



BRIGHT IDEAS

...for using the Eat Smart. Play Hard.™ materials



NEW YEAR! NEW YOU! Start the new year out smart



Visit [Eat Smart. Play Hard.™ Healthy Lifestyle](#) for recipes, menus, tips, and other e-tools to encourage and motivate adults to make healthy eating and physical activity choices while being role models for kids. Here are a few ideas to get you going!

START A RECIPE SWAP!

Bean and Cheese Enchiladas Makes 4 servings

3 ½ cups cooked pinto beans or 2-15 ounce canned beans, low sodium
1 ¼ cup reduced fat Monterey Jack cheese
1 Tablespoon chili powder
8 - 6 inch corn tortillas
 Shredded lettuce (optional)
 Salsa (optional)



- Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
- Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
- Divide bean mixture among tortillas and sprinkle mixture with cheese.
- Roll tortillas to enclose mixture.
- Spray a 9"x13" baking dish with non-stick cooking spray.
- Place enchiladas, seam side down, into baking dish.
- Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
- Serve warm with salsa and lettuce.

PREVIEW RECIPES

Inspire a NEW YOU in the kitchen with some new and different recipes! See how much fun healthy cooking can be by starting a recipe swap in your church, community, or workplace. Share recipes using e-mail, copying recipe cards, or posting recipes on a community bulletin board. How do [Bean and Cheese Enchiladas](#) sound? Check out the [Make it Quick and Easy](#) section for even more great ideas.

Tip: ★★★★★ Include a five star rating/review scale and a method to share tips and photos from people who have made the recipe!

A LITTLE PLANNING GOES A LONG WAY

It doesn't have to be hard to plan your meals for a day, a week, or even more! The Eat Smart Menus have taken care of two weeks for you! Also try the 7 Day Menu Planner to organize your daily meals and snacks. Be sure to check out the [Smart Shopping](#) tips too! These menus meet the MyPyramid guidelines, and are low-cost and easy to prepare.

EAT SMART. PLAY HARD.™ HEALTHY LIFESTYLE—WEEK 1 MENU PLANNER

One week of menus for 1 person for a 2,000 calorie diet developed to meet recommendations

Day 1	Day 2	Day 3	Day 4
BREAKFAST			
Oatmeal (1 cup) with Raisins (2 Tbsp.) Orange Juice (1 cup) Low-fat Milk (½ cup)	Bran Flake Cereal (1 cup) with Low-fat Milk (1 cup) Whole Wheat Toast (1 slice) Banana (1 small) Grapefruit Juice (1 cup)	Purified Wheat Cereal (1¼ cup) with Raisins (2 Tbsp.) with Low-fat Milk (1 cup) Whole Wheat Toast (1 slice) Banana (1 small)	Whole Wheat Muffin (1 each) with Soft Margarine (1 ½ tsp.) unsalted (1 ½ tsp.) Grapefruit (1 ½ cups) Low-fat Milk (1 ½ cups)
LUNCH			
Southwestern Salad* (2 cups) Corn Tortilla (1-6" round) Cantaloupe (½ cup) Lemon Iced Tea (1 cup)	Potato Soup* (1 cup) Wheat Crackers (1 oz.) Carrot Sticks (6 each) Low-fat Milk (½ cup)	Ham Sandwich: Ham slices (2 oz.) American Cheese (1 oz.) Lettuce (¼ cup) Tomato (2 slices)	Tuna Pasta Salad (1 ½ cups) Rye Bread (1 slice) Celery (½ cup) Mandarin Orange (1 ½ cups)

PREVIEW EAT SMART MENUS

7 Day Menu Planner

Includes tips on variety, color, texture, aroma, portions, arrangement, and choice.

7 Day Planner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							

PREVIEW MENU PLANNER

PLAY HARD IN THE NEW YEAR!



There are many ways to incorporate physical activity into your day, even into a busy family life! Find ideas on how to [Make Family Time and Active Time](#). And try these tips and [stay motivated](#) all year long!

STAY ON TRACK AND MOTIVATED TO THE NEW YOU

Use this cool e-tool to help you track your way through the New Year! The [Eat Smart. Play Hard.™ Tracking Card](#) allows you to list the foods and drinks you have each day. It also has a place to mark your physical activity. You'll be surprised at how much it helps you stay motivated!

Eat Smart. Play Hard.™ Tracking Card	Name:					
		Week				
		Date:				
	My Goals:	Mon	Tues	Wed	Thurs	Fri
	Nutrition					
	<i>Example: drink a cup of low-fat milk with lunch 5 days a week</i>	X		X	X	X
My Goals:	Mon	Tues	Wed	Thurs	Fri	
Physical Activity						
<i>Example: walk with a neighbor for 20 minutes after breakfast 4 days a week</i>		X		X	X	

[PREVIEW TRACKING CARD](#)