- » If you are trying to change your eating habits, make sure you set goals.
- » There is a better chance that the goal will be reached if a child sets the goal for herself.
- » Write the goal down. This helps to keep it in focus.
- » Monitor goals as a family. Check up on goals weekly.
- » Remember to reward both successes and efforts – tell your family how proud you are!

Plan your meals ahead of time

- » Planning your meals and snacks ahead of time will help you stick to your goals.

Be a role model

- » Try to encourage the whole family to change their habits to be healthier. Children are easily influenced by their parents or caregivers.
- » Pay attention to what you eat and how you eat because your family may be taking your lead.