



Ways to stay active this winter...

It's tempting to hole-up as the weather turns cold outside.

Winter activities can be an excellent way to get in some "fun" exercise though!

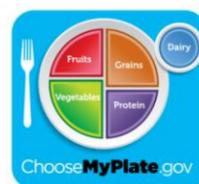
The average 150 lb person burns the following amount of calories per hour doing:

ICE SKATING	450 cal
SKIING	350 cal
SNOWSHOEING	525 cal
SLEDDING	400 cal
SHOVELING	400 cal

Warm up afterwards with an 8 oz hot apple cider instead of hot cocoa and you'll save yourself approximately 50 calories.

Have You Seen Myplate?

Earlier this year, the secretary of agriculture, Tom Vilsack, and the first lady, Michelle Obama, unveiled a new replacement for the food pyramid: a meal plate known as MyPlate. The plate is based on new dietary guidelines released by the government last January, which encourage Americans to eat more fruits, vegetables, and whole grains and fewer processed foods, especially ones containing added sugar. It is part of a concerted effort by the Department of Agriculture and the first lady to improve nutrition, especially among children.



MyPlate Key Messages

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Get Your Kids in the Kitchen this Holiday

Teaching your kids to cook at a young age increases the variety of foods they taste and improves their motor, math and reading skills. The holidays provide the perfect time for practice, and there are tons of ways your children can help in the kitchen no matter their age.

Here are some examples of age-appropriate tasks with adult supervision:

- Five and six year olds: Help prepare a salad by tearing lettuce and snapping green beans.
- Seven and eight year olds: Help prepare breakfast by cracking the eggs and toasting the bread.
- Nine and ten year olds: Help prepare dinner by kneading pizza or bread dough and cooking it in the oven.
- Children age ten or older: Help prepare snacks by microwaving popcorn, simmering soups or chopping vegetables.

For more information on ways your kids can help out in the kitchen, visit KidsEatRight.org.

Lower fat Banana Bread



This recipe uses yogurt & whole wheat flour to give it an extra healthy boost!

INGREDIENTS

- 2 large eggs
- 3/4 cup sugar
- 3 medium ripe bananas
- 1 Tbsp vegetable oil
- 1 Tbsp Vanilla
- 3/4 cup whole wheat flour
- 1 cup all purpose flour
- 1/3 cup plain yogurt
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

RECIPE

Preheat oven to 325F. Grease loaf pan. Beat eggs and sugar for about 5 minutes, then mix in smashed bananas, yogurt, oil, and vanilla. Sift in dry ingredients. Beat until just blended. Transfer batter to pan. Bake for approx 1 hour. Cool on rack.