**U of I Nutrition Class Overview**

Balance Your Plate

* Carbohydrates: 45-65% of total daily calories
* Proteins: 12-20% of total daily calories
* Fats: 20-35% of total daily calories

ChooseMyPlate.gov is an excellent resource for planning and choosing what foods are healthy choices to eat!

Food=Fuel

What to eat…

* Healthy Fats
	+ Ex. Omega 3’s and 6’s
* Lean Protein
	+ Ex. Ground Turkey
* Natural Sugars
	+ Ex. Sugars from fruits
* Complex Carbohydrates
	+ Ex. Whole Wheat Bread

What to avoid…

* “Bad” Fats
	+ Ex. Trans Fats
* High Fat Protein
	+ Ex. Bacon
* Added Sugars
	+ Ex. High Fructose Corn Syrup
* Refined Grains
	+ Ex. White Bread

**Kid Friendly Snack/Meals**

**Strawberry Banana Smoothie**

**Ingredients:**

* 6 large strawberries
* 1 banana
* 1 cup low-fat or fat-free vanilla yogurt
* 1 cup orange juice
* Ice (optional)

**Directions:**

Combine all ingredients into blender and mix until desired consistency.

**Peanut Butter Wrap**

**Ingredients:**

* 1 whole wheat tortilla
* 1 banana
* 1-2 Tbsp peanut butter
* Cinnamon (optional)

**Directions:**

Spread peanut butter evenly across tortilla, place banana on tortilla and sprinkle with cinnamon and slice into sections or eat whole.

**Bean and Cheese Burrito**

**Ingredients:**

* 8 small soft-shell tortillas
* 2 cups vegetarian refried beans
* 1 cup shredded mozzarella cheese
* 1 cup medium salsa
* 2 cups canned corn niblets, drained

**Directions:**

Spread ¼ cup refried beans onto each tortilla. Add 2T of mozzarella, 2 T of salsa, and ¼ cup corn to each serving. Toll and place on microwavable plate. Microwave for about 45 to 60 seconds or until warmed and cheese is melted. Makes 8 servings.

**Healthy Snacks/Meals Requiring Parents Assistance**

**Herbed Turkey Burger**

**Ingredients:**

* 2 tablespoons olive oil
* ½ medium red onion, minced
* 4 minced cloves
* 2 pounds ground turkey meat
* 1 teaspoon kosher salt
* 1 teaspoon black pepper
* ½ cup loosely packed chopped parsley
* 1 tablespoon minced rosemary
* 1 tablespoon minced sage
* 2 teaspoons chopped thyme

**Directions:**

Sauté the chopped onion in olive oil for 3 minutes over medium heat. Add the garlic and sauté for another 2 minutes, or until the garlic begins to brown. Remove from heat. Transfer the onions, garlic, and oil to a large bowl to cool down. Once the onions are cool to the touch, add the ground turkey, salt, pepper and herbs into the bowl. Using your hands, gently mix everything until well combined. Form the meat into patties. Cook on a hot grill or in a hot cast iron frying pan for 5-6 minutes per side, until cooked through. If using a grill, coat the grill grates first with a little vegetable oil. If using a frying pan, put a little oil in the pan first to help keep the burgers from sticking. Serve with toasted buns, and the accompaniments of your choice—sliced onions, lettuce, sliced tomatoes, mustard, relish, ketchup. (Makes 8 burgers).

**Cream Cheese S’mores**

**Ingredients:**

* ¼ cup low-fat cream cheese
* 1 tablespoon raw honey
* 2 teaspoons dark cocoa powder
* 12 graham crackers

**Directions:**

Preheat broiler to high. In a small bowl, combine cream cheese and honey; mix until smooth. Stir in cocoa powder and mix until almost completely blended, leaving a few white and brown streaks for presentation. Spread about 1 ½ tsp cream cheese mixture onto each graham cracker. Arrange crackers on a baking sheet and broil for 1 to 2 minutes, until warm and soft. Remove crackers from oven and arrange on a serving platter. Enjoy open-faced or sandwich 2 crackers together for a more traditional treat.