

▶ FOOD AND PHYSICAL ACTIVITY CHECKLIST



- ❑ Eat foods from each food group each day.
- ❑ Use measuring cups to learn what 1 cup and ½ cup look like.
- ❑ Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- ❑ Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- ❑ Visit a local farmers market to buy fruits and vegetables in season.
- ❑ Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- ❑ Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- ❑ Use the Nutrition Facts label to find healthier foods at the grocery store.

- ❑ Play active games like tag or jump rope with children.
- ❑ Walk with the kids to school each day.
- ❑ Take the stairs, not the elevator.
- ❑ Be physically active for at least 2½ hours per week. Take a walk or jog at lunchtime or in the evening.
- ❑ Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:



▶ BRAISED CHICKEN THIGHS WITH SPINACH

COOK TIME: 1 hour and 10 minutes

MAKES: four 4-ounce servings

INGREDIENTS:

- 4 (6-ounce) chicken thighs, bone-in, skin removed
- 1 teaspoon oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 small onion, peeled, chopped
- 3 garlic cloves, peeled, minced
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 cup water
- 1 10-ounce package frozen or 1 bunch fresh spinach

DIRECTIONS:

1. Heat skillet over medium-high heat. Add 1 teaspoon oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme, and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water, and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes. Or, add the fresh spinach and cook about 2 minutes, until it wilts. Serve right away.



NUTRIENTS PER SERVING:

Calories 185, Protein 22 g, Dietary Fiber 2 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 112 mg, Sodium 423 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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