## EATING SMART THROUGHOUT THE LIFECYCLE



# MyPyramid: Steps to a Healthier You

## EAT SMART. Choose a variety of healthy foods each day.

### Eat Smart Tips from MyPryamid

## MyPyramid.gov STEPS TO A HEALTHIER YOU

## • Choose foods with a whole grain listed as the FIRST ingredient.

- Choose a variety of vegetables of all colors, especially dark green & orange.
- Choose fruit without added sugar or syrup.
- Choose low-fat or fat-free milk, yogurt, and cheese.
- Choose lean meat, and eat beans and peas often.

## MOVE MORE.

## Find your balance between food and physical activity.

#### Move More Tips from MyPryamid

#### For Adults

- Be physically active for at least 30 minutes most days of the week.
- To prevent weight gain, add even more activity to your day.
- Find your balance between food and activity.

## For more information go to www.mypryamid.gov

## For Children & Teens

• Be physically active for at least 60 minutes every day or most days.





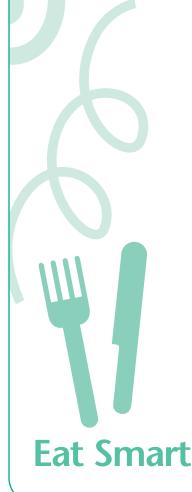






# **BEEF STIR FRY**

Makes 6 servings Serving Size: 2/3 cup over 1 cup rice



## Ingredients

- 1 pound lean beef cut into thin strips (may use other meats such as pork or chicken)
- 2 tablespoons vegetable oil

**Directions** 

- 1 small onion. chopped
- 1 green pepper, cut into strips • 2 cups fresh or
- frozen cut vegetables (such as carrots, broccoli, cauliflower)

#### 6 cups cooked rice, still hot

- 1. Heat oil in a large frying pan over medium high heat.
- 2. When oil is hot, add the meat, cook until there is no pink in the meat and the meat is thoroughly brown.
- 3. Add fresh vegetables and continue to stir until vegetables are tender.
- 4. Stir sauce mixture (see recipe below). Pour into skillet with stir fry. Cook until sauce bubbles.
- 5. Spoon stir-fry mixture over cooked rice.

## Stir Fry Sauce

#### Ingredients

- 2 tablespoons cornstarch • 1 1/2 cups cool water
- dash black pepper
- 2 tablespoons low sodium soy sauce

Directions: Combine cornstarch and cool water. Stir in remaining ingredients. The cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.

## Nutrition information Per Serving, Beef Stir Fry, rice, and sauce

420 calories Total Fat Saturated Fat Protein

Total Carbohydrate 62 g 9 g **Dietary Fiber** 2 g Sodium 22 q

- 2 g 230 mg
- **Excellent Source** of Vitamin A **Excellent Source**

of Vitamin C **Excellent Source** 

of Iron



## PARK AND PLAY

Take your kids to the park and play with them; it will be fun for everyone! What day will you go to the park with your kids this week?

