



Healthy Habits for Life

Practicing some simple healthy habits regularly can make a big difference in your health. Below are some simple things you might do to be more active and make healthy choices in what you eat or drink.

You probably are already doing some of these things. Most of us would benefit by adding some of these things to our daily routine.

Read through the list and mark the things that you are already doing. Select a couple of things that you could do to be healthier. Practice these habits for a week or two. When you have gotten use to doing these try adding another. It is never too late to practice healthy habits.

Get Active



- I use the stairs instead of the elevator or escalator.
- I walk at least 10 minutes a day - three or more times a week.
- I park the car a bit farther away so that I can walk.
- I plan time together with family or friends that includes being physically active (walking, riding bikes, working outside, swimming, etc.)
- I walk or bike on a short trip instead of taking the car at least once during the week.
- I stretch or do easy exercises while watching TV.

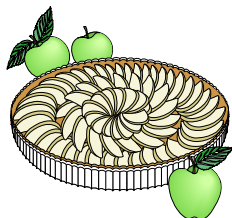


Eat and Drink Healthy

- I eat with family or friends at least twice a week.
- I eat a fruit or vegetables at every meal.
- I eat a fruit or vegetables as a snack every day.
- I try not to eat too much fast food.
- I never supersize, unless it is to share with others.
- I buy frozen, canned, or dried fruits and vegetables.
- I buy whole grain bread (whole wheat, bran, oatmeal, multigrain).
- I use small amounts of margarine, butter and salad dressing.
- I bake, broil, grill, microwave meats, fish, and poultry.
- I drink more water or fruit juice.
- I drink 1% or skim milk.
- I will try to do the following habits this week: _____

Apple-Cheese Bake

6 cups apples, peeled and sliced
1 Tbsp. lemon juice
1/2 cup sugar
1/2 cup flour
1/4 tsp. cinnamon
1/4 cup margarine
2/3 cup parmesan/romano
cheese, grated



Preheat oven to 350°. Place apple slices in an 8 x 8 inch pan. Sprinkle apples with lemon juice and half of the sugar. In a small bowl, mix the remaining sugar, flour and cinnamon. Add the margarine and mix well. Add the cheese and mix well. Sprinkle the flour-cheese mixture evenly over the apples.

Bake for 45 minutes or until apples are soft. Refrigerate leftovers within 2 hours.

Nutrition Facts (per serving) 200 calories, 8 g fat, 70 calories from fat, 200 mg sodium, 29 g carbohydrates, 1 g fiber.

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UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM

Baked Apples

4 tart baking apples
1/4 cup brown sugar, packed
1/4 cup raisins
4 tsp. margarine
2 tsp. ground cinnamon
1/4 cup apple or orange juice

Preheat oven to 350°. Scoop out the core of the apples being careful not to cut all the way through. Stuff each apple with 1 tablespoon of brown sugar, 1 tablespoon of raisins, and 1 teaspoon of margarine. Place stuffed apples in a baking dish. Pour juice over apples then sprinkle with cinnamon. Bake for 15 minutes or until apples are tender when pierced with a fork.

Microwave Directions:

Scoop out the core of the apples being careful not to cut all the way through. Stuff each apple with 1 tablespoon of brown sugar, 1 tablespoon of raisins, and 1 teaspoon of margarine. Place stuffed apples in microwave safe dish. Pour juice over apples then sprinkle with cinnamon. Microwave for about 8—10 minutes or until apples are tender when pierced with a fork.

Nutrition Facts (per serving) 190 calories, 4.5 g fat, 40 calories from fat, 60 mg sodium, 40 g carbohydrates, 5 g fiber.

