

# Healthy Eating in Indian Country:



## Exercise

*Exercise is good for you! It helps keep your heart healthy, burns calories, and can help you lose weight. Regular exercise lowers your risk of obesity, heart disease, and high blood pressure.*

### Choosing an Exercise That Is Right for You

Choose an exercise you enjoy. If you enjoy it, you are more likely to keep doing it. Try to exercise with a friend.

Take long brisk walks, play basketball, swim, do aerobics, or ride a bicycle. Exercise three to four times a week for at least 20 minutes each time.

### Diet and Exercise

Eating a variety of foods is important. What you eat before exercise makes a difference.

- Drink water before, during, and after you exercise. Water helps replace the water you lose as sweat during exercise.

- Eat plenty of whole-grain breads, cereals, potatoes, rice, beans, fruits, and vegetables. These foods will give added energy when you exercise.
- Limit foods like candy, cookies, cakes, pies, and potato chips. Also limit soft drinks.

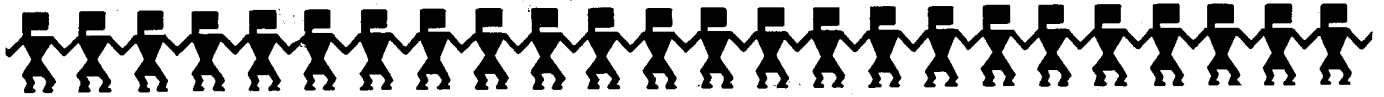
### Exercise Tips

Check with your Indian Health Service doctor or clinic before you start an exercise program. This is very important, especially if you have not been exercising regularly, or if you smoke or have high blood pressure, high cholesterol, obesity, heart disease, or diabetes.

Always begin exercising with slow, easy movements. Bit by bit increase to a higher level of activity. Slow down your level of activity for the last 5 minutes of your exercise program.

Start your exercise program slowly. Don't push yourself too much, too hard, or too soon.





## FRUIT MILK SHAKE

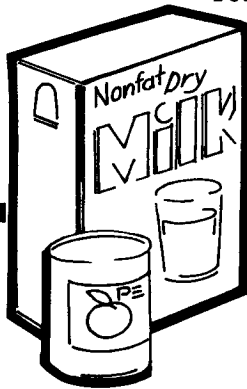
### **Makes 4 servings, 1 cup each**

3 cups peaches in syrup (or any other kind of canned fruit)  
1/2 cup nonfat dry milk powder  
8 ice cubes, crushed

1. Drain fruit, but keep syrup.
2. Mash fruit through a strainer.
3. Add the syrup.
4. Mix dry milk powder with fruit.
5. Crush ice in a clean cloth with a hammer or rolling pin.
6. Mix crushed ice with fruit mixture.

### **Nutrition information for 1 cup**

Calories = 133 Carbohydrates = 32 grams Protein = 4 grams  
Total Fat = less than 1 gram Saturated Fat = less than 1 gram  
Cholesterol = 2 milligrams Sodium = 56 milligrams



## CHICKEN SPANISH RICE

### **Makes 4 servings, 1 cup each**

1/2 cup onion, chopped  
1/2 cup green pepper, chopped  
1/3 cup celery, sliced  
1/2 cup rice, uncooked  
1 teaspoon vegetable oil  
1 16-ounce can tomatoes (2 cups)  
1-1/2 cups canned chicken  
3/4 cup water  
1/2 teaspoon chili powder  
1/4 teaspoon pepper

1. Cook onion, green pepper, celery, and rice in vegetable oil at medium heat in a large saucepan until soft, about 5 minutes.
2. Drain tomatoes and save the liquid.
3. Chop tomatoes into small pieces.
4. Add tomatoes, liquid, chicken, water, chili powder, and pepper to rice mixture.
5. Bring to a boil and stir. Cover and cook on low heat. Cook until rice is tender, about 25 minutes.

### **Nutrition information for 1 cup**

Calories = 310 Carbohydrates = 26 grams Protein = 29 grams  
Total Fat = 10 grams Saturated Fat = 3 grams  
Cholesterol = 51 milligrams Sodium = 348 milligrams

