

Countdown to a healthy lifestyle

Achieve a healthy lifestyle by following the goals shown below. You can remember this by thinking 5-2-1-0! It's a countdown to success!

5

Eat at least FIVE fruit or vegetable servings every day



Limit screen time (television, video games and computer time) to less than TWO hours per day*

2

1

Get at least ONE hour of activity every day—walk, play outside, dance or jump rope



Get ZERO calories from drinks, except for skim or 1% milk

0

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Healthy Recipes

BBQ Chicken Wrap

INGREDIENTS

1/2 whole wheat tortilla
1/2 cooked chicken breast, sliced
1/4 Roma tomato, sliced
1/4 green pepper, diced
1 handful spinach
1 teaspoon lime juice
1 tablespoon barbecue sauce

DIRECTIONS

Toss sliced chicken breast with barbecue sauce. Lay spinach, green pepper and tomato on top of tortilla. Squeeze lime over mixture and add chicken. Roll up and slice in half to serve.

Veggie Pita

INGREDIENTS

1 whole wheat pita, divided
1/2 cup cucumber, sliced
1/2 cup carrot, peeled and sliced
1/2 cup red pepper, sliced
1 teaspoon dried herbs
2 tablespoon hummus
or low-fat cream cheese

DIRECTIONS

Mix hummus or low-fat cream cheese with your favorite herbs and spread into pita pocket. Add veggies and enjoy!

Banana Roll-Up

INGREDIENTS

1 whole wheat tortilla
1 banana
1 tablespoon peanut butter

DIRECTIONS

Spread peanut butter over tortilla. Slice up banana and place in center of tortilla. Roll up and cut into slices.

Homemade Calzones

INGREDIENTS

1/2 whole wheat tortilla
1–2 tablespoons pizza
or spaghetti sauce
1/4 cup mozzarella
1/2 cup vegetables of your choice

DIRECTIONS

Place tortilla in a pan, sprayed with cooking spray, over medium heat on the stovetop. Fill half the tortilla with the ingredients and fold. Cook until cheese starts to melt and flip over to cook other side. Cut into four triangles to serve.

