

Meals and Snacks

Families are busy with work, school and other activities. It may be difficult to eat structured meals and snacks, but there are lots of reasons to make eating regularly, and as a family, part of your day. Not skipping meals, and eating meals at regular times without distractions, can help improve your family's eating habits.

Try eating three meals each day. Start with a healthy breakfast every day of the week. Eating breakfast is a great way to start the day and can help you choose healthy foods for the rest of the day. Eating breakfast helps improve focus in school or work.

Learn to listen to your body to know when you are hungry or full. If you get hungry between meals, eating a healthy snack will hold you over until your next meal. Treat them like mini-meals; choose snacks with no more than 200 calories. Plan ahead so you have a healthy snack handy when you need it.

Creamy Fruity Smoothie

What You'll Need

- 1/2 cup diced fruit (strawberries, peaches, bananas, pineapples or mangos)
- 1/2 cup skim milk
- 2 tablespoons orange juice
- 3/4 cup fat-free yogurt
- 4 ice cubes

Serves 1

Let's Cook!

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

Nutrition Facts

Serving Size (485g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 11g	
Vitamin A 20%	Vitamin C 110%
Calcium 35%	Iron 2%

