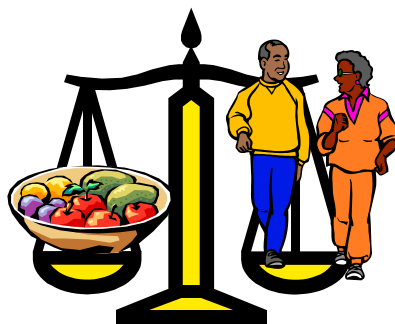


Balance Food and Physical Activity

Choose More:

- Fruits and vegetables
- Whole grains
- Low-fat or fat free milk group foods



How much physical activity do I need?

- Get 30 minutes to reduce your risk of heart disease and diabetes.
- Get 60 minutes to reduce your disease risk, AND avoid weight gain.
- Get 60-90 minutes to reduce your disease risk, AND keep off the weight you've lost.

Choose Fewer:

- Foods with added fat, like fried foods
- Foods with added sugar, like bakery foods
- High calorie toppings, like butter or sour cream.



In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local FoodShare office. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. 12/05

Spaghetti with Veggies

4 cups chopped vegetables, such as broccoli, cauliflower, celery, cabbage, onions, green pepper, mushrooms, carrots, green beans. Or, use a 16-ounce bag of frozen mixed vegetables.

1 (15 ounce) jar spaghetti sauce

4 ounces uncooked pasta (or 2 cups cooked). Try whole wheat.

1 cup shredded Mozzarella cheese

1. Cook pasta according to package directions.
2. If you are using fresh vegetables, wash and chop into bite sized pieces.
3. **Microwave method:** Mix vegetables and spaghetti sauce in microwave-safe dish. Cover and cook 10-15 minutes, stirring after each 5 minutes. Cook longer if you want vegetables to be less crisp.

Stovetop method: Mix vegetables and spaghetti sauce. Cover and simmer until vegetables are cooked to preferred tenderness.

4. Serve sauce over pasta. Top with cheese. Serve with garlic bread and low fat or fat-free milk.

Yield: 4 servings.

Preparation and cooking: The vegetables and pasta will each take about 10-15 minutes to cook. Try to time them so they get done at the same time.

Nutrition Information: One cup of vegetables and sauce served over one ounce (1/2 cup) of pasta provides 327 calories, 18 g protein, 4 g fat.



Vary Your Veggies

Make Half Your Grains Whole