



Set Your Goals



Recommended Goals

- 1 Eat at least 3 $\frac{1}{2}$ cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.

My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups of fruits 	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)
Cups of vegetables 	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)	 # of cup(s)
Minutes of physical activity 	 # of minutes	 # of minutes	 # of minutes	 # of minutes	 # of minutes	 # of minutes	 # of minutes



Exercises

These exercises are designed to help you **build strength**, **improve balance**, and **increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

1 Stand Up and Sit Down

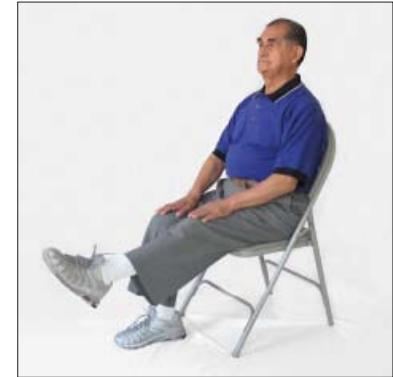


- Start in a seated position with arms crossed
- Stand up, trying not to use arms
- Sit down, trying not to use arms
- Repeat 10 times



Exercises

2 Leg Lifts



- Sit in a chair
- Straighten right leg
- Lift leg as high as is comfortable
- Lower leg, keeping it extended and elevated
- Repeat 8 times
- Repeat with left leg
 - * For additional challenge, use 1-pound ankle weights



Exercises

3 Two-Arm Row



- Sit or stand, bending forward slightly at the waist
- Make fist with hands and extend both arms forward
- Pull arms back, bending elbows into a 90-degree angle
- Slowly straighten arms, extending them forward
- Repeat 10 times



Exercises

4 Arm Raises



- Sit or stand
- Begin with arms straight down at sides, palms inward
- Raise both arms to side, shoulder height
- Hold position for 1 second
- Slowly lower arms
- Repeat 10 times
 - * For additional challenge, use 1-pound hand weights



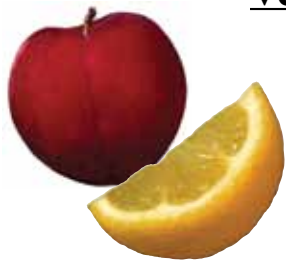
Add Fruits and Vegetables to Classic Favorites...

Classic Dishes	Plus	Fruit or Vegetable
Yogurt 	+	 Peaches
Oatmeal 	+	 Raisins
Quesadillas 	+	 Tomatoes and Peppers
Lasagna 	+	 Spinach



Tips

...to Help You Eat at Least 3½ Cups of Fruits and Vegetables Every Day



- Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Dried fruits make a great snack. They are easy to carry and store well.
- For dessert, have baked apples, pears, or a fruit salad.
- Try a fruit smoothie – mix bananas, peaches, strawberries, or other berries with low-fat or fat-free yogurt.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Fruits and vegetables taste great with a dip or dressing. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, red or green pepper strips, or apples.
- Salads are an easy way to get your vegetables. Include a green salad with your dinner every night. Or try a main dish salad for lunch.

*Tips were adapted from USDA's ChooseMyPlate.gov web site: <http://www.choosemyplate.gov/food-groups/fruits-tips.html>



Recipe Cards

Orange Pork Chops

Serving Size: 1 chop

Yield: 2 servings

Ingredients:

- 2 pork chops
- 1 sweet potato, peeled
- 1/2 orange, sliced
- dash cinnamon
- dash salt
- dash black pepper

Instructions:

Preheat oven to 350 degrees F.

1. In a medium skillet, brown pork chops in a small amount of oil.
2. Cut sweet potato into 1/2-inch slices.
3. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
4. Cover and bake for 1 hour until meat is tender.

For safety, cook pork to 160 degrees F.



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Adapted from: Simply Seniors Cookbook, Utah State University Extension

Pineapple-Orange Frozen Yogurt

Serving Size: 1/3 of recipe

Yield: 3 servings

Ingredients:

- 1 cup yogurt, nonfat vanilla
- 1/2 cup orange juice
- 1 cup pineapple chunks, fresh or canned

Instructions:

1. Place yogurt and fruit in large plastic bag, flatten, and freeze overnight.
2. Combine fruit, yogurt, and juice in food processor or blender and blend until smooth.
3. Serve right away or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.



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Adapted from: Food and Health Communications, Inc





Recipe Cards

Chicken-Vegetable Soup With Kale

Serving Size: 1/3 of recipe
Yield: 3 servings

Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup carrot, chopped
- 1 teaspoon dried thyme
- 2 garlic cloves, chopped
- 1/2 cup rice, cooked
- 1 cup kale, rinsed and chopped
- 1 cup chicken, chopped
- 3/4 cup tomatoes, chopped
- 2 cups water or chicken broth

Instructions:

1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Saute for 1 more minute.
3. Add water or broth, tomatoes, cooked rice, chicken, and kale.
4. Simmer for 5-10 minutes.



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Adapted from: The Washington Senior Farmers Market Nutrition Program, Washington State University

Snappy Rice Dish

Serving Size: 1/2 of recipe
Yield: 2 servings

Ingredients:

- 1 cup frozen vegetables, or fresh, cut into bite size pieces
- 1/2 cup chicken broth, reduced salt, or use water
- 1 cup brown rice, cooked, or any other rice
- 1/2 can kidney beans, rinsed and drained (about 7 oz) or other canned bean
- dill weed (fresh-snipped or dry dill) to taste
- pepper to taste

Instructions:

1. Cook the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet, on medium high heat.*
 2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
 3. Add the rice, canned beans, and seasonings. Cook until heated through.
- * Microwave version: Follow the same steps above. Use a microwave-safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are fully cooked, add the rice, beans, and herbs. Cook until heated. Rotate the dish & stir gently.



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Adapted from: Senior Nutrition Awareness Project (SNAP) Newsletter, University of Connecticut Family Nutrition Program





Participant Feedback Sheet

for Session 3, Colorful and Classic Favorites

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today's Date: _____

1. How useful was the information you learned from this session?

(Mark one response.)

- ☐ Not at all useful
- ☐ Somewhat useful
- ☐ Useful
- ☐ Very useful

Why or why not?

2. Are you planning to eat more fruits and vegetables next week?

(Mark one response.)

- ☐ Yes
- ☐ No
- ☐ I am not sure

3. Are you planning to increase your physical activity next week?

(Mark one response.)

- ☐ Yes
- ☐ No
- ☐ I am not sure

4. What did you like the most about this session?

5. What did you like the least about this session?

6. How did you hear about this *Eat Smart, Live Strong* session?

(Mark all that apply.)

- ☐ Supplemental Nutrition Assistance Program office
- ☐ Friend
- ☐ Senior center
- ☐ Poster
- ☐ Flyer
- ☐ Newsletter
- ☐ Place of worship
- ☐ Other – specify

7. In which programs do you participate?

(Mark all that apply.)

- ☐ Supplemental Nutrition Assistance Program
- ☐ Commodity Supplemental Food Program
- ☐ Senior Farmers' Market Nutrition Program
- ☐ Home delivered meals
- ☐ Congregate meals
- ☐ Food bank or pantry

Thank you for participating in *Eat Smart, Live Strong*!



Card Game: *Make a Classic Better*

Classic Dishes

 Cut along perforations



Brown Rice



Cheese Pizza



Turkey Sandwich on Whole Wheat Bread



Baked Potato



Meatless Spaghetti



Tuna



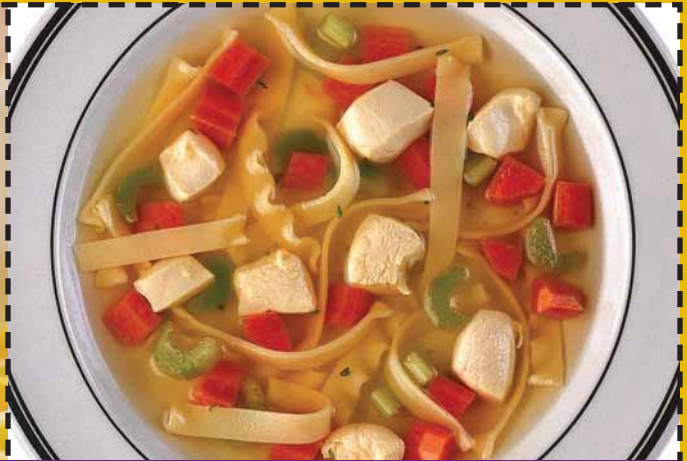
Card Game: Make a Classic Better

Classic Dishes

 Cut along perforations



Macaroni and Cheese



Chicken Soup



Hamburger



Chili



Egg on Toast



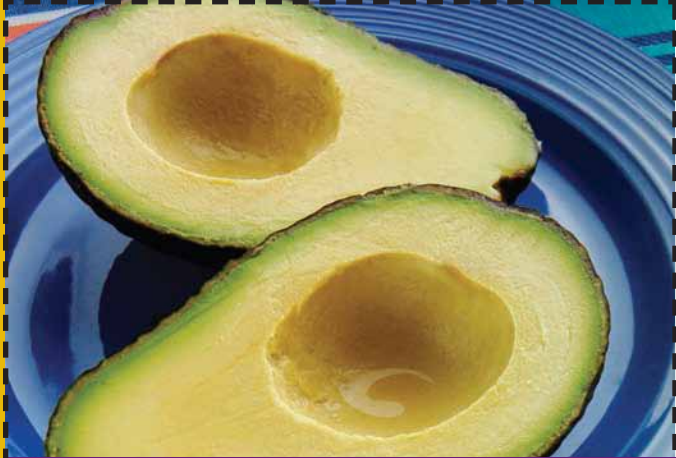
Quesadillas with Cheese



Card Game: Make a Classic Better

Fruits

 Cut along perforations



Sliced Avocado



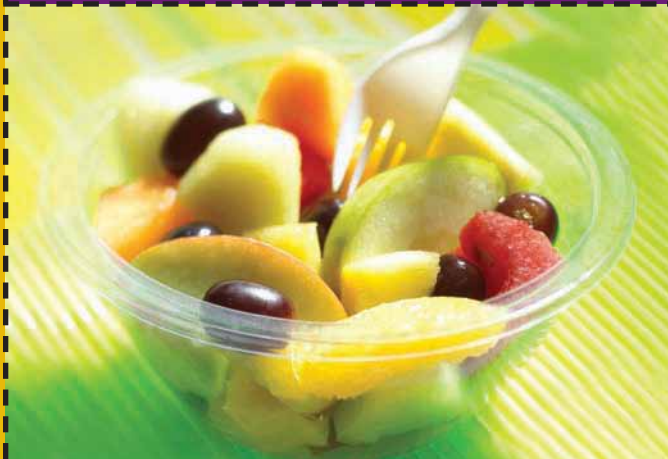
Orange Juice



Raisins



Apple



Fruit Cocktail



Sliced Pineapple



Card Game: Make a Classic Better

Fruits

 Cut along perforations



Strawberries



Peach



Banana



Blueberries



Mango



Grapes



Card Game: *Make a Classic Better*

Vegetables

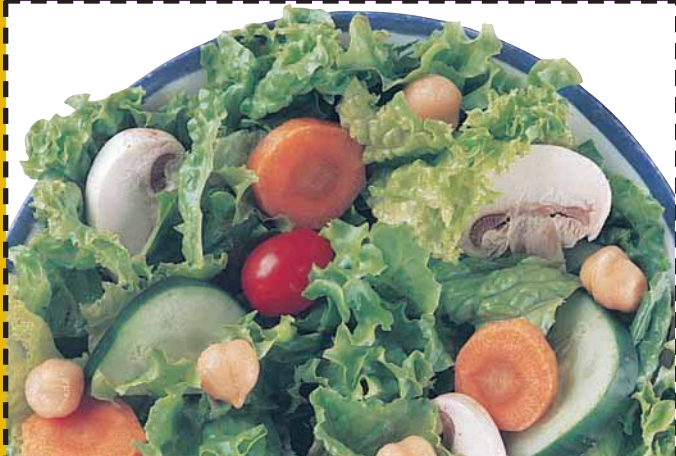
 Cut along perforations



Sliced Cucumber



Carrots



Salad



Green Pepper



Navy Beans



Sliced Eggplant



Card Game: *Make a Classic Better*

Vegetables

 Cut along perforations



Tomatoes



Green Beans



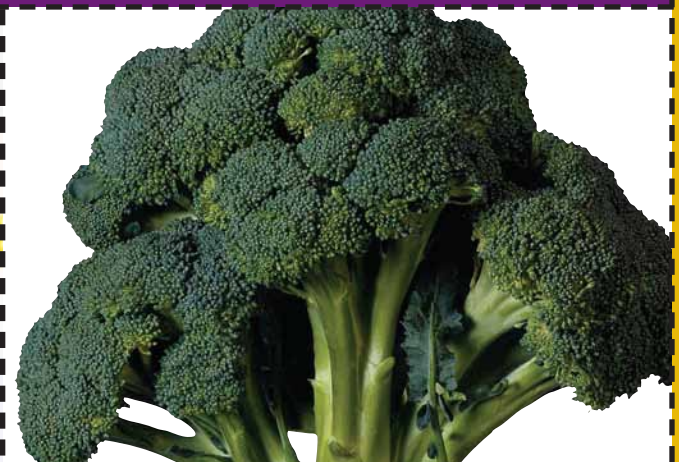
Spinach



Peas



Corn



Broccoli