



## Easy Chili Dogs with Cheese Serves 4.

- 4 - Fat-free or low-fat beef franks
- 1-15-oz. can vegetarian bean chili
- 1/4 cup 2 % reduced fat shredded cheddar cheese

### Directions:

Preheat broiler on high heat. Line baking sheet with foil and spray with cooking spray. Cut beef franks down center (not all the way through), open, and arrange on baking sheet. Broil 3-4 minutes. Turn franks over, and broil until browned on both sides. While franks are cooking, pour chili into microwave-safe bowl; cook on High 2-3 minutes. Stir in cheese and heat 2-3 minutes until cheese is melted; stir to mix. Serve chili-cheese mixture over broiled franks.

-From "The Busy Mom's  
MAKE IT QUICK Cookbook"

## March is National Nutrition Month!

By Stacy Whittington,  
WIC Dietetic Intern

Exercise is good for the body. When we aren't active, our bodies miss out on some really good things.

It is best to exercise at least 3 days each week – about 30 minutes each day. Some examples of good activity include: brisk walking, running, swimming, bike riding, and jumping rope.

You will know you are exercising at a good rate if you can carry on a conversation, but not sing a song. Activity can also be increased by being aware of every day behaviors. This can mean choosing to walk up or down the stairs instead of taking an elevator, gardening, or even as simple as parking further away at the supermarket. Try to find any opportunity in your daily living that uses more energy.

One of the most important things to remember about exercising is that you choose something that you enjoy. This can mean playing a sport with your child or finding an activity that you can enjoy with a friend or relative, or even with yourself.

Physical activity can add to health by helping your heart be stronger. It also may decrease the risk for some diseases and exercise makes you feel better about yourself.

Being physically active can also help you lose weight by sometimes decreasing your appetite – making you less hungry.

If you are not currently involved in exercise, don't be discouraged if you can't start exercising as much as you would like. It is important to remember to start out slow and increase until you reach your goal. This will be a great way to help your body.

## Read Out Loud to Your Kids Daily

### Choosing books for preschoolers

- ◆ Look for clear, uncluttered pictures.
- ◆ Choose little stories that reflect the child's own world.
- ◆ Choose sturdy materials; little ones have difficulty turning pages.
- ◆ Choose books you won't mind reading again and again and again.
- ◆ Toddlers are fascinated by browsing through magazines.

Tips on How to Be healthy this Year!

By Deborah Fredericks,  
WIC Nutritionist,  
Shenandoah WIC,  
Martinsburg

Watch your portions. Eat the same thing, but eat less.



Divide the inner portion of your plate into 4 quarters. 1 quarter fill in with meat, 1 quarter fill in with starch and 2 quarters fill in with vegetables.

Do not have seconds.



Watch what you are drinking. Check out the calories on those sodas. Cut back on the sodas will help you lose weight. Water, water and more water.



When you are traveling, shopping or away from home, pack your lunch or pack healthy snacks and bring water. Being prepared will help to prevent unhealthy junk food eating.

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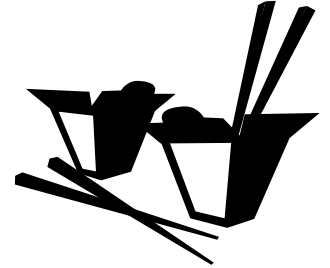
**WIC Tested!**

## Sweet & Sour Chicken

- 1 chicken breast or 2 thighs, cut in small cubes, or a can of cooked chicken
- 1/2 onion, thinly sliced
- 2 Tbsp. cornstarch
- 1 cup pineapple juice (reserved from the 20 ounce can below)
- 1/4 cup brown sugar
- 1 Tbsp. soy sauce
- 1/4 cup vinegar
- 1/8 tsp. Chinese 5 Spice (can substitute 1/4 tsp ginger)
- 20 ounce can pineapple chunks
- 1 green pepper, cut in 1- inch squares
- 2-3 carrots sliced
- Rice

### Directions:

Brown chicken in non-stick pan. Add 1/4 cup water and onions, cover and simmer 5-minutes. Mix cornstarch, juice, soy sauce, sugar, vinegar & spices. Pour over meat. Simmer until thickened. Add pineapple and vegetables, heat until warm. Serve over rice. Serves 4.



## Turkey Noodle Tetrizzini

**WIC Tested!**

- 3 c. low fat milk
- 1 crushed clove garlic (optional)
- 4 to 5 slices low fat sharp Cheddar cheese
- 2 tsp instant chicken broth
- 1/2 bag egg noodles
- 2 c. cooked turkey or chicken (or canned turkey or chicken)
- 1/2 c. low moisture, part-skim Mozzarella cheese
- Pepper
- Chives (Optional)
- Flour (to thicken)

### Directions:

Cook noodles. Drain and put in large casserole dish (sprayed with vegetable cooking spray). Add turkey or chicken. Cook first 4 ingredients until cheese melts. Thicken slightly. Pour mixture over noodles and mix. Sprinkle Mozzarella cheese over top. Bake at 350 degrees for 1 hour. Serves 6.

Nutrient Analysis  
Calories — 281  
Total Fat — 9 g  
% fat — 30  
Sat. Fat (grams) — 5.1 g