
Bigfork Huskies

Healthy team dinner ideas

And

Sports nutrition information

Bigfork Valley Wellness Center

218-743-4340



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Main Entrees



Balsamic Chicken with Baby Spinach



Balsamic Chicken with Baby Spinach

Recipe courtesy Ellie Krieger

Prep Time: 5 min **Level:** Easy **Serves:** 4 servings
Inactive Prep Time: --
Cook Time: 13 min



Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, chopped
- 2 (8-ounce) boneless, skinless chicken breasts, halved
- 8 ounces baby spinach
- 2 tablespoons balsamic vinegar
- 1/3 cup low-sodium chicken broth
- 1 cup low-sodium canned chopped tomatoes with juice
- 2 cups whole wheat couscous, cooked

Directions

[Click here to see how she does it.](#)

Heat a large saute pan over medium-high heat. Add the olive oil and heat. Add the garlic and cook for 1 minute. Add the chicken and cook about 4 minutes per side, or until cooked through and juices run clear. Remove the chicken and set aside. To the same pan, add the spinach and cook just until wilted, about 1 to 2 minutes. Remove from the pan and set aside. Lower the heat to medium and add the balsamic vinegar and chicken broth to the pan and stir, scraping the bottom of the pan to remove any browned bits. Add the tomatoes, bring to a simmer and cook 3 to 5 minutes.

Place the couscous in a serving bowl. Top with the spinach, chicken and balsamic-tomato sauce.

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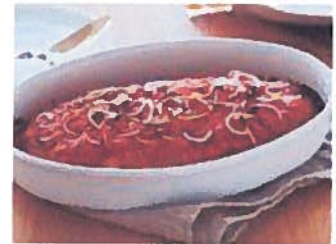
Mom's Turkey Meatloaf



Mom's Turkey Meatloaf

2005, Ellie Krieger, All Rights Reserved

Prep Time: 15 min **Level:** Easy **Serves:** 8 (1-inch thick) slices
Inactive Prep Time: 15 min
Cook Time: 1 hr 0 min



Ingredients

3/4 cup quick-cooking oats
1/2 cup skim milk
1 medium onion, peeled
2 pounds ground turkey breast
1/2 cup chopped red bell pepper
2 eggs, beaten
2 teaspoons Worcestershire sauce
1/4 cup ketchup
1/2 teaspoon salt
Freshly ground black pepper
1 (8-ounce) can tomato sauce

Directions

Preheat the oven to 350 degrees F.

In a small bowl, stir together the oats and milk. Thinly slice 1/4 of the onion and set aside. Finely chop the remaining onion. In a large bowl combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and a few grinds of pepper. Mix just until well combined.

Transfer the mixture to a 9 by 13-inch baking dish and shape into a loaf about 5 inches wide and 2 1/2 inches high. Pour the tomato sauce over the meatloaf and sprinkle with the sliced onions. Bake for about 1 hour or until an instant-read thermometer registers 160 degrees.F.

Remove from the oven and let rest for 10 to 15 minutes before slicing.

SERVES: 8; **Calories:** 207; **Total Fat:** 3 grams; **Saturated Fat:** 0.5 grams; **Protein:** 32 grams; **Total carbohydrates:** 13 grams; **Sugar:** 5 grams **Fiber:** 2 grams; **Cholesterol:** 98 milligrams; **Sodium:** 489 milligrams

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Macaroni and 4 Cheeses

Macaroni and 4 Cheeses

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Prep Time: 20 min **Level:** **Serves:**
Inactive Prep Time: -- **Easy** **8 servings**
Cook Time: 40 min



Ingredients

- Cooking spray
- 1 pound elbow macaroni
- 2 (10-ounce) packages frozen pureed winter squash
- 2 cups 1 percent lowfat milk
- 4 ounces extra-sharp Cheddar, grated (about 1 1/3 cups)
- 2 ounces Monterey Jack cheese, grated (about 2/3 cup)
- 1/2 cup part-skim ricotta cheese
- 1 teaspoon salt
- 1 teaspoon powdered mustard
- 1/8 teaspoon cayenne pepper
- 2 tablespoons grated Parmesan
- 2 tablespoons unseasoned bread crumbs
- 1 teaspoon olive oil

Directions

Preheat the oven to 375 degrees F. Coat a 9 by 13-inch baking pan with cooking spray.

Bring a large pot of water to a boil. Add the macaroni and cook until tender but firm, about 5 to 8 minutes. Drain and transfer to a large bowl.

Meanwhile, place the frozen squash and milk into a large saucepan and cook over a low heat, stirring occasionally and breaking up the squash with a spoon until defrosted. Turn the heat up to medium and cook until the mixture is almost simmering, stirring occasionally. Remove the pan from heat and stir in the Cheddar, Jack cheese, ricotta cheese, salt, mustard and cayenne pepper. Pour cheese mixture over the macaroni and stir to combine. Transfer the macaroni and cheese to the baking dish.

Combine bread crumbs, Parmesan and oil in a small bowl. Sprinkle over the top of the macaroni and cheese. Bake for 20 minutes. Then broil for 3 minutes so the top is crisp and nicely browned.

L.O.V.E. Wrap Sandwich (Lettuce, Onion, Vegetable, Egg Salad)

L.O.V.E. Wrap Sandwich (Lettuce, Onion, Vegetable, Egg Salad)

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Prep Time: 20 min **Level:** Easy **Serves:** 4 servings
Inactive Prep Time: --
Cook Time: --



Ingredients

- 8 hard boiled eggs
- 4 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh chives, finely chopped
- Salt and pepper
- 4 pieces whole-wheat wrap bread (9 inches in diameter)
- 1 red bell pepper, cut into strips
- 12 thin slices red onion
- 8 leaves romaine lettuce, torn into pieces (about 1/2 cup)

Directions

Dice 4 whole eggs and 4 egg whites and put into a small bowl. Add the mayonnaise and mustard and stir with a fork, mashing somewhat for desired consistency. Stir in chives and season with salt and pepper. Place wrap bread on a plate and spread the egg salad in the middle. Top with the peppers, onion slices and the lettuce. Fold into a wrap sandwich.

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Side Dishes



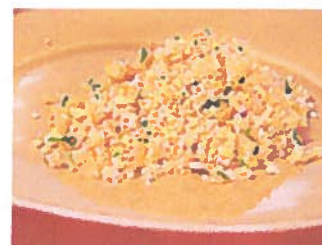
Quinoa Pilaf with Pine Nuts

Quinoa Pilaf with Pine Nuts

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Prep Time:	5 min	Level:
Inactive Prep Time:	--	--
Cook Time:	20 min	Serves:
		6 servings, serving size 3/4 cup



Directions

2 cups low-sodium chicken broth

Ingredients

1 cup quinoa, rinsed

1/4 cup pine nuts

1 tablespoon olive oil

1/2 large onion, chopped

1/3 cup chopped fresh parsley leaves

Salt and pepper

Put the broth and quinoa in a medium sized saucepan and bring to a boil. Reduce heat to a *simmer*, cover and cook for 15 to 20 minutes, until liquid is absorbed and grain is tender.

Meanwhile, toast the nuts in a large dry skillet over medium-high heat until golden brown and fragrant, about 2 minutes, stirring frequently. Remove nuts from pan and set aside. Heat the oil in the same skillet over a medium-high heat. Add the onions and cook stirring occasionally, until the onions soften and begin to brown, about 6 minutes.

When the quinoa is done, fluff with a fork and transfer to a large serving bowl. Stir in the pine nuts, onions, and parsley. Season with salt and pepper and serve.

Per Serving:

Calories 180; Total Fat 8 g; (Sat Fat 1 g, Mono Fat 3 g, Poly Fat 3 g) ; Protein 6 g; Carb 23 g; Fiber 2 g; Cholesterol 0 mg; Sodium 30 mg

* Recipe Analysis Note

Recipe Analysis Note: Ingredients without discrete measurements such as "Salt, to taste" or "Ice cream, optional" are omitted from analysis. This is because amounts can be highly variable and difficult to determine.

Wheat Berry Salad

Wheat Berry Salad

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Prep Time: 15 min **Level:**
Inactive Prep Time: 20 min **Easy**
Cook Time: 1 hr 3 min **Serves:**
6 servings, serving size 3/4 cup



Ingredients

1 1/2 cups hard wheat berries
3/4 cup chopped walnuts
2 stalks celery, finely chopped
1/2 cup tart dried cherries, chopped
1 scallion, white and green parts, chopped
1/2 cup finely chopped parsley leaves
3 tablespoons olive oil
2 tablespoons lemon juice
Salt and freshly ground black pepper

Directions

In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool. Toast the walnuts in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.

In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season, to taste, with salt and pepper.

Calories 360; Total Fat 17 g; (Sat Fat 2 g, Mono Fat 6 g, Poly Fat 8 g); Protein 9 g; Carb 46 g; Fiber 8 g; Cholesterol 0 mg; Sodium 15 mg

Excellent source of: Fiber, Vitamin K, Manganese

Good source of: Protein, Vitamin A, Vitamin C, Copper, Iron

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Rainbows and Butterflies Pasta Salad

Rainbows and Butterflies Pasta Salad

Courtesy Ellie Krieger for Food Network Magazine



Prep Time: 10 min **Level:** Easy **Serves:** 4 servings
Inactive Prep Time: --
Cook Time: 10 min



Ingredients

8 ounces bow tie pasta, preferably whole grain
3 tablespoons plus 1 teaspoon extra-virgin olive oil
1 cup corn kernels, thawed if frozen
1 cup shelled edamame, thawed if frozen
1 medium red bell pepper, diced
2 medium carrots, shredded (about 1/2 cup)
1/3 cup grated parmesan cheese (about 1 ounce)
Salt

Directions

Cook the pasta as the label directs. Drain and toss with 1 teaspoon olive oil to prevent sticking; let cool.

In a large bowl, toss the cooled pasta with the corn, edamame, bell pepper and carrots. Drizzle with the remaining 3 tablespoons olive oil and toss to coat. Add the parmesan and 1/4 teaspoon salt; toss again and season to taste.

Photograph by Hallie Burton

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Sweet Potato "Fries"

Sweet Potato "Fries"

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Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	--	Easy	4 servings
Cook Time:	30 min		



Ingredients

1 1/2 pounds sweet potatoes, peeled (2 medium potatoes)

1 tablespoon canola oil

1/2 teaspoon salt, plus more, to taste

Cooking spray

Directions

Preheat the oven to 450 degrees F.

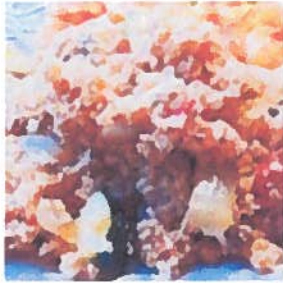
Cut the potatoes lengthwise into 1/4-inch thick matchsticks, and toss with the oil and 1/2 teaspoon salt. Spray a baking sheet with cooking spray. Arrange the potatoes in a single layer on the baking sheet and bake until the "fries" are tender and crisp, about 30 minutes.

Season with additional salt, to taste. Serve immediately.

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Roasted Veggies with Couscous

allrecipes.com



Rated: ★★★★★

Submitted By: 747

Photo By: kelliann

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Ready In: 40 Minutes

Servings: 8

"Light fluffy couscous with a touch of olive oil with roasted veggies. Dressed with olive oil and balsamic vinegar. A great vegetarian dish. A delight, summer or winter."

INGREDIENTS:

1 large zucchini, thickly sliced	1 teaspoon salt
4 ounces button mushrooms, quartered	2 tablespoons olive oil
1 red bell pepper, chopped	2 cups couscous
1 tablespoon olive oil	2 tablespoons balsamic vinegar
3 cups water	

DIRECTIONS:

1. Preheat your grill to a high heat, outdoor or indoor.
2. Brush vegetables lightly with olive oil, and place them on the grill. Cook, flipping over occasionally, until just tender.
3. While the vegetables are grilling, bring water, salt, 1 tablespoon olive oil, and couscous to boil in a large pot. Once the water has come to a boil, remove the pot from the heat and let it stand 5 minutes. Fluff with a fork when done. Let couscous cool to room temperature.
4. Place couscous on a plate and top with veggies. Drizzle with a small amount of olive oil and Balsamic vinegar.

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Desserts



Whole Wheat Apple Muffins

Adapted from King Arthur Flour

These dark, crazy moist muffins will keep well for several days, and the brown sugar on top, should you not skimp on it like I did, adds a crunchy touch, perfect for those of you who know that the lid is the best part.

Yield: They said 12, I got 18

- 1 cup (4 ounces) whole wheat flour
- 1 cup (4 1/4 ounces) all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon cinnamon
- 1/2 cup (1 stick, 4 ounces) unsalted butter, at room temperature
- 1/2 cup (3 1/2 ounces) granulated sugar
- 1/2 cup dark brown sugar, packed, divided
- 1 large egg, lightly beaten
- 1 cup (8 ounces) buttermilk or yogurt
- 2 large apples, peeled, cored, and coarsely chopped

Preheat the oven to 450°F. Grease and flour 18 muffin cups and set aside.

Mix together the flours, baking powder, baking soda, salt, and cinnamon, and set aside. In a separate bowl, cream the butter and add the granulated sugar and 1/4 cup of the brown sugar. Beat until fluffy. Add the egg and mix well; stop once to scrape the sides and bottom of the bowl. Mix in the buttermilk gently. (If you over-mix, the buttermilk will cause the mixture to curdle.) Stir in the dry ingredients and fold in the apple chunks.

Divide the batter evenly among the prepared muffin cups, sprinkling the remaining 1/4 cup brown sugar on top. Bake for 10 minutes, turn the heat down to 400°F, and bake for an additional 5 to 10 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool the muffins for 5 minutes in the tin, then turn them out onto a wire rack to cool completely.

SUPER-CHARGED ENERGY BARS

What you'll need . . .

- 2 cups quick oats (I used multigrain hot cereal)
- 1 cup unsweetened coconut flakes
- 1/2 cup crushed pretzels
- 1/2 cup crushed walnuts
- 1/2 cup almonds
- 1/2 cup sesame seeds

After everything is mixed up, it will look something like this. If it's too dry (mine was a bit) you can add a little coconut oil or more maple syrup.

Transfer and press the mixture into a tupperware-type container. Freeze for a few hours!

. After a few hours, slice the semi-frozen mixture into whatever size you want. I wrapped them up individually and will store in the freezer.

Homemade Larabars

Prep Time: 25 minutes

Yield: 30 servings

Serving Size: 1 1/2-inch x 2-inch square, approximately

This Larabar clone tastes more like a Snickers than health food. Just four ingredients -dates, chocolate, almonds and natural nut butter- combine to create a decadent tasting snack treat that will deliver a major energy boost.

Ingredients

- *4 cups whole, pitted dates (moist ones work best)*
- *2 cups raw or toasted whole shelled almonds*
- *1 cup chocolate chips or chopped dark chocolate*
- *2 tablespoons natural peanut butter (or sunflower or cashew butter), divided (or more, if necessary)*

Instructions

Line a 9-inch x 13-inch straight sided pan with a piece of parchment paper so that the paper hangs over the long edges. Set aside.

Fit a food processor with a metal blade. Add the almonds to the processor and pulse until they are uniformly finely chopped (think fresh bread crumb texture.) Add the chocolate chips and pulse again until the chocolate chips are also finely chopped.

Pour the chocolately nuts into a large mixing bowl and set aside.

Add half of the dates to the food processor and process until a paste forms and clumps together in the workbowl. Open the food processor and add in 1 tablespoon of the nut butter and half of the chocolately ground nuts. Replace the lid and process until evenly combined. Scrape into the prepared pan.

Repeat with the remaining dates, chocolately nuts and nut butter.

Nutrition Information





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**BASKETBALL GAME DAY
WANT TO BE AT OPTIMAL PERFORMANCE???**
Remember the three R's.....

REHYDRATE REFUEL REPLENISH

NIGHT BEFORE: Higher carbohydrate meal (300g carbs in meal and snack). Drink plenty of fluids

<p>TERYAKI CHICKEN RICE BOWL Brown Rice (about size of 2-4 fists) Chicken (about size of palm) Mixed veggies Low-fat milk</p>	<p>SPAGHETTI AND MEAT SAUCE Whole wheat pasta (about size of 2-4 fists) Spaghetti sauce Italian bread Salad w/ low fat dressing Lean meat (about size of palm)</p>	<p>SOFT TACOS 3-4 soft whole wheat tortillas rice (about size of 2 fists) beans cheese tomatoes corn lean ground meat or grilled chicken (about size of palm)</p>
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LATE-NIGHT SNACK

Peanut butter sandwich w/ a glass of low fat milk
Peanut butter and a banana w/ a glass of low fat milk

4 HOURS PRE-GAME: This should be your largest meal. Whole grain carbs, lean protein, healthy fat. Make sure to drink at least 20oz fluid

<p>GRILLED CHICKEN Grilled chicken (about size of palm) Sweet potato or baked potato Vegetables (size of fist)</p>	<p>GRILLED FISH Grilled Fish (size of palm) Mashed potatoes (size of 1 or 2 fists) Vegetables (size of fist)</p>	<p>SANDWICH Ham, turkey, chicken or roast beef sandwich on whole wheat bread (about size of palm worth of meat) Baked Lays Fruit (med. Banana) 8oz 100% fruit juice</p>
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ONE HOUR BEFORE

- **MID-SIZE SNACK.** Focus on carbs and a little lean protein Have another 8-10oz water or Gatorade
- Some type of bar that is easy on the stomach (EAS, Power, Cliff, etc.)
- Peanut Butter and Jelly sandwich

DURING: STAY HYDRATED!!!

- 1 cup of fluid EVERY 15-20MIN.
- 20-32OZ GATORADE per hour to keep fuel stores up and electrolyte in

POST GAME: WITHIN 30MIN!

- Have a bar, shake, Gatorade, Fruit, or Trail mix BEFORE HITTING THE SHOWER!

Post Game MEAL: Within 2 hours

Basketball Game Day

ROAST BEEF Roast Beef (size of palm) Med. Baked potato Salad w/ low fat dressing Vegetables (size of fist) Low fat milk	GRILLED CHICKEN SANDWICH Grilled chicken (size of palm) Whole wheat bun Tomato, lettuce Salad w/low-fat dressing and fruit	WHOLE WHEAT PITA Whole wheat pita with your choice of lean meat (amount the size of your palm) Low fat/light dressing Cheese Choice of insides
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Adapted with permission of Amanda Carlson, MS, RD
www.athletesperformance.com

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Sports Nutrition on Game Days

In addition to everyday fueling, you can break down a winning game day nutrition plan into four parts—fuel up, top off, reload, and refuel. Inadequate nutrition will result in a decrease in energy, speed, ground covered, and performance. Do not let nutrition stand in your way. Take time to make a “fueling” plan.

1. Fuel up

“Fuel up” with your pregame meal 3-4 hours before the start of the game. Make this your largest meal. It ensures that you have fuel stores to power you through the game and allows adequate time for digestion. Try wholesome carbohydrates, lean protein, fruit/juice, and healthy fat. About two thirds of your plate should come from carbohydrates.

2. Top off

“Top off” with a snack about 1-2 hours before your game. Make this snack carbohydrate based to simply top off your already full “fuel” stores. Remember to always pick something you are familiar with and that is easy to digest. Often a granola bar and fruit with Gatorade® are good choices.

3. Reload

“Reload” during the game and at halftime or during periods with carbs, electrolytes, and fluid to power you through the remaining game. A small snack can help delay fatigue, important when the game is on the line. Try Gatorade, granola bars, and sports gels to see what works best for you.

4. Refuel

“Refuel” immediately after the game with a mixture of carbohydrate and protein. This recovery snack begins to replenish your fuel stores and repair damaged tissue. Always follow up with an additional meal 1 hour after your immediate recovery snack. Try Myoplex® Lite Shakes, a sandwich, or chocolate milk with fruit or Gatorade to maximize recovery.

Contributed by Megan Mangano, RD, CSSD. Adapted with permission from the Athletes’ Performance Nutrition Team, www.athletesperformance.com, and www.coreperformance.com.

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Carbohydrates: The Competitive Edge

Carbohydrates have gotten a bad rap. They are loved, yet shunned by many. However, carbohydrates are necessary for peak athletic performance, because they provide a fairly quick source of energy for working muscles.

Carbohydrates are stored as glycogen in the liver to help maintain blood sugar levels and in the muscles to help provide energy during physical activity. It is possible to store about 2000 calories worth of carbohydrate as glycogen, which is enough energy to run about 20 miles. When glycogen levels are low and the muscles have to rely on fat, an inefficient fuel source, extreme fatigue sets in, leading to a phenomenon described as "hitting the wall" or "bonking."

Endurance athletes and those involved in other high-intensity sports try to avoid this by maximizing glycogen stores. This is accomplished by eating:

- High-carbohydrate foods regularly throughout each day
- Carbohydrate-rich foods and beverages during exercise for quick energy, thus sparing muscle glycogen
- A high-carbohydrate, moderate-protein meal and/or snack after exercise to help replenish glycogen stores and facilitate muscle repair

A quick glance at MyPlate (www.ChooseMyPlate.gov) indicates that most of the foods are carbohydrate-rich sources—fruits, vegetables, grains (including breads and cereals), beans and legumes (part of the protein group), and some dairy products (milk and yogurt in particular). Although athletes vary in the amount of total calories they should consume daily to support lean body mass, physical activity, and growth and development (as in the case of children and teens), most athletes' diets should consist of at least 55%–65% carbohydrate, 10%–15% protein, and no more than 30% fat.

Try these meal and snack ideas to help you reach your peak performance level. With a little planning, you can go a long way. Just make sure to experiment with pre-exercise foods and beverages during training, not on game day or race day! Stick with what has been "tried and true" for you.

Breakfast

- Shredded wheat or bran cereal, topped with sliced banana and nonfat milk
- Hot cooked oatmeal, topped with blueberries, chopped walnuts, and soy milk
- Fresh fruit salad topped with nonfat yogurt and low-fat granola
- Low-fat bran muffin, apple slices, and coffee with milk
- Raisin bagel or toast, poached egg, and fresh orange wedges

Snack

- Granola bar
- Fresh fruit
- Low-fat yogurt
- Trail mix with dried fruit, nuts, seeds, and cereal

Lunch

- Vegetable-bean soup with whole-grain baguette
- Turkey and cheese sandwich on whole-wheat bread
- Slice of vegetable pizza with tossed salad
- Veggie burger or single hamburger with fruit salad
- Cold pasta salad loaded with vegetables, tuna, and vinaigrette dressing

Snack

Carbohydrates: The Competitive Edge

- Carrots and oat-bran pretzels, dipped in hummus
- Baked tortilla chips with melted cheese (reduced fat) and salsa
- Peanut butter on whole-wheat crackers or graham crackers
- Turkey and/or cheese slices wrapped in lettuce leaves

Dinner

Include something from each group listed:

- **Protein source**—fish, poultry, lean meat, or vegetarian meat alternative
- **Whole grain**—wheat pasta, quinoa, couscous, brown rice, or bulgur
- **Vegetables**—at least one dark-green or orange vegetable

Snack


- Fig Newton's® and nonfat milk
- Pudding or tapioca
- Frozen yogurt
- Low-fat popcorn

Reference and recommended reading

US Dept of Agriculture. MyPlate.
Available at: www.ChooseMyPlate.gov.
Accessed June 4, 2011.

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**Wishing you a
Happy, Healthy
Sports Season.**

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