



# Health at Home

Name: \_\_\_\_\_

## Grocery-Store Hunt

Challenge family members in a healthful-food quest up and down the supermarket aisles! Scan nutrition labels, make a list (or fill your cart), then compare notes. Remember to look for labels on bagged fruits and veggies, or near the produce bins.

1. A food with zero grams of fat.
2. A food that supplies 100% of your Daily Value for vitamin C.
3. A food that contains 10% or more of your Daily Value for iron.
4. A food that contains 20% or more of your Daily Value for fiber.
5. A food that is low in saturated fat, sodium, and cholesterol.
6. A food that contains more than 10% of your Daily Value for potassium.

## Burn it Up!

Eating right and exercising are key to a healthful lifestyle. These exercises burn calories, boost energy, and build muscles. By choosing healthful, lower-calorie choices, your food works harder for you when you work out.

*Average number of calories burned per hour are for a 150-pound person. A person who weighs less will burn less than these amounts; someone who weighs more will burn more.*

Activity	Calories per hour	Burns as much as:	Or burns only:
Bicycling/6 mph	240	Two and one half potatoes	One chocolate bar
Walking/3 mph	342	Four glasses of skim milk	Two medium sodas
Swimming 50 yds/min	500	33 servings of broccoli	One double cheeseburger
Soccer/competitive	700	30 servings of spinach	One nine-inch cheese pizza
Jumping rope/vigorously	750	12 medium apples	Four scoops of ice cream

## Twice-Baked Potato Cook Off

Potatoes are low in fat and sodium, high in essential nutrients, and packed with fiber with the skin on. Make the most of this healthful treat by trying this tasty, nutritious option.

1. Wash potatoes. Pierce the potatoes with a fork.
2. Preheat oven to 450 degrees.
3. Microwave the potatoes on high for seven minutes.
4. Remove the potatoes. When they've cooled down, slice them lengthwise down the center.
5. Scoop out the center of the potatoes. Mix the portion you've scooped out with the steamed broccoli, sour cream, and 3/4 of the cheese. Mash the mixture until creamy.
6. Scoop 1/8 of the mixture back into each potato skin. Top with remaining cheese. Place potatoes on a baking sheet and bake for eight minutes. Enjoy!

*Makes 4 servings. Nutritionals per serving: 171 calories, 13 g protein, 24 g carbohydrate, 2 g total fat, 236 mg sodium, 2 g fiber, 36 mg vitamin C, 442 mg potassium.*

### You need:

- 4 medium baking potatoes
- 1 cup steamed broccoli
- 1/2 cup fat-free sour cream
- 1 cup grated, reduced-fat cheddar or Monterey Jack cheese
- Measuring cup; fork; bowl; nonstick baking sheet

