

FREE



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Issue 4  
May 2012 - July 2012

# cents able HEALTH

FOR THE WAY WE LIVE AND EAT TODAY

*Summer*  
**SALADS**  
create your own!

**GARDEN  
FRESH**  
*Strawberries*

**GRILLING  
MIDWEST MEATS**  
Iowa Chop & Top of Iowa Sirloin

**PLUS**  
Fresh, affordable  
recipes in every issue!

## Ask Whitney!



**Whitney Packebush, RD, LD**  
Fareway Corporate Dietitian



I like to be outside when it's hot. How can I avoid dehydration?

**A:** Although exposure to high heat for a prolonged time can lead to heat exhaustion and heat stroke, you can avoid heat-related side effects by following a few guidelines. In order to meet your 9 to 13 cups of fluid per day, **drink before you're thirsty.** Thirst often indicates that you are already slightly dehydrated. If you plan to be outside for a long period of time, **drink water or water-containing beverages (think ice tea and milk) on a schedule,** about every 30 minutes. Lastly, **avoid caffeine and alcohol.** Both increase urine production, which can actually leave you *less* hydrated than before you drank them.

Always be on the lookout for signs of dehydration. If you experience any of these symptoms, contact your health care provider:

- Excessive thirst
- Fatigue
- Muscle weakness
- Headache
- Dizziness
- Dry mouth, lips and skin
- Lightheadedness
- Increased body temperature
- Nausea
- Constipation
- Labored breathing
- No urination or a small amount of dark yellow urine

### Want to contact Whitney?

Send her your nutrition questions

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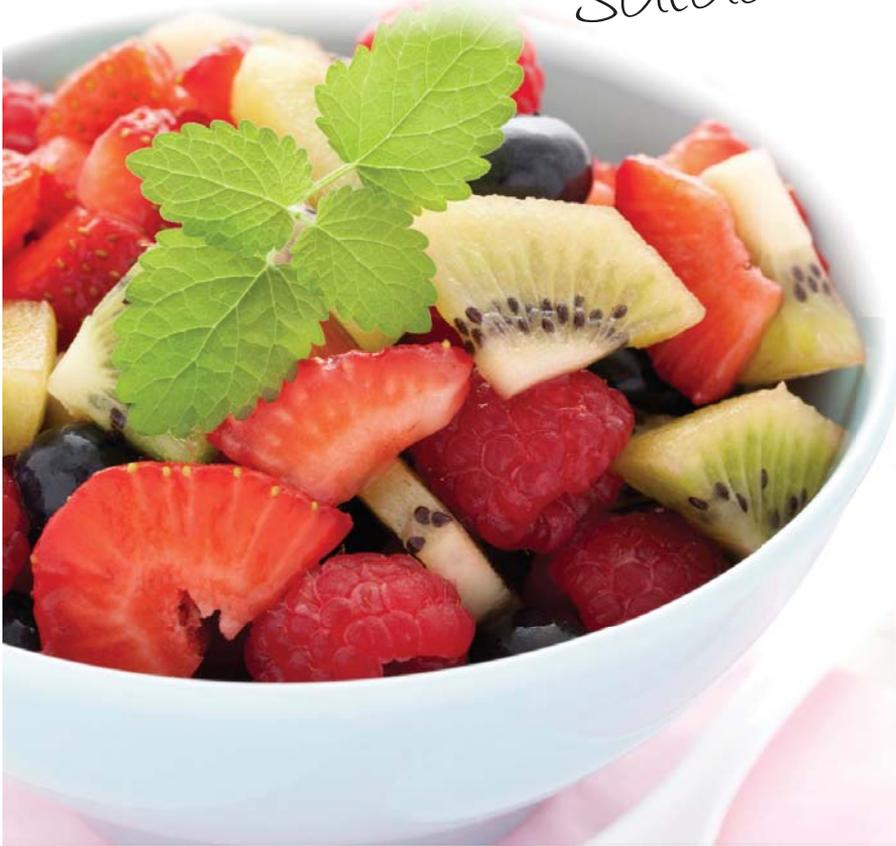
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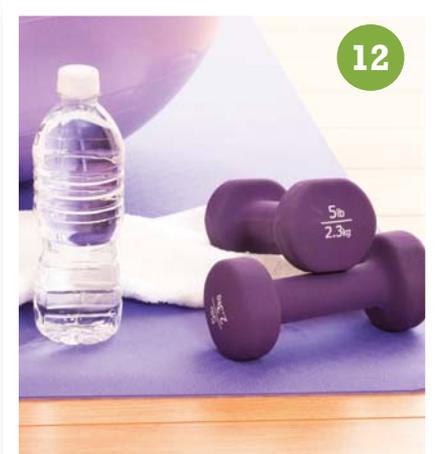
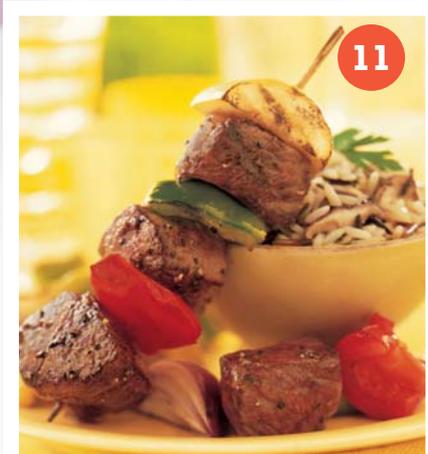
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## 6 Summer salads!



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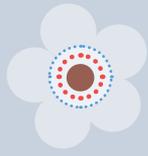


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# SUMMER CELEBRATIONS



**With summer in full swing, you're probably finding plenty of ways to get your daily dose of sunshine (and vitamin D). But, picnics, barbecues and backyard cookouts can spoil your health and wellness goals if you're not careful. Lighten up and control calories at your summer celebrations with delicious and safe summer eats.**



**FRESHEN UP** with fresh fruits and vegetables. May, June and July provide plenty of colorful produce that travels well and helps you fill half your plate with much-needed nutrients and antioxidants for very few calories. See page 15 for fresh strawberry ideas to add to your summer menu!

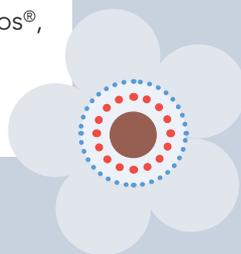
**BETTER BEVERAGES** include those that keep you hydrated and don't add extra calories and sugars. Aim for drinks that can safely stand the summer heat: ice tea, sparkling water and bottled water all make the cut. Low-cal or calorie-free teas are a great option for hot summer festivities – they're lower in caffeine than most sodas, provide natural antioxidants and keep you hydrated.

**FIBER** is important even when you're dining away from home because it keeps you full longer. Sandwiches, hot dogs and burgers are staples at most cookouts, and they all come on a bun. Look for buns with at least 3 grams of fiber per serving, like Sara Lee™ Delightful™ wheat hot dog and hamburger buns. They contain a whopping 6 grams of fiber per bun - and only 80 calories!

**CONVENIENCE** is key when planning for family get-togethers and smaller portioned packages make on-the-go meal planning easy. Most BBQs show off at least one kind of chip, if not more. However, when eating and chatting with friends, you're probably not going to count out your chip-for-chip serving size. Instead, grab a mini bag of your favorite Frito Lay® chips – Lays®, Doritos®, Cheetos®, SunChips® or Fritos®.

**Food safety is of utmost importance when dining at the park or pool. Follow these guidelines to keep your friends and family safe.**

- **REMEMBER THE ONE HOUR RULE.** If it is above 90°F outside, throw perishable food away after one hour of being cooked or left out of a cooler.
- **WASH HANDS AND SURFACES FREQUENTLY.** Sickness-causing bacteria multiply quickly in the high heat of summer. Wash with warm, soapy water whenever possible.
- **DON'T CROSS CONTAMINATE.** Keep raw meats separate from other foods and always use a separate cutting board.
- **FOLLOW INTERNAL TEMPERATURE GUIDELINES.**
  - Whole beef and pork cuts should be cooked to a minimum of 145°F
  - Ground products need to be cooked to a minimum of 160°F
  - Cook poultry to a minimum of 165°F
- **LASTLY, WHEN IN DOUBT, THROW IT OUT!**





# Savor Safe Summer Salads

at your next get-together with sides that travel well, are nutrient-rich and can be adapted to please any taste buds!

Foods generally considered safe for traveling at room temperature

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Butter and margarine
- Fruit juices
- Canned fruits
- Fresh fruits
- Dried fruit
- Canned beans
- Peanut butter
- Jelly
- Relish
- Taco sauce
- Barbeque sauce
- Soy sauce
- Mustard
- Ketchup
- Olives
- Vinegar-based dressings
- Bread, rolls, cakes, muffins
- Waffles, pancakes, bagels
- Fresh mushrooms
- Herbs and spices
- Raw vegetables

## Strawberry Salad with Strawberry Vinaigrette

To learn the health benefits of strawberries and for more recipes, turn to page 15

Makes 4 (½ cup) servings

Total time: 10 minutes

### Ingredients

- 1 cup fresh strawberries, tops removed and sliced in half
- 1 cup mixed fresh fruit (choose your favorite — watermelon, blueberries, raspberries, peaches, watermelon, kiwi, etc.)
- 1 Tbsp. slivered almonds, optional
- Fresh mint, optional

### Directions

MIX all vinaigrette ingredients together and **STORE** in an air tight container. **SLICE** all fruit and **MIX** together. **TOP** with slivered almonds and **GARNISH** with fresh mint, if desired. **ADD vinaigrette to salad immediately before serving to prevent fruit from becoming mushy.**

Nutrition information per serving: 116 calories; 7 g total fat; 1 g saturated fat; 0 mg cholesterol; 2 mg sodium; 14 g carbohydrate; 2 g fiber; 0.6 g protein



### For strawberry vinaigrette

- 2 Tbsp. canola oil
- 1 Tbsp. fresh lemon juice
- 1 tsp. strawberry jam (learn how to make your own on page 15!)



## CUCUMBER SALAD

Cucumbers and fresh herbs are naturally low in calories, making them great for weight control.

Makes 4 (½ cup) servings

Total time: 5 minutes plus chilling time

### Ingredients

- 2 Tbsp. white vinegar
- 1 Tbsp. chopped fresh parsley
- 1 Tbsp. chopped fresh dill
- 1 Tbsp. minced garlic
- 1 Tbsp. white sugar
- ½ tsp. salt
- 1 cucumber, sliced

**MIX** all ingredients and allow to **CHILL** for at least four hours (or overnight).

**Nutrition information per serving:** 24 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 290 mg sodium; 5 g carbohydrate; 0 g fiber; 0 g protein

## QUICK BLACK BEAN & CORN SALSA

Three cans, three minutes, done! Add your favorite fresh ingredients to liven up your black bean and corn salsa – peppers, avocados, tomatoes, jalapenos or cilantro. Make sure to drain and rinse beans to reduce sodium by up to 40 percent.

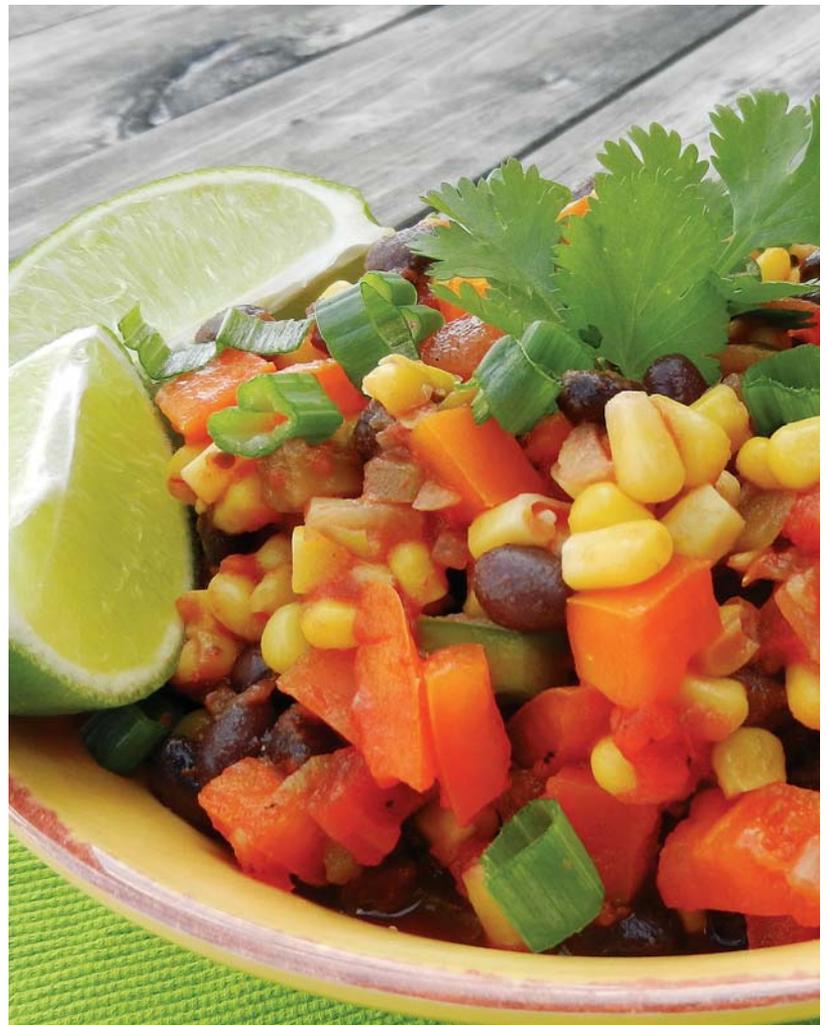
Makes 6 (½ cup) servings

### Ingredients

- 1 (15-ounce) can Mrs. Grimes® no salt added black beans, drained and rinsed
- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can Fareway Fire Roasted Salsa

**COMBINE** and **ENJOY!**

**Nutrition information per serving:** 128 calories; 0.8 g fat; 0 g saturated fat; 0 mg cholesterol; 828 mg sodium; 27.4 g carbohydrate; 5.4 g fiber; 6.4 g protein





# Iowa CHOP

Iowa Chops are thick-cut pork chops that originated in Iowa but are prepared all over the Midwest. Iowa Chops, by definition, are bone-in, loin chops that are between 1¼" and 1½" thick.

**Why should I choose the Iowa Chop?** The Iowa Chop is a lean cut of pork with only 153 calories and 6.2 grams total fat in every three ounce serving. Since the Iowa Chop is thicker, it retains its moisture and tenderness.

**How do I order the Iowa Chop?** The Iowa Chop only comes by one name, so make sure to ask

your local **Fareway Meat Expert** for an Iowa Chop.

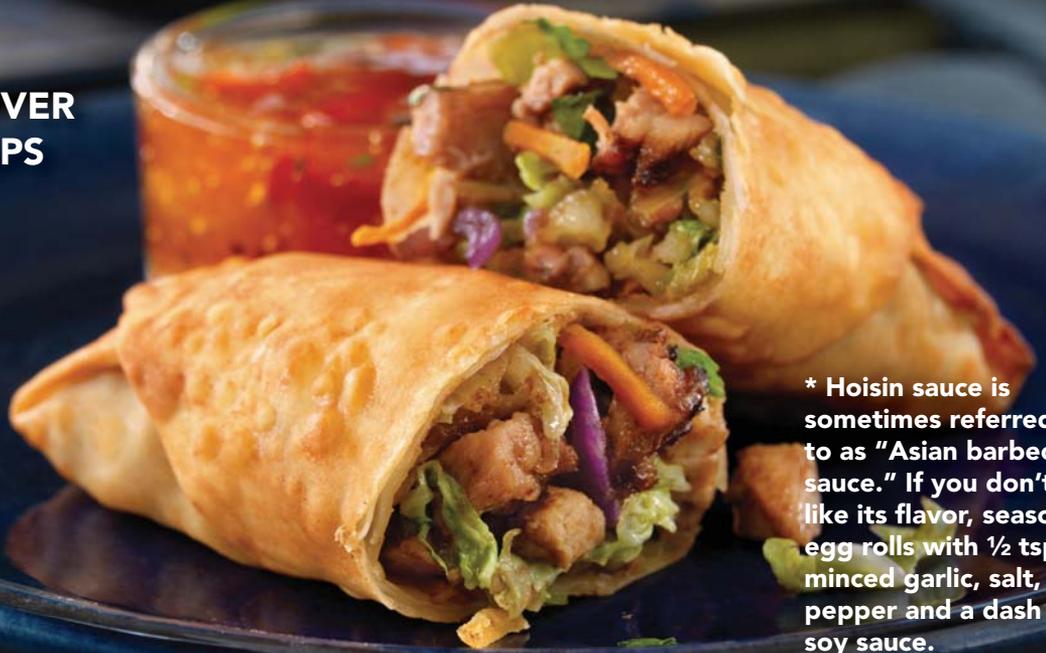
**How do I cook the Iowa Chop?** Iowa Chops are cooked just like any other cut of pork – grill, broil, bake or sauté until the internal temperature reaches 145°F before removing it from the heat source. Allow it to rest for 3-5 minutes before

slicing in order to let the juices redistribute.

**To Grill:** Rub chops on both sides evenly with your favorite seasoning. Grill chops over a medium-hot fire for 12-16 minutes, turning once, until internal temperature on a thermometer reads 145° F, followed by a 3-minute rest time.

USE YOUR LEFTOVER  
IOWA PORK CHOPS  
TO MAKE

# Baked Pork Egg Rolls



\* Hoisin sauce is sometimes referred to as "Asian barbecue sauce." If you don't like its flavor, season egg rolls with ½ tsp minced garlic, salt, pepper and a dash of soy sauce.

Makes 16 egg rolls  
Total time: 30 minutes

## Ingredients

1 pound (16 ounces) cooked Iowa Chop  
Cooking spray  
2 cups coleslaw mix  
1 green onion, thinly sliced  
¼ cup fresh cilantro, chopped  
2 Tbsp. + 1 tsp. hoisin sauce\*  
16 egg roll wrappers

## Instructions

**PREHEAT** oven to 425°F. **SPRAY** a large baking pan with cooking spray. **PLACE** the coleslaw mix and green onions in a medium microwave-safe bowl and **MICROWAVE** on high until softened, about 5 minutes. **TRANSFER** to a plate and **LET** cool slightly.

Finely **CHOP** the pork. **COMBINE** pork, coleslaw mixture, cilantro, and hoisin sauce\* in a large bowl and **TOSS** to mix well.



Working with one 1 egg roll wrapper at a time (keep the remaining wrappers covered to prevent drying):

1. **PLACE** the wrapper on a work surface with one corner pointing toward you.
2. **BRUSH** edge of wrapper with water.
3. **SPOON** about ¼ cup of the pork mixture in the center of the wrapper.
4. **FOLD** the bottom corner of the wrapper over the filling.
5. **FOLD** in the sides and **ROLL** up.
6. **PLACE** the egg rolls seam side down on a plate and **COVER** with damp paper towels to prevent drying.
7. **REPEAT** with the remaining wrappers and filling.

**ARRANGE** egg rolls in a single layer seam side down in the prepared baking pan. Lightly **SPRAY** egg rolls with cooking spray. **BAKE** until the bottoms are lightly browned, about 8 minutes. **TURN** the egg rolls and **BAKE** until tops are lightly browned, about 3 minutes longer. **SERVE** hot or warm.

Nutrition information per egg roll: 100 calories; 1 g fat; 0 g saturated fat; 200 mg sodium; 20 mg cholesterol; 14 g carbohydrate; 1 g fiber; 9 g protein

 Be inspired™

Recipe modified from The National Pork Board [www.porkbeinspired.com](http://www.porkbeinspired.com)

# Top of Iowa Sirloin Steak

The Top of Iowa Sirloin Steak is officially named a "boneless center cut sirloin." The term "top" was coined as it fit the taste, appeal, tenderness and prestige of this steak. "Iowa" was a natural complement as the state has a well-earned reputation of raising high quality beef.



## Why should I choose the Top of Iowa Sirloin?

The Top of Iowa Sirloin is a lean steak, with a juicy, tender beef flavor. It can be prepared whole and served as slices or cut into individual steaks by dividing it into halves, thirds or even fourths. The Top of Iowa Sirloin has many meal uses as it works well cubed for kabobs, or sliced for fajitas and stir fry. It also makes great sandwiches and salads. Plus, every three ounce serving provides only 156 calories, 5 g total fat and 26 grams of protein!

**How do I order the Top of Iowa Sirloin?** Ask your Fareway Meat Expert for

Top of Iowa Sirloin. You can leave it whole or have it cut into smaller portions. (If you're shopping in Nebraska, ask your local Fareway Meat Expert for the Top of Nebraska Sirloin).

**How do I cook the Top of Iowa Sirloin?** As a tender cut, the Top of Iowa Sirloin is well suited for the grill. For medium rare to medium doneness\*, grill on a charcoal grill for 17 to 21 minutes or on a gas grill for 13 to 16 minutes. In addition to grilling, this cut can also be prepared with any dry heat cooking method including roasting, sautéing and smoking.

## Tapas-Style Pepper-Steak Parfaits

Makes 6 servings

Total time: 45 minutes plus marinade time

### Ingredients

2 Top of Iowa Sirloin Steaks, about 8 ounces each  
2 medium red bell peppers, cut in half lengthwise  
6 slices (1/4 inch thick) baguette bread, cut diagonally about 5 inches long  
1 clove garlic  
Salt and ground black pepper  
2 cups loosely packed baby spinach leaves  
1/4 cup chopped green olives  
2 Tbsp. finely chopped fresh cilantro  
2 Tbsp. shaved Parmesan cheese  
Cilantro sprigs (optional)

### For marinade and dressing

1/2 cup reduced fat prepared olive oil vinaigrette  
2 cloves garlic, minced  
2 tsp. finely chopped cilantro  
1/2 tsp. paprika  
1/8 tsp. ground black pepper

### Instructions

**COMBINE** marinade and dressing ingredients in small bowl. **PLACE** steaks and 1/4 cup marinade in zip-top plastic bag; **TURN** steaks to coat. **CLOSE** bag securely and **MARINATE** in refrigerator 15 minutes to 2 hours, turning occasionally. **COVER** and **REFRIGERATE** remaining marinade for dressing.

**REMOVE** steaks from marinade; **DISCARD** marinade. **GRILL** steaks, covered, 8 to 11 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. **GRILL** peppers, covered, 7 to 10 minutes or until tender, turning occasionally. A few minutes before steaks are done, **PLACE** bread slices on grill until lightly toasted, turning once. **CUT** one end off garlic clove; **RUB** cut end evenly over both sides of toasted bread.

**CARVE** steak into thin slices; **SEASON** with salt and black pepper, as desired. **DICE** bell peppers. **LAYER** equal amounts of spinach, peppers, steak, olives, chopped cilantro and reserved dressing in six (1-cup) martini glasses or straight-sided glasses. **PLACE** one bread slice upright and **TOP** with cheese shavings. **GARNISH** with cilantro sprigs, if desired.

**Nutrition information per serving:** 184 calories; 8 g fat (2 g saturated fat; 2 g monounsaturated fat); 46 mg cholesterol; 413 mg sodium; 1 g carbohydrate; 1.5 g fiber; 17 g protein

## Dijon-Wine Steak Kabobs

Makes 4 servings

Total time: 30 minutes plus marinade time

### Ingredients

- 1 pound Top of Iowa Sirloin, cut 1-inch thick
- ½ small red onion, cut into ¾-inch wedges
- 1 small yellow summer squash, cut lengthwise in half then crosswise into 1 inch slices
- 1 small red or green bell pepper, cut into 1-inch pieces

### Marinade

- 2 Tbsp. water
- 2 Tbsp. red wine vinegar
- 2 Tbsp. Dijon-style mustard
- 2 cloves garlic, minced
- 2 tsp. vegetable oil
- ½ tsp. black pepper

### Instructions

**CUT** steak into 1 ¼-inch pieces. **COMBINE** marinade ingredients in small bowl. **PLACE** beef and marinade in food-safe plastic bag; **TURN** to coat. **CLOSE** bag securely and **MARINATE** in refrigerator 6 hours or as long as overnight, turning occasionally.

**SOAK** eight 9-inch bamboo skewers in water for 10 minutes; **DRAIN. REMOVE** beef from marinade; **DISCARD** marinade. **THREAD** beef, onion, squash and bell pepper evenly onto skewers. **PLACE** kabobs on grill over medium heat, **GRILL**, covered, 8 to 11 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Nutrition information per serving:  
360 calories; 9 g fat (2 g saturated fat;  
4 g monounsaturated fat); 63 mg cholesterol;  
635 mg sodium; 39 g carbohydrate;  
2.3 g fiber; 30 g protein

\*Doneness can best be determined by using an instant read meat thermometer. Insert horizontally from the side so that the thermometer penetrates the thickest part or center of the steak. To prevent steaks from overcooking, remove from grill when the internal temperature reaches 135° for medium rare; 145° for medium doneness. Allow the steak to rest for 5 to 10 minutes before serving.



# FOOD AS FUEL



Whether you're a weekend warrior or a marathon-running addict, what you eat affects your exercise. But with so many new sport supplements and gimmicks, how do you know what to eat and when to eat it?

Eating one to two hours before exercise can help fuel a long sweat session and also keep your blood sugar in check.

## The foods you eat before exercise should...

### 1. Be low fat and low fiber.

Fat and fiber can cause stomach discomfort and gas during exercise since it is digested more slowly.

### 2. Contain moderate carbohydrate and protein.

Carbohydrates and protein give you the energy you need to work out while providing the staying power to keep your energy up.

**3. Contain fluid.** Fluid is vital to exercise (especially in the summer months) to replenish what's lost in sweat, urine and bowel movements.

**4. Be well tolerated.** Don't experiment with a new recipe right before a workout. Choose foods that you know are well tolerated and are familiar to you.

## PRE-WORKOUT SNACKS



Fruit smoothie



Apple or banana slices with peanut butter



Cottage cheese with fresh or canned fruit



Hummus with pita chips



Dry Kellogg's® Special K® Cereal & fruit



Low-fat yogurt & granola or cereal



Trail mix with nuts & dried fruit



Nature Valley® granola bar



½ sandwich (made with peanut butter, turkey, lean roast beef or tuna)



Peanut butter & honey on toast

## DURING EXERCISE

If you're planning on exercising for more than 60 minutes (especially if it's hot and humid), you may need a sports drink to replace fluids, carbs, and electrolytes.

In eight ounces, the ideal sports drink contains approximately:

- 15 grams of carbohydrates
- 110 mg of sodium
- 30 mg potassium



POWERade® or POWERade® ZERO



Dasani® Water

POWERade® fruit punch, grape, lemon lime, sour melon and white cherry all fit the bill. If

you're exercising to lose weight, you may want to stick to a lighter sports drink with fewer calories, like POWERade® ZERO.

If your sweat session lasts less than one hour, water will rehydrate just fine.



*You have a two-hour window to eat some carbs and protein after a workout for maximum benefits.*

## The right nutrition after a workout...

will not only help you repair muscle but also replenish glycogen.

(Glycogen is made of carbohydrates stored in your body. During exercise, glycogen is converted to energy and can become low or depleted, so you need to replenish stores before your

next workout.) Although protein supplements are common with athletes, you actually only need 10 to 20 grams of protein after exercise and your body doesn't care where that protein comes from... eggs, milk, chicken, etc. However, to refill

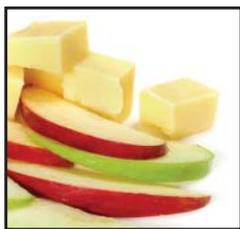
glycogen, you need to consume carbohydrates within two hours of working out. (If you're going to eat your next meal within two hours, you do not need to have a post-workout snack.)

## POST-WORKOUT SNACKS

These foods contain at least 10 grams of protein and healthy carbs to power your next workout.



1½ cups low-fat chocolate milk



Cheese cubes & apple slices



Greek yogurt with fruit



Hummus with celery, carrots & low-fat milk



2 hard-boiled Sparboe eggs & whole wheat toast



Peanut butter & banana on a rice cake



½ sandwich (made with peanut butter, turkey, lean roast beef or tuna)



Low-fat cheese & crackers



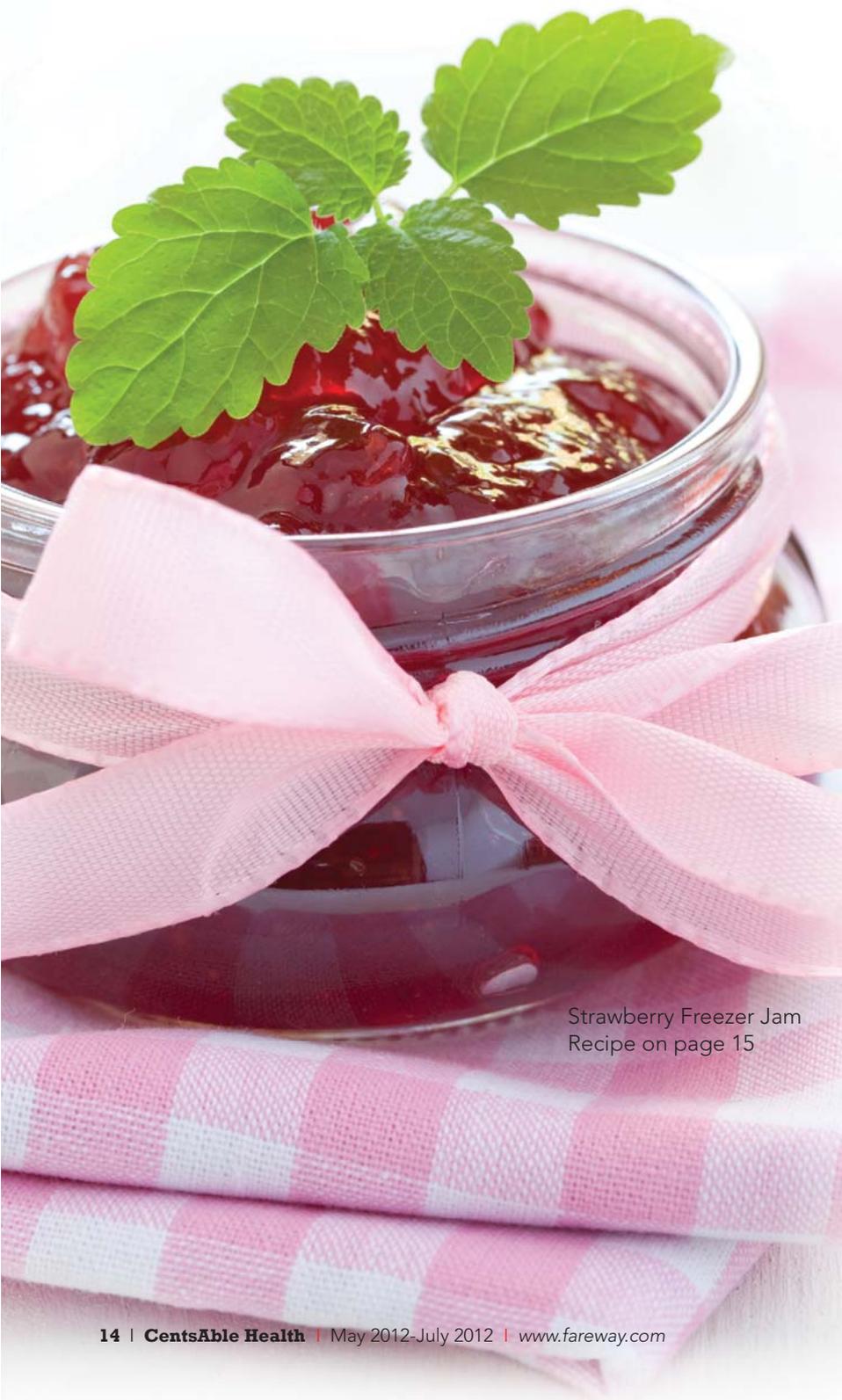
Kellogg's® Special K® Protein Plus cereal with low fat milk & fruit



English muffin pizza & 100% fruit or vegetable juice

# Sweet Strawberry Treats

The average American consumes more than three pounds of fresh strawberries each year (plus almost two more pounds of frozen strawberries). That's no surprise considering strawberries' sweet taste and juicy texture. But did you know that each serving of strawberries can help you....



Strawberry Freezer Jam  
Recipe on page 15

- **Exercise more easily**

Strawberries are rich in nitrate, which slows muscle fatigue by increasing oxygen and blood flow to muscles. One study found that exercisers who consumed a nitrate-rich diet burned 100 more calories during one exercise session than those who did not.

- **Prevent cancer**

Vitamin C, folate, anthocyanins, quercetin, kaempferol and ellagic acid all work together to help ward off cancerous cells, especially those in the colon, prostate and mouth.

- **Control blood pressure**

Strawberries are rich in potassium. Potassium naturally counteracts sodium in your body, helping to lower blood pressure.

- **Have glowing skin**

Did you know strawberries have more vitamin C than an orange? The vitamin C and antioxidant ellagic acid can improve skin elasticity and collagen formation.

- **Improve your memory**

Quercetin helps prevent Alzheimer's disease by protecting brain cells from oxidation.

- **Win the war on weight**

Cyanidin-3-glucoside, or C3G, is thought to help regulate appetite and increase fat-burning potential. And, strawberries are naturally low in calories and fat.

- **Have healthy babies**

Strawberries are high in folate, a nutrient necessary to prevent neural tube defects in newborns.



## STRAWBERRY FREEZER JAM

Makes approx. 40 servings  
(2 Tbsp each)  
Total time: 20 minutes

### Ingredients

2 cups strawberries, mashed  
2 cups white granulated sugar  
1 (1.75 ounce) package dry pectin  
¾ cup water

### Directions

**COMBINE** strawberries and sugar and allow to set for ten minutes. Meanwhile, **STIR** water and pectin together in a saucepan and **BRING** to a boil over medium-high heat. **ALLOW** to boil for one minute, then **MIX** with strawberries. Let mixture set for three minutes. **POUR** into storage containers or jars and leave at room temperature for 24 hours, so pectin can firm. **PLACE** in freezer. **THAW** in refrigerator when ready to eat. Jam will last for about one month in the fridge once thawed.

Nutrition information per serving: 48 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 0 mg sodium; 12 g carbohydrate; 0 g fiber; 0 g protein



## STRAWBERRY CREPES

Makes 4 servings (2 filled crepes)  
Total time: 30 minutes

### Ingredients

½ cup plus 2 Tbsp. fat-free milk  
1 whole egg (or ¼ cup plus 2 Tbsp. egg substitute)  
¼ tsp. vanilla extract  
½ cup all-purpose flour

### Directions

**COMBINE** milk, egg and vanilla. In a separate bowl, **COMBINE** flour, sugar and salt and **ADD** to milk mixture. **MIX** well. **COVER** and **REFRIGERATE** for 1 hour. **COAT** an 8-inch nonstick skillet with cooking spray and **HEAT** over medium heat. **POUR** about 2 Tbsp. of batter into the center of the skillet. **LIFT** and **TILT** pan to evenly

Nutritional information per serving: 137 calories, 0 g total fat, 1 mg cholesterol, 145 mg sodium, 28 g carbohydrate, 3 g fiber, 6 g protein.

½ tsp. sugar

⅛ tsp. salt

⅓ cup strawberry jam, jelly or preserves

1½ cups chopped fresh strawberries

coat the bottom of the pan. **COOK** until top appears dry; **TURN** and cook for 15-20 seconds longer. **REMOVE** from pan and keep warm. **REPEAT** with remaining batter, coating with additional cooking spray as needed. **SPREAD** 2 tsp. strawberry jam, jelly or preserves onto each crepe and **TOP** with 3 Tbsp. strawberries. **ROLL** up and **ENJOY!**



## STRAWBERRY YOGURT POPS

Makes approx. 8 pops  
Total time: 20 minutes + freezing time

### Ingredients

3 cups plain vanilla yogurt  
1 small box sugar-free strawberry- flavored JELL-O®  
2 cups pureed strawberries

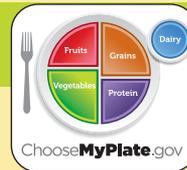
### Directions

In a mixing bowl, **ADD** 1 cup boiling water to JELL-O® and **STIR** until dissolved. **WHISK** in yogurt, one cup at a time. **ADD** strawberry puree to mixture and **ASSEMBLE** in popsicle trays or plastic cups. **ALLOW** to freeze overnight. Will keep for about 1 week in the freezer.

Nutrition information per serving: 70 calories; 0 g fat; 0 g saturated fat; 2 mg cholesterol; 112 mg sodium; 11.5 g carbohydrate; 1 g fiber; 5.3 g protein

# CentsAbleKids!

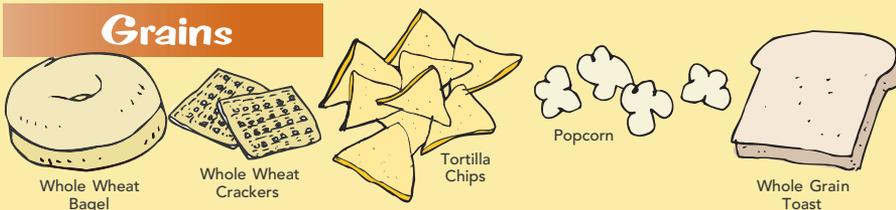
## ACTIVITIES FOR KIDS



Every day we should eat foods from each of these food families. Circle the foods you would like to eat. Then draw more foods you like in the families where they belong.

### Foods belong to families

#### Grains



Whole Wheat Bagel

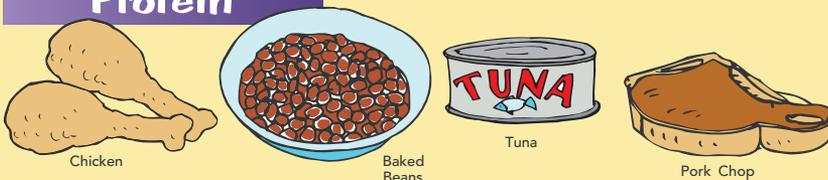
Whole Wheat Crackers

Tortilla Chips

Popcorn

Whole Grain Toast

#### Protein



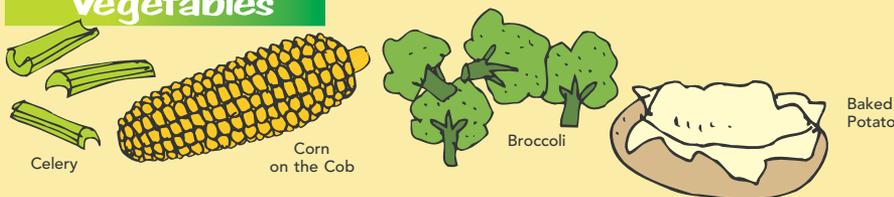
Chicken

Baked Beans

Tuna

Pork Chop

#### Vegetables



Celery

Corn on the Cob

Broccoli

Baked Potato

#### Dairy



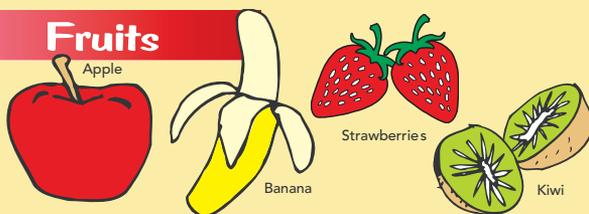
Low-Fat Cottage Cheese

1% Milk

Fruit-Flavored Low-Fat Yogurt

String Cheese

#### Fruits



Apple

Banana

Strawberries

Kiwi