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We Are What We Eat

Reach for something that tastes good and is good for you:

Everyone has heard the saying "we are what we eat," but how many of us actually think about this when we prepare meals and snacks for our families. Too many times, we find ourselves reaching for the quick fix, the processed high sugar, high sodium foods that are easy to grab, but not worth the effort if your goal is to provide fresh healthy choices. Eating healthy can be a challenge in our busy world, but it is possible and you and your family will be delighted with the end results. Eating fresh whole foods provides the body with rich nutrients that provide energy and give our bodies strength. Instead of the pop tart, reach for fresh fruits and vegetables, leave the fruit roll-up in the store and go for a bowl of mixed berries or maybe a fruit parfait made with low-fat yogurt. Don't be afraid to splurge at your favorite produce stand, load up on all colors of fruits and vegetables. Not sure how to prepare these colorful offerings, the internet provides tons of healthy recipes ideas, you are just a click away to making vegetables taste great. To get started you might want to check-out our fun recipe library on www.fit4allkids.org Explore what is out there and start your own recipe library with your family favorites. Involve them in the process and start to see results. Remember small steps in this direction can lead to healthier living for everyone.

Whether you are just starting to make changes or you are a pro at serving healthy foods, the following recipe is something everyone will enjoy.

Black Bean Salsa with Tomato and Avocado

Juice of a lime
1 T. olive oil
½ tsp. cumin
¼ tsp. chili powder
½ tsp. salt
15 oz. can of black beans, drained
1 c. cherry tomatoes, quartered
2 ripe avocados, diced
2-3 green onions, thinly sliced
2 T. chopped cilantro

Whisk the first 5 ingredients together in a medium bowl. Add the remaining ingredients to the bowl and gently fold with a rubber spatula. Serve with chips.