

### Good Taste, Guilt Free!



**Get a taste for good nutrition!  
Enjoy being active!**



#### **1. Enjoy a variety of foods!**

There are a wide variety of food choices in our grocery stores and farmers' markets. Choose colorful, healthy foods that taste great. *Treat your taste buds. Try new foods with your family!*

#### **2. Enjoy all your favorite foods in moderation!**

You decide how much and how often you eat different foods. Eat smart! *A healthy diet is what you eat over several days, not just one meal or one day.*

#### **3. Be a healthy weight!**

You are at greater risk for health problems if you are overweight. *Healthy eating and physical activity will make it easier to maintain a healthy weight.*

#### **4. Balance your food choices with your activity level!**

Eat the amount of food that you need to be a healthy weight. If you are overweight, be more active and eat less.

*Become a healthy weight.  
Stay a healthy weight.*

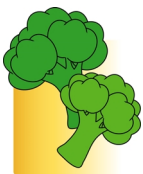
#### **5. Be active!**

Enjoy a variety of ways to be active. Make a list of your activities - walking, biking, swimming, gardening, mowing, cleaning and others. *Plan to do at least one of these activities every day. You will be healthier and feel better! 60 minutes a day is the goal.*

**Good health starts with nutrition and physical activity!**

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### Enjoy the Best - Broccoli!



**Broccoli is one of our most nutritious vegetables!**

Buy broccoli with compact, dark green heads. Choose the freshest broccoli for the most nutrition! Broccoli can be kept in your refrigerator for 5 to 7 days.

#### **Steam Fresh Broccoli:**

Steam broccoli - Fill a saucepan with 1 inch of water. Bring to a boil. Place broccoli in a metal steamer above the water. Steam for 6 to 8 minutes, or until broccoli steams are tender.

#### **Microwave Fresh Broccoli:**

Place broccoli in a dish with  $\frac{1}{2}$  inch of water. Cover loosely and microwave on high for about 2 to 3 minutes, or until steams are tender. **Cooking time will vary with microwave.**

**Fresh broccoli tastes wonderful - try it!**

