

H-E-BUDDY®

GET FIT WITH BUDDY

Foreword

This book serves as a wonderful resource for parents and caregivers when discussing with children the right foods for maintaining a healthy dietary intake. Eating the right foods in the correct amounts is essential for sustaining good health. Adopting a regularly scheduled exercise program is also of importance.

For many people, it is difficult to lose weight, let alone maintain an appropriate weight for age. To help our bodies remain strong and healthy, we need to get in the habit of exercising on a daily basis. This should consist of at least 60 minutes of daily physical activity for kids and 20-30 minutes for adults.

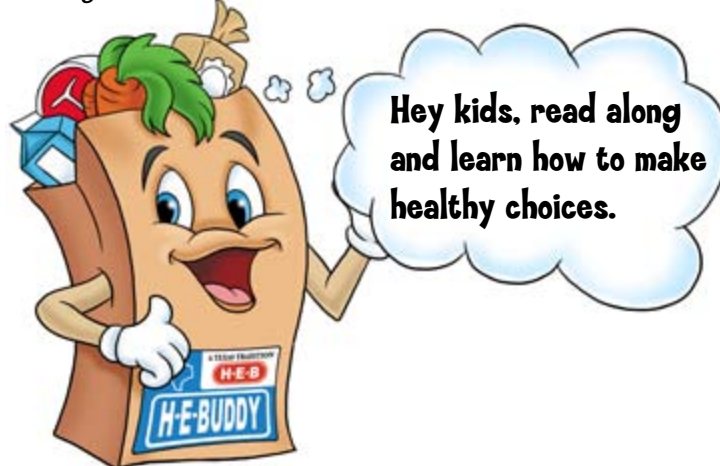
By running, swimming, biking, etc. on a regular basis, our hearts, our lungs, and our muscles are forced to work harder. As a result, we burn more calories. It makes good sense that eating well and exercising often will help us to live longer healthier lives.

My advice to you is to read and refer to this book often. The information contained will be helpful for years to come.

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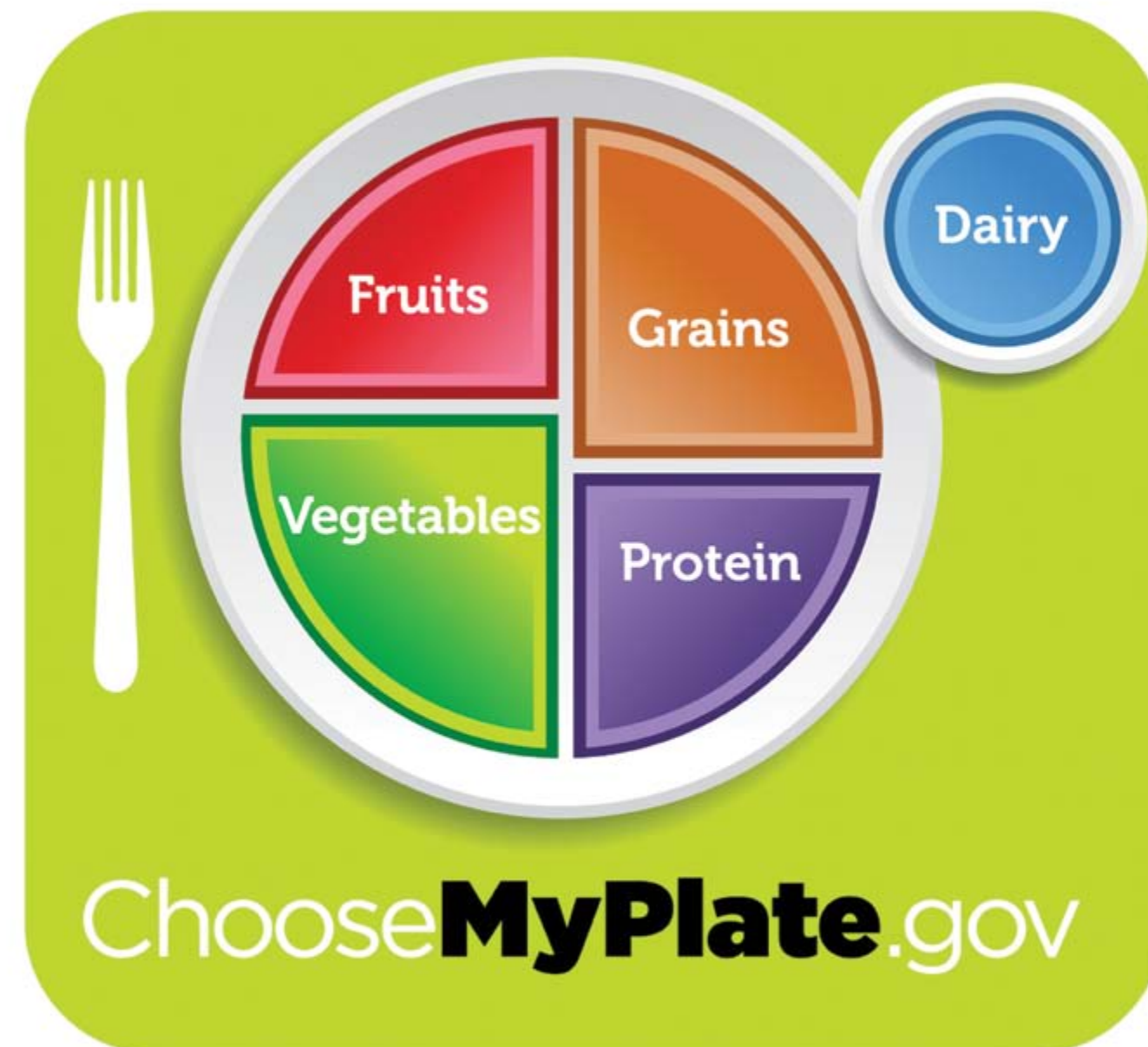
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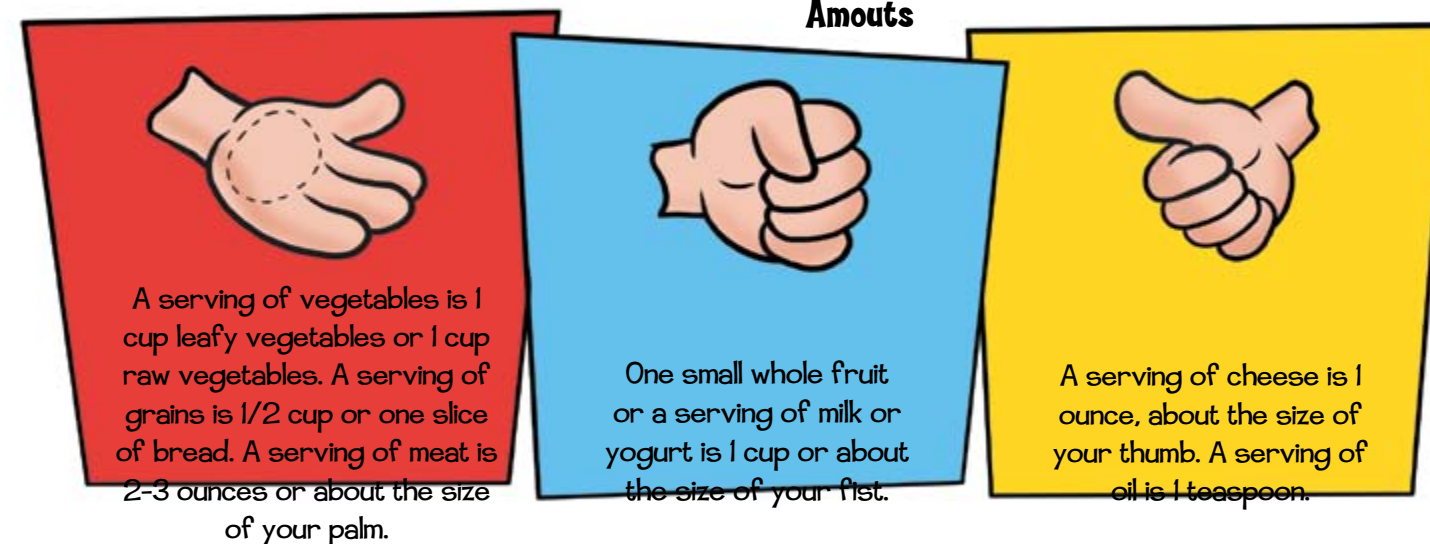


Eating well is a great idea. I know I need many types of food to be healthy.

"My Plate" helps me to see the right foods that should go on my plate.



Grains	Vegetables	Fruits	Oils	Dairy	Protein
5-6 Servings	3-5 Servings	3-5 Servings	Small Amounts	3 Servings	2-3 Servings



Portion size: Use your Hand to Understand



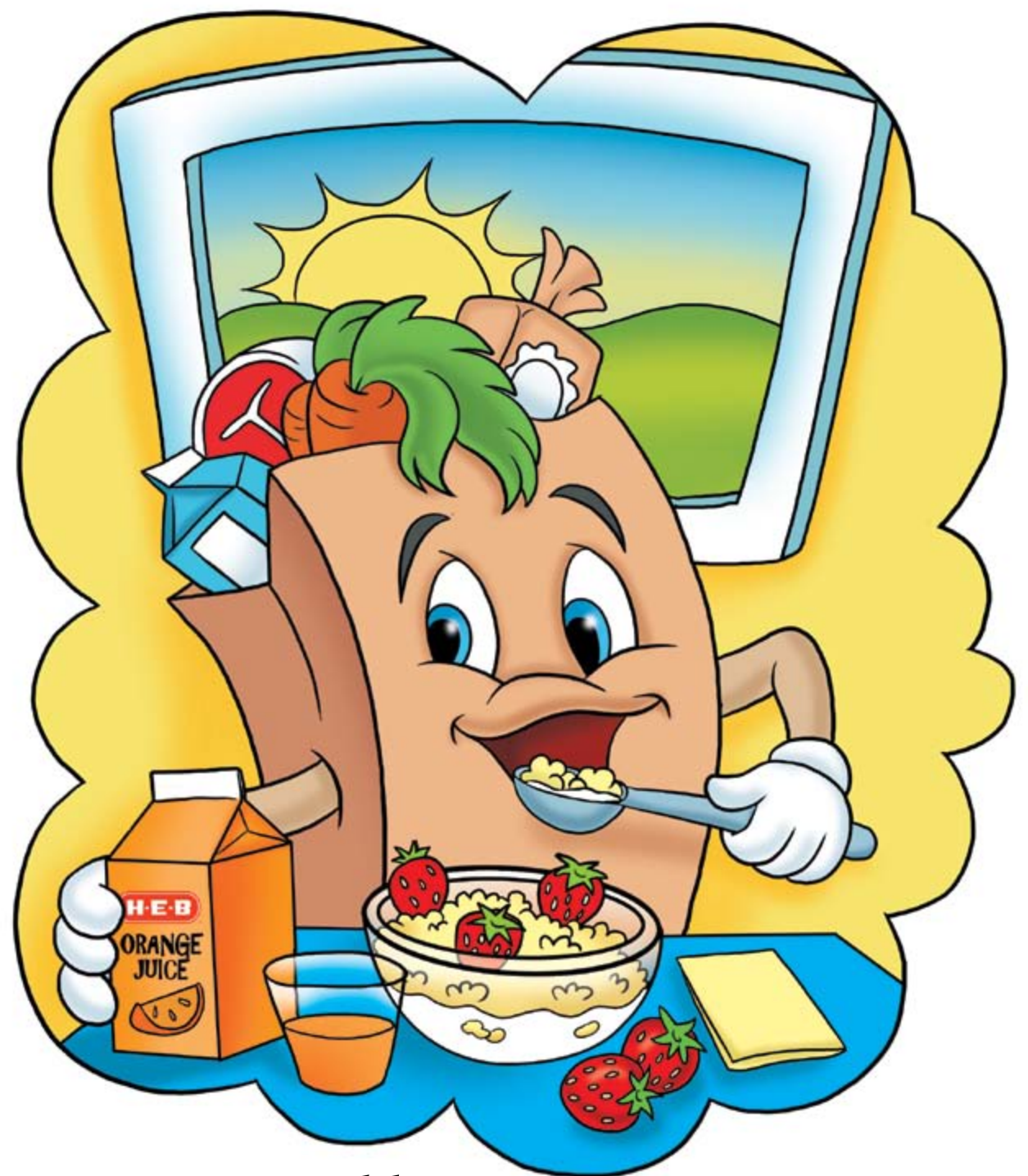
I am going to the grocery store to shop for the foods I will eat today.
Making a list before I go will help me make good food choices.



I will make sure to put foods on my list that I can use to make breakfast, lunch and dinner. I will try to include foods from each of the food groups in most meals. I will also pick up some snacks for when I need a little extra energy in the day.



Breakfast is the most important meal of the day. I need to eat breakfast to get my brain and body ready to go to school. Whole grain cereals, fresh fruit, 100% fruit juice, lowfat yogurt, and skim milk are some great choices.



Buddy's Breakfast

Grain group:	1 cup whole grain cereal
Fruit group:	1/2 - 1 cup strawberries 1/2 cup 100% orange juice
Dairy group:	1 cup skim milk on my cereal



Lunch is a good time to refuel my body. It gives me energy to study and be active in the afternoon.



Buddy's Lunch

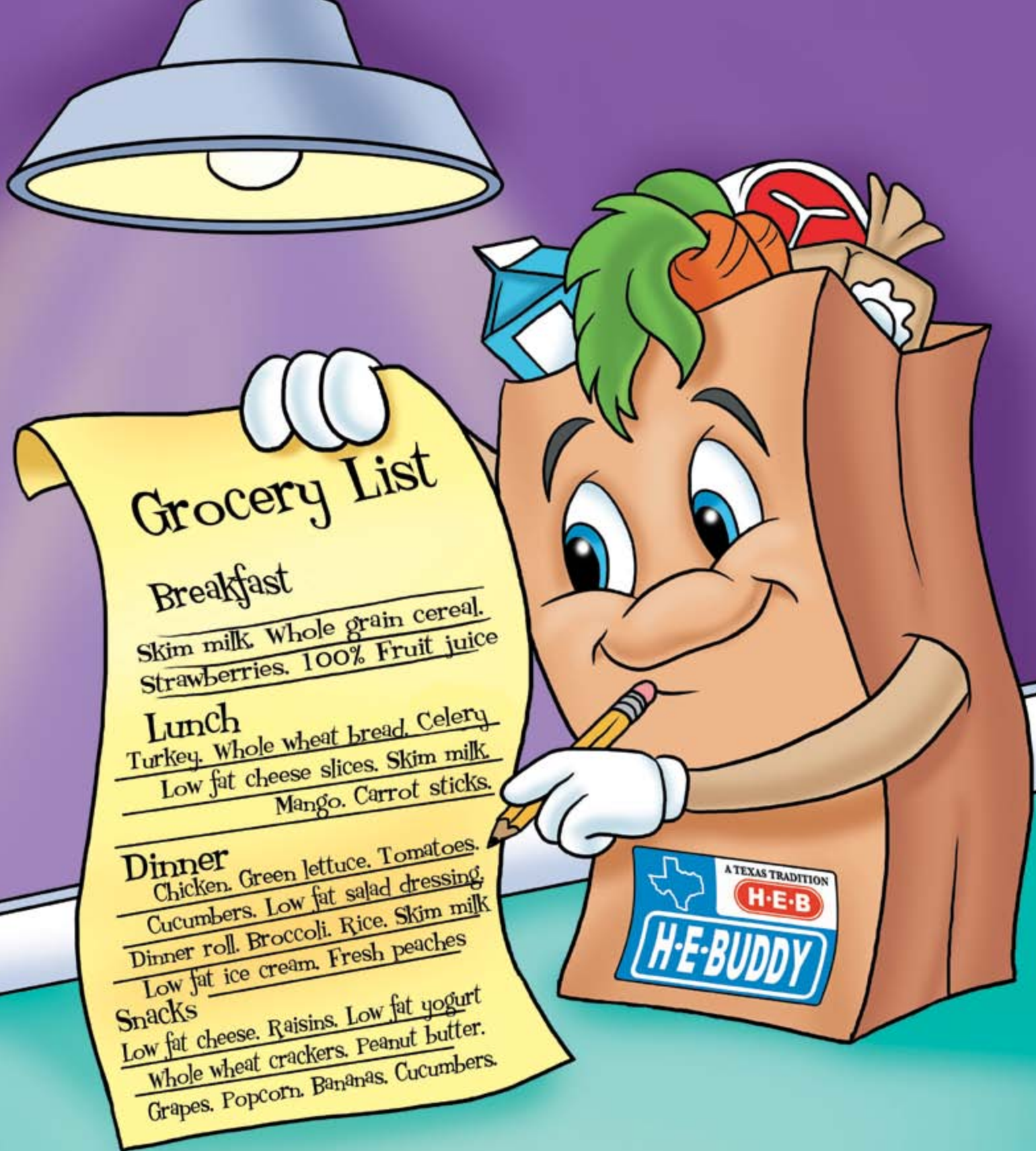
Protein group:	2 slices of turkey (2 ounces)
Grain group:	2 slices of whole wheat bread, mustard
Dairy group:	1 slice of low fat cheese (1 ounce) 1 cup skim milk
Vegetable group:	1/2 cup celery 1/2 cup carrot sticks
Fruit group:	1 small mango



Buddy's Dinner

Protein group:	1 serving of grilled or baked chicken (3 ounces)
Vegetable group:	1/2 - 1 cup broccoli 1 cup of lettuce salad with tomatoes and cucumbers
Oil:	1 tablespoon of low fat salad dressing
Dairy group:	1 cup skim milk 1/2 cup lowfat ice cream (extra)
Grain group:	1/2 cup of rice 1 small whole wheat dinner roll
Fruit group:	1/2 cup fresh peaches

Dinner is a great time for me to sit down and eat with my family.
I want to make sure to eat from food groups I missed at breakfast or lunch. I can always use more fruits and vegetables!



I will put some things on my list that I can eat for a snack. Sometimes I need extra fuel when I've had a busy day. Snack time is a great time to choose fruits, vegetables and low fat dairy items such as skim milk, yogurt and cheese.



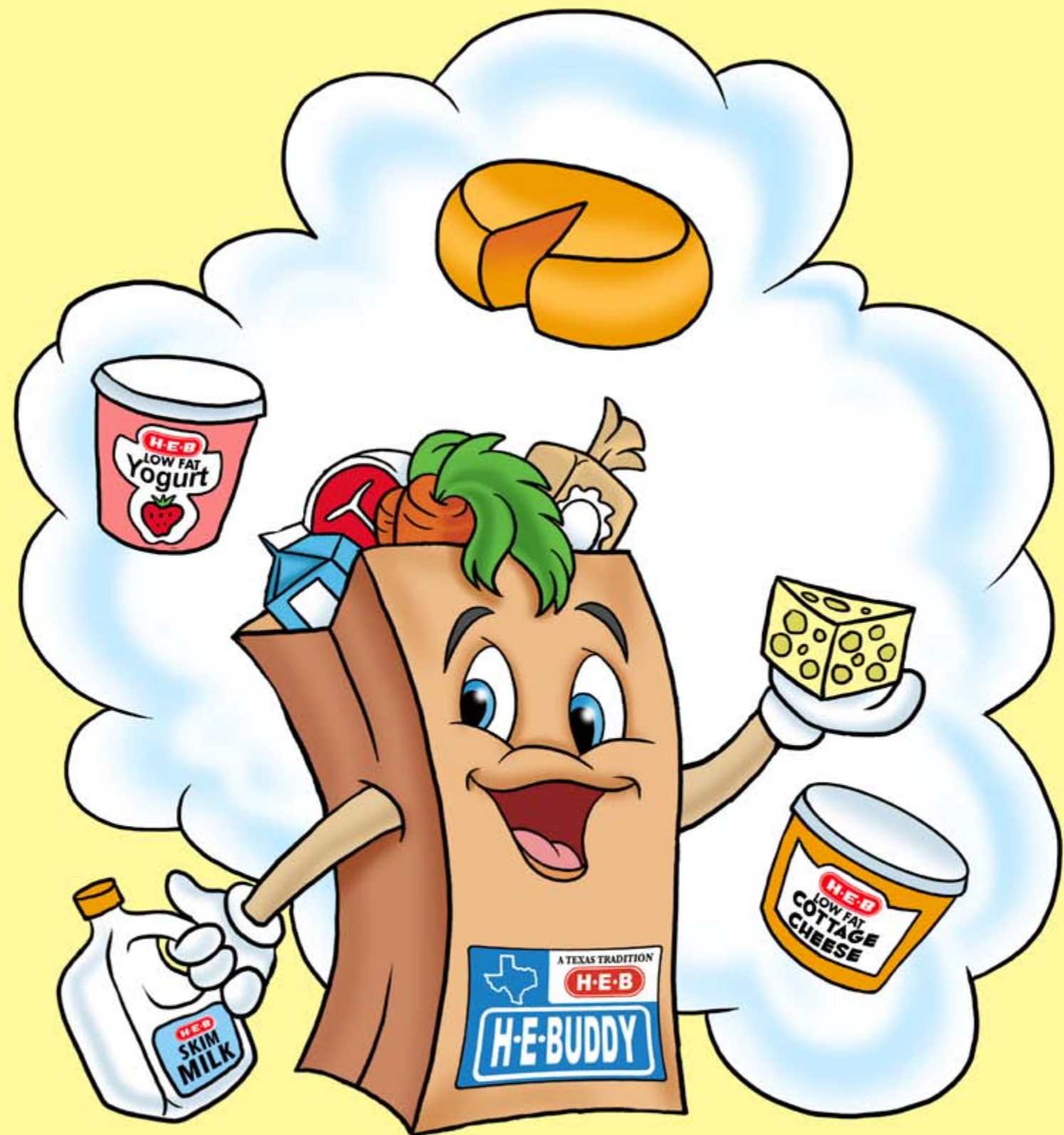
I am ready to go shopping. I have my list with everything I need to buy. I will begin in the produce section with fruits and vegetables. It looks like I have a lot of fruit because I will eat some with each meal and as a snack. I need fruit and vegetables to keep my body healthy for all the running, playing and exercising I do each day.



I know I also need many vegetables as they are packed with lots of vitamins and fiber. Fiber is good for my intestines and helps me digest my food. At my house, we try to have a new vegetable or fruit every week. At least half of my plate should be fruits and vegetables.



I know I will buy at least 3 dairy items today. I will look for lowfat dairy items and skim milk. They are better choices for my body.

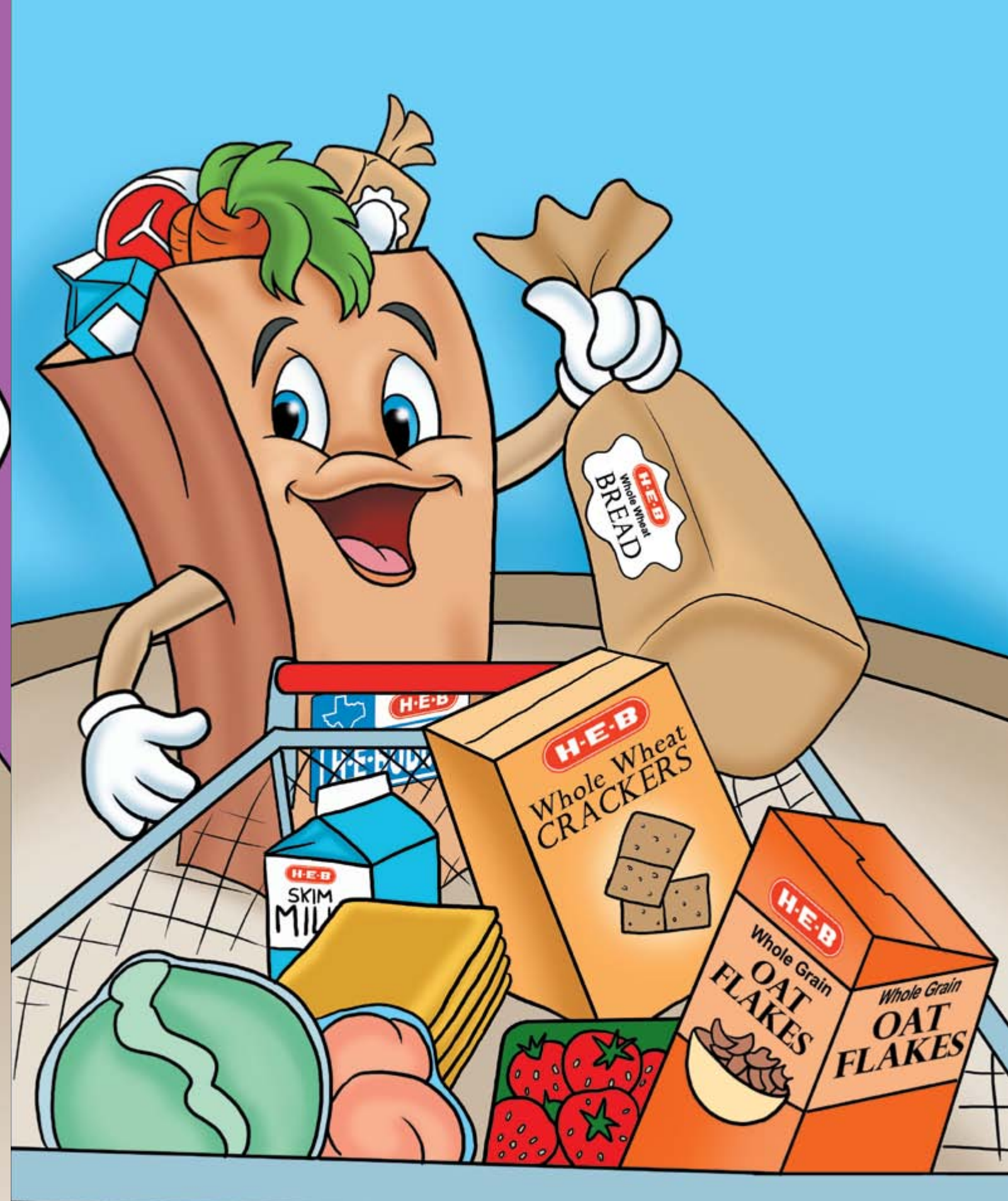


Dairy has calcium and protein to help build strong bones and muscles so I am able to run and play. Dairy is also good for my teeth.



Next I will shop for items in the grains food group.

Whole grains provide carbohydrates which are the main source of energy that my body needs for exercise and play.



Whole grains also have lots of fiber and vitamin B. Be sure that at least half of the grains you eat are whole grains.



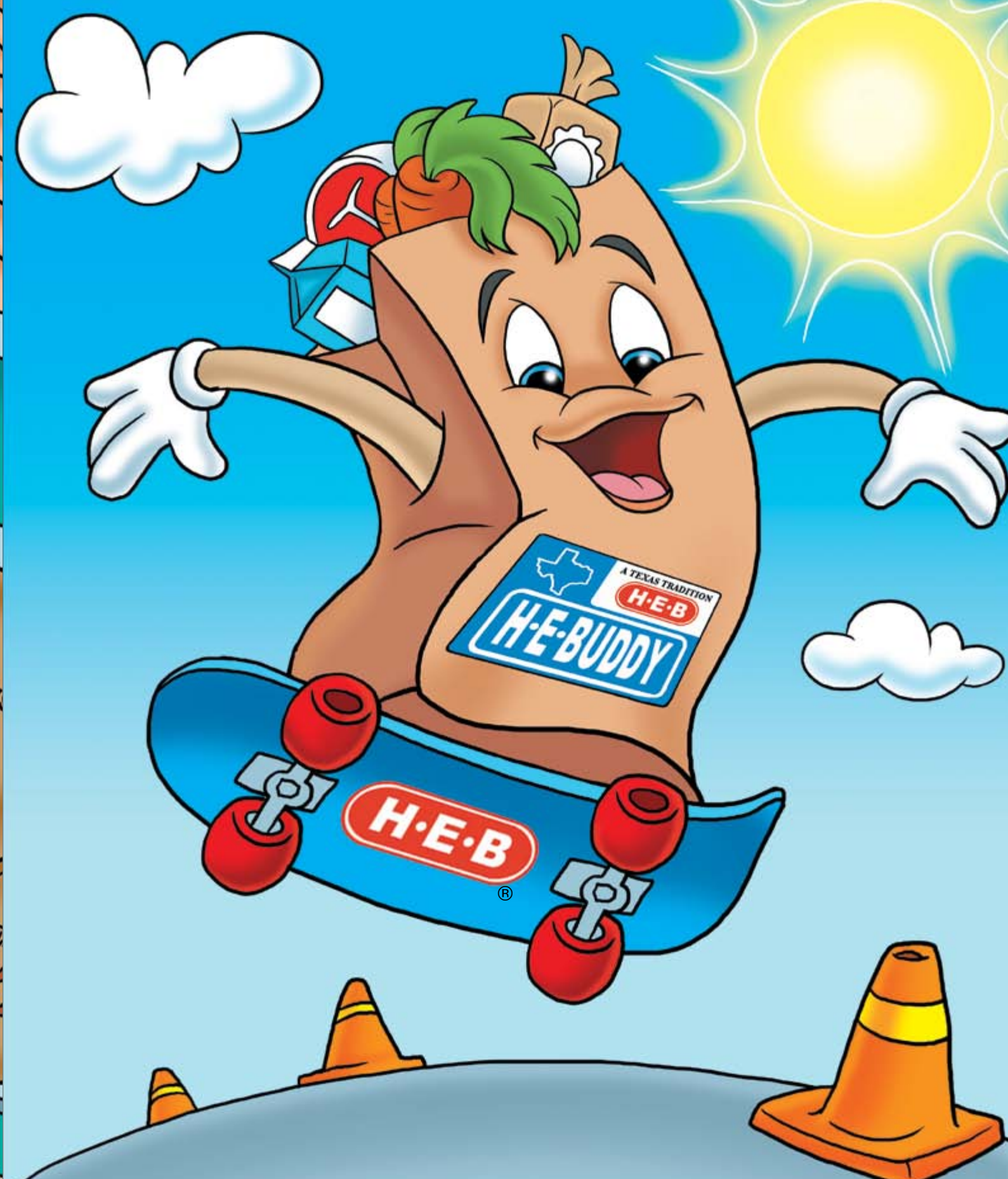
It's not on my list, but I better make sure I have plenty of water.
It is important for me to drink lots of water each day.



I get very thirsty when I am active and playing,
so I try to drink at least 6 to 8 glasses of water a day.
I also drink water or skim milk with my snacks.



My last stop will be the meat, poultry and seafood department where I will shop for foods from the protein group.



These foods have protein and iron that helps build strong muscles and helps my body make energy to get me through the day.



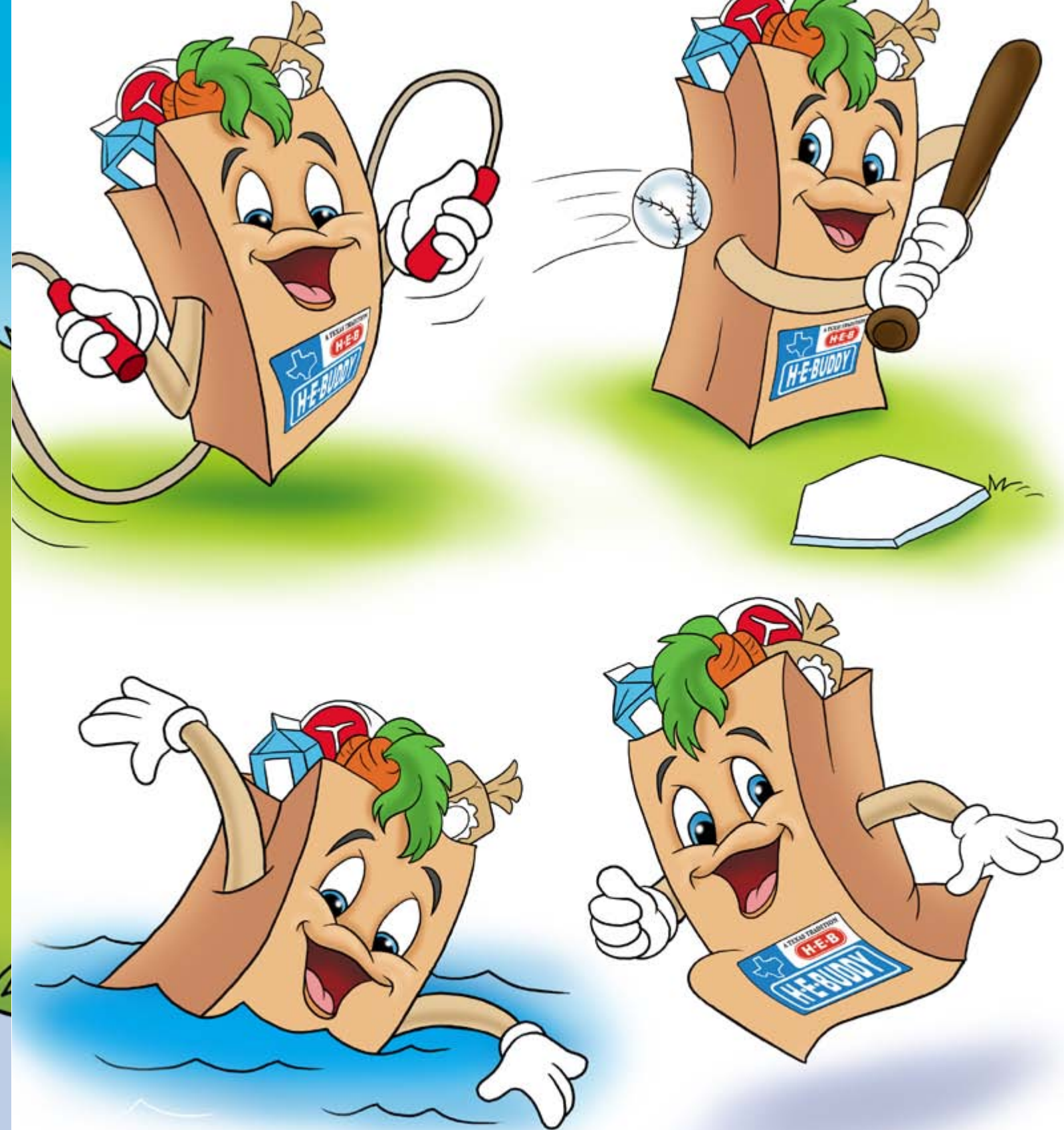
Oh, I almost forgot the extra foods like low fat salad dressing and low fat mayonnaise. These items are called oils. Your body needs them for good health. These items should be limited to small amounts.



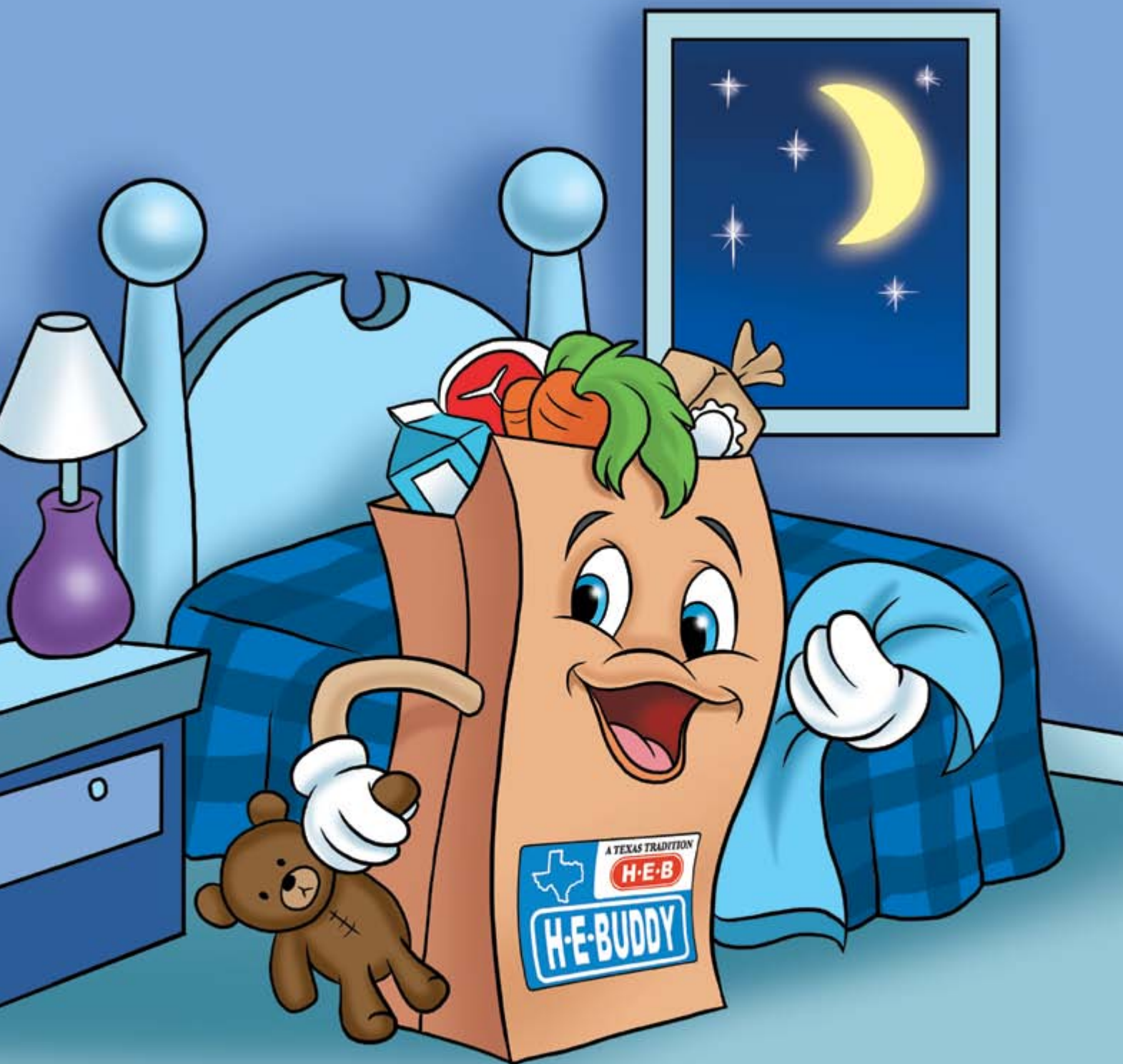
Now I have all the right foods to fuel my body. These foods will have my brain ready to think, and my body will be ready for all kinds of activities throughout the day.



It is important to eat healthy, but it is also important for you to get lots of physical activity.



There are all kinds of activities you can do throughout the day. Being active for at least 60 minutes each day by yourself or with your family and making good food choices is a great way to a healthy body.



It is important to eat healthy and be physically active each day. It is also important that your body gets plenty of rest. Make sure to get at least 8 hours of sleep each night.



One way I prepare for bed each night is to read. Reading is fun and helps my body relax and get ready for sleep.

BREAKING THE FOOD LABEL CODE

Information on the label can be useful. It can also be confusing to understand. This system highlights some parts of the label that are useful to compare when choosing a food. The highlighting demonstrates

if you should look for more or less of something on a label.

YELLOW = LOOK FOR MORE

RED = LOOK FOR LESS

Cereal	
Nutrition Facts	
Serving size 3/4 cup	
Amount per serving	
Calories 120	Calories from fat 9
% Daily Value	
Total Fat 1 g	2%
Saturated fat 0 g	0%
Cholesterol 0 g	0%
Sodium 157 g	7%
Total Carbohydrates 30 g	10%
Dietary Fiber <1 g	
Sugars 12 g	
Protein <1 g	
Vitamin A 3%	
Vitamin C 25%	
Calcium <1%	
Niacin 25%	
Vitamin B6 25%	
Vitamin B12 25%	
Folic Acid 23%	
Vitamin D 10%	
Magnesium 5%	

% daily values

The % Daily Values (%DV's) tells you how much of each key nutrient an adult should eat daily. The amount a child should have varies depending on his or her age.

Serving size

Remember that all the nutrition information given is for one serving of food. Be careful because some packages contain 2 or more servings.

Calories

Calories measure how much energy a food or drink gives your body.

Total fat

Unsaturated, polyunsaturated and monounsaturated fats usually come from plant products and are good to use. Trans fats may be a monounsaturated or polyunsaturated fat that has been hydrogenated. These fats are generally hard or solid at room temperature and can raise your cholesterol more than other types of unsaturated fats. Saturated fats also come from meat.

Sodium

Sodium, known better as salt, can affect blood pressure. You only need a little, so keep sodium levels down.

Cholesterol

Too much cholesterol can affect your heart. Stay away from foods high in cholesterol, which comes from fatty meats.

Vitamins and Minerals

Eating enough of these nutrients can improve your health and help reduce the risk of some diseases.

Protein

Protein builds muscles. Protein rich foods help you to feel fuller for longer.

Carbohydrates

Carbohydrates are a main source of energy. You can make a healthier choice when you pick carbohydrates from fruits and vegetables. Be sure to choose carbohydrates with lots of fiber and limit your sugar intake.

ROMPIENDO EL CÓDIGO DE LA ETIQUETA DE ALIMENTO

La información en la etiqueta es útil. También puede ser difícil de entender. Este sistema se enfoca en partes de la etiqueta que son útiles para seleccionar alimentos. El sistema le enseña a buscar más o menos de ciertos alimentos nutritivos.

AMARILLO = BUSCA MÁS

ROJO = BUSCA MENOS

Cereal	
Nutrition Facts	
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Sodium 157 g	7%
Total Carbohydrates 30 g	10%
Dietary Fiber <1 g	
Sugars 12 g	
Protein <1 g	
Vitamin A 3%	
Vitamin C 25%	
Calcium <1%	
Niacin 25%	
Vitamin B6 25%	
Vitamin B12 25%	
Folic Acid 23%	
Vitamin D 10%	
Magnesium 5%	

Porcentaje de Valores Diarios

El porcentaje de Valores Diarios (%DV's) dice la cantidad que debe de tomar un adulto de cada alimento. La cantidad que necesita un niño depende de la edad.

Porción

Recuerda que la información es para solamente una porción de comida. Tenga cuidado porque algunos paquetes contienen 2 o más porciones.

Calorías

Calorías son la cantidad de energía que su cuerpo recibe de una comida o bebida.

Grasa Total

Grasas insaturadas, poliinsaturadas y monoinsaturadas generalmente provienen de productos de plantas y son buenas para usar. Las grasas trans pueden ser una grasa poliinsaturada o monoinsaturada que ha sido hidrogenada. Estas grasas generalmente son duras o sólidas en la temperatura ambiente y pueden elevar su colesterol más que otros tipos de grasas no saturadas. Las grasas saturadas también provienen de la carne.

Sodio

Sodio o sal afecta su presión. Necesita solamente un poco, así es que mantenga bajo el nivel de sodio.

Colesterol

Demasiado colesterol puede afectar el corazón. Aléjese de comidas altas en colesterol, el cual viene de carne con mucha grasa.

Vitaminas y Minerales

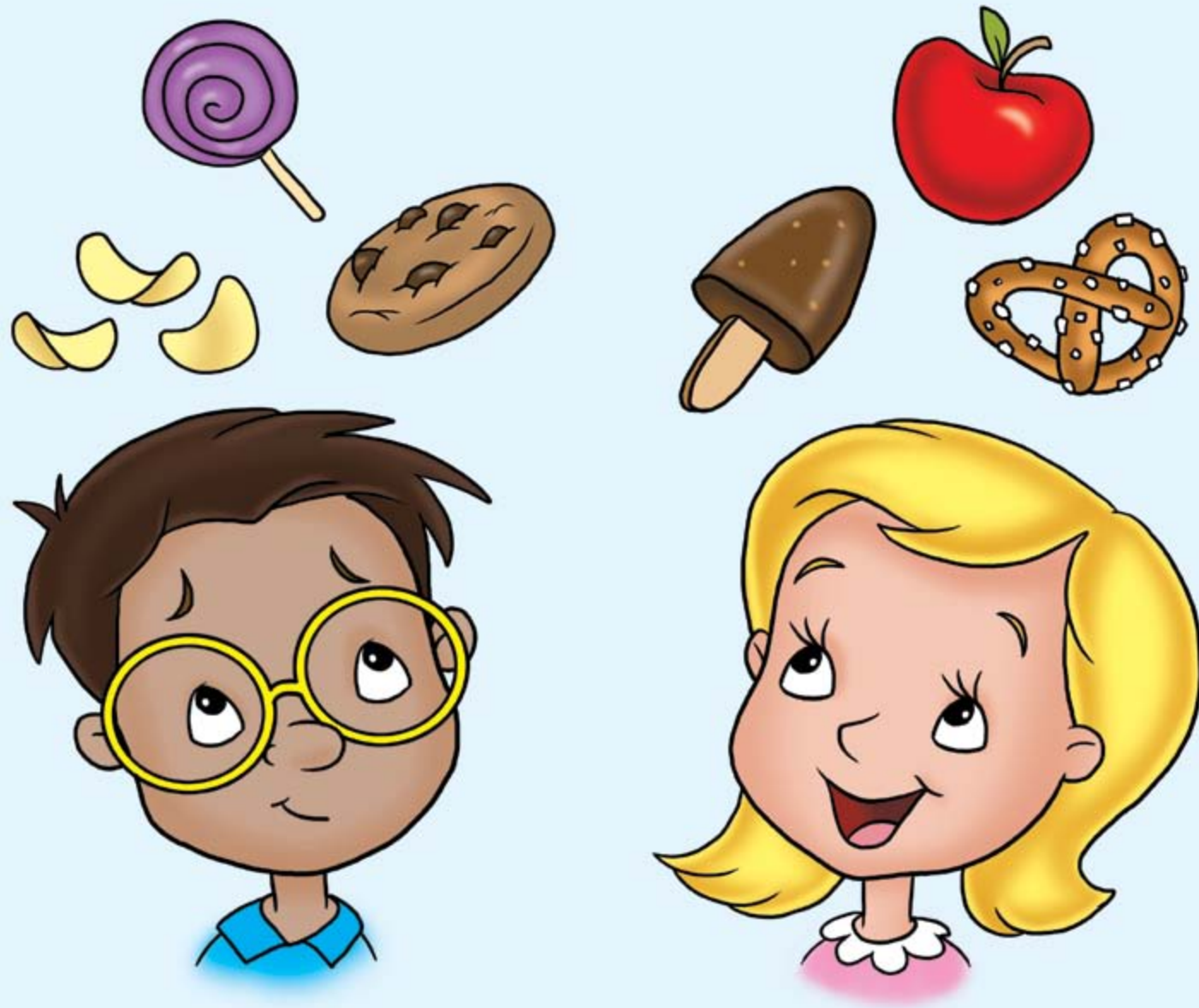
Tomar bastante de estos alimentos nutritivos puede mejorar la salud y reducir el riesgo de algunas enfermedades.

Proteína

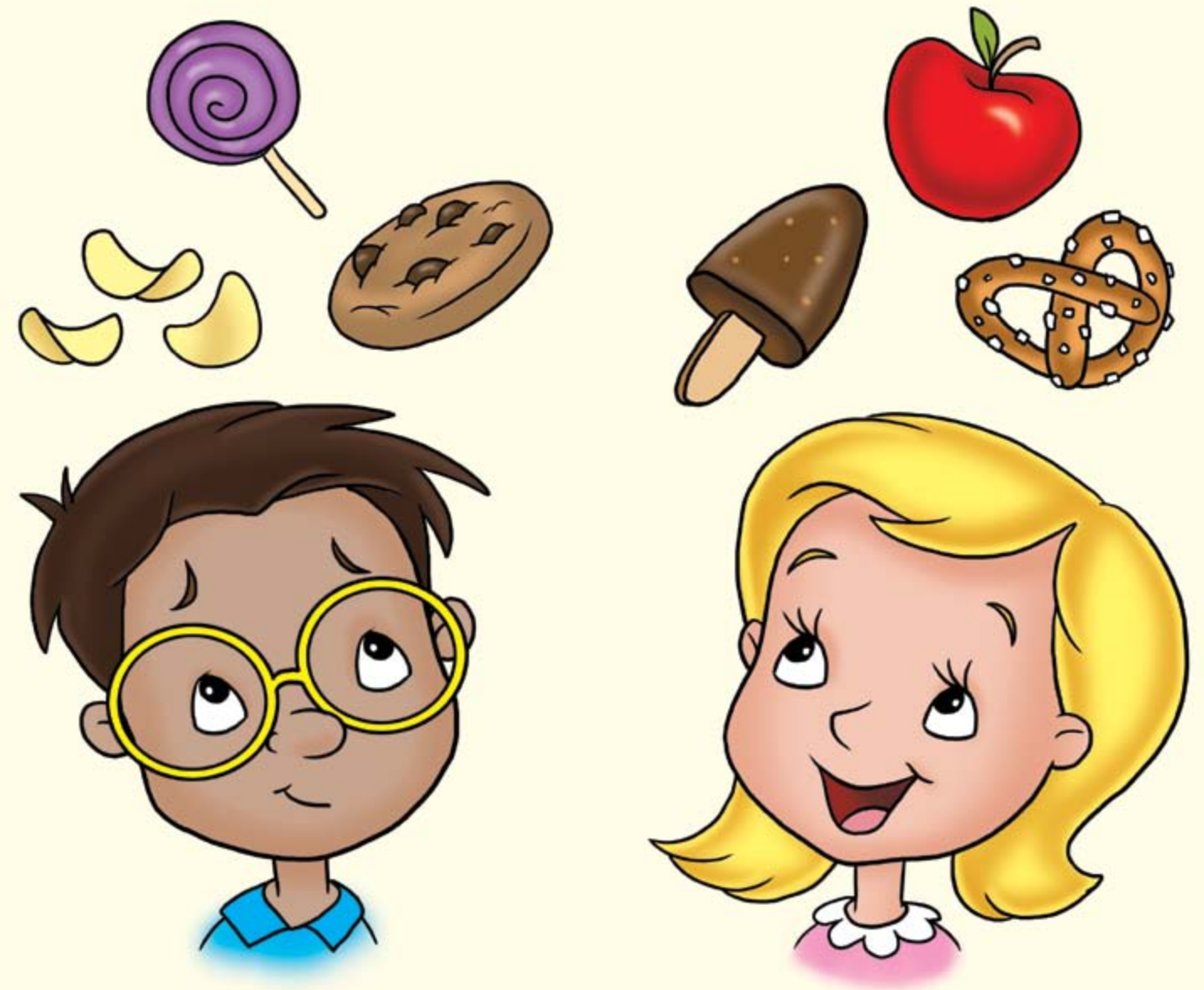
Proteína forma músculos. También le ayuda a sentirse lleno por más tiempo.

Carbohidratos

Carbohidratos son la fuente principal de energía. Se puede mejorar la salud con carbohidratos de frutas y verduras. Elige carbohidratos con mucha fibra y limite la cantidad de azúcar que consume.



Typical Snacks:	Healthier Snacks:
Chips	Low fat or air popped popcorn, 1-2 cups
Candy	A piece of fruit
Cookies	Small low fat granola bar or graham crackers
Ice cream or fudge sickle	Frozen 100% fruit bar
Snack cakes	Whole grain, low sugar, low fat dry cereal
French fries	Sliced carrots or cucumbers with low fat dressing
Pudding	String cheese, low fat flavored yogurt
Crackers	Pretzels, 1/2 cup
Ice cream	Low fat yogurt or low fat frozen yogurt, 1/2 cup
Toaster treats with fruit filling	A handful of dried fruit with a graham cracker



Meriendas Típicas:	Meriendas Mês Sanas:
Papitas	Palomitas bajo en grasa o reventadas por aire caliente, 1-2 tazas
Dulces	Pedazo de fruta
Galletas	Barra de granola pequeña baja en grasa o galletas Graham
Helado o Paleta de Chocolâte	Barra de 100% fruta congelada
Biscochos	Cereales de grano entero bajo en azúcar
Papas fritas	Zanahorias o pepinos rebanados con aderezo bajo en grasa
Pudín	Paquetitos de queso, yogur bajo en grasa
Galletas saladas	Pretzels, 1/2 taza
Helado	Yogur bajo en grasa o yogur congelado bajo en grasa, 1/2 taza
Pasteles tostados rellenos de fruta	Un puñado de fruta seca con una galleta Graham

Recipes

BREAKFAST PARFAIT

Prep Time: 15 minutes

1 cup HEB NON-FAT PLAIN YOGURT
1 1/4 cup STRAWBERRIES, stems removed and sliced
3/4 cup HILL COUNTRY FARE CORN FLAKES
Alternate layers of cereal, yogurt and strawberries in a large cereal bowl so that you have 3 to 4 layers of each ingredient.

Makes: 1 Serving

Nutrition Information:

One serving = Calories 228, Protein 12.6 grams, Fat .82 grams, Carbohydrates 49.6 grams

PIZZA ROLLS

Prep Time: 15 minutes

4 H-E-B LOW CARBOHYDATE FLOUR TORTILLAS
1/2 cup HEB MARINARA SAUCE
1 bag (6 oz) HEB READY FRESH GO LETTUCE LEAVES, thin sliced
4 H-E-B FULLY COOKED PESTO CHICKEN BREASTS, thin sliced
1/2 cup HEB READY FRESH GO 3 COLOR CHOPPED PEPPER
1 cup HEB PIZZA BLEND SHREDDED CHEESE

Spread 2 Tablespoons of Marinara sauce on each Low Carbohydrate Flour tortilla. Spread 1/4 cup shredded lettuce down the center of the tortilla. Arrange 3 chicken slices over the lettuce and sprinkle with 2 Tablespoons: 3 color peppers and pizza blend cheese.

Roll and press the tortilla gently and wrap in plastic wrap or secure with 2 toothpicks.

Refrigerate until ready to serve. Cut each pizza roll in half on the diagonal and serve.

Makes: 4 Servings

Nutrition Information:

Calories 200, Protein 16 grams, Fat 11 grams, Saturated Fat 4.5 g, Carbohydrates 12 grams, Dietary Fiber 5 g, Cholesterol 25 mg, Sodium 870 mg

TURKEY WRAPS

Prep Time: 15 minutes

8 MISSION FLOUR TORTILLAS
3/4 cup KRAFT LOW FAT CREAMY SALAD DRESSING, any flavor
1 package (9 oz) OSCAR MAYER DELI STYLE SHAVED SMOKED TURKEY BREAST
1 package (12 oz) HEB SWISS SINGLES
8 LETTUCE LEAVES
2 TOMATOES, thin sliced

Wrap tortillas in plastic wrap or paper towels and heat in microwave for 30 seconds.

Spread each tortilla with 2 Tablespoons Kraft Creamy Salad Dressing and sprinkle with salt and fresh cracked black pepper.

Top tortilla with turkey, two Swiss cheese singles, lettuce leaf and two or more tomato slices. Roll up the tortilla wrap and secure with a tooth pick. Place in a serving dish and cover with plastic wrap. Refrigerate turkey wraps until ready to serve.

Makes: 8 Servings

HAM & CHEESE ROLL-UPS

Prep Time: 10 minutes

4 HEB CORN or LOW-FAT TORTILLA, warmed until soft
4 slices HEB FAT-FREE AMERICAN CHEESE
8 thin slices HEB DELI LOW FAT HAM or TURKEY

Arrange warm tortillas on a cutting board.
Arrange 2 thin slices of ham or turkey and 1 slice of cheese on top of each tortilla.
Carefully begin to roll the tortilla with ham and cheese at like a taco.

Hold roll together with a toothpick and place on your plate.

Makes: 4 Servings

Nutrition Information:

One serving = 1 roll
Calories 224, Protein 15 grams, Fat 9 grams, Carbohydrates 20 grams

TOSTADA FIESTA

Prep Time: 15 minutes

Cook Time: 10 minutes

12 HEB BAKED TOSTADA SHELLS
1 can HILL COUNTRY FARE REFRIED BEANS, heated
2 cups chopped COOKED TURKEY
1 package shredded LETTUCE FOR TACOS
1 pouch HEB FRESHER LASTING GUACAMOLE
1 package (8 ounces) shredded HEB MEXICAN LOW FAT BLEND CHEESE

Spread 2 Tablespoons warmed refried beans on tostada shells. Top tostada with 2 Tablespoons chopped turkey, 1/2 cup lettuce, 1/4 cup guacamole and 3 Tablespoons cheese. Serve and enjoy.

Makes: 12 tostadas

CHUCK WAGON CHICKEN POT PIE

Prep Time: 15 minutes

Cook Time: 30 minutes

2 HILL COUNTRY FARE REFRIGERATED PIE CRUSTS, room temperature
1 can (10 3/4 oz.) LOW SODIUM CONDENSED CREAM of CHICKEN SOUP
1 box (10 oz.) frozen MIXED VEGETABLES
1 cup chopped ONION
1 medium POTATO, peeled and cut into 1/-inch cubes
3 cooked and seasoned CHICKEN BREASTS or 3 cups TURKEY cut into bite-size pieces

Remove HCF Pie Crust package from refrigerator and let stand at room temperature for 20 minutes or microwave on DEFROST according to package directions.

Heat oven to 450°F. Unfold pie crust and place in deep dish pie pan according to package directions and set aside. Unfold remaining crust and set aside in wrapper.

Combine condensed cream of chicken soup, mixed vegetables, onions and potato in a large microwave-safe mixing bowl. Stir mixture well and cover with plastic wrap. Microwave vegetable mixture on High power for 5 minutes. Stir mixture, cover with plastic wrap and microwave on High power for 2 more minutes.

Stir chicken into vegetable mixture and pour into crust-lined pan. Top with second crust, seal edges and flute edges according to package directions. Cut several slits in top crust.

Cover edges of crust with foil and bake for 25 minutes until crust is golden brown.

Makes: 4 servings

FROZEN BANANA YANNAS

Prep Time: 15 minutes

Freeze Time: 3 hours

2 BANANAS, peeled, sliced lengthwise and cut into 4 halves
1 cup HEB VANILLA NON-FAT YOGURT
12 HILL COUNTRY FARE VANILLA WAFERS, coarsely crushed
4 POPSICLE STICKS

Inset each banana half with a wooden Popsicle stick. Place yogurt in a shallow dish; set aside. Place crushed vanilla wafers in another shallow dish and set. Roll bananas, one at a time in yogurt and then in wafer crumbs. Place coated bananas in a zipper bag and freeze for 3 hours.

Makes: 4 Servings

Nutrition Information:

One serving = 1 banana half
Calories 97, Protein 2 grams, Fat .8 grams, Carbohydrates 22.4 grams

FOOD PREP TIPS FOR FAMILIES ON THE GO

1. Wash vegetables and fruits as soon as you get them home from the store so they are ready to go when you need them. Dry thoroughly.
2. Store fruits and vegetables in the front of the refrigerator so that you see them and are more likely to eat them instead of other grab and go snacks. Apples, pears and bananas can be left on the counter in a bowl.
3. Cut celery, cucumber, or carrots and other vegetables and store in a little water in an airtight container to maintain freshness.
4. Add a little orange juice or pineapple chunks to cut apples and pear slices to keep them white. Store in small air tight plastic bags that are ready to grab and go.
5. Keep a jug or bottle of water in the refrigerator so it is ready to drink when you need it. You can also freeze a bottle of water to keep in your car in the warm months so that you will have cold water once it melts.

Note: Strawberries, raspberries and blackberries should not be washed until ready to eat.

Recetas

PARFAIT PARA DESAYUNAR

Preparación: 15 minutos

1 taza de YOGUR SIMPLE BAJO EN GRASA HEB

1 1/4 de taza de FRESA, limpias y rebanadas

3/4 de taza de CORN FLAKES HILL COUNTRY

Alterne capas de cereal, yogur y fresas en un tazón grande para desayuno, de modo que acomode de 3 a 4 capas de cada ingrediente.

Prepara: 1 porción

Información nutricional:

Una porción = 223 calorías, 12.6 g de proteína, 0.82 g de grasa, 49.6 g de carbohidratos

ROLLITOS DE PIZZA

Preparación: 15 minutos

4 TORTILLAS DE HARINA BAJA EN CARBOHIDRATOS HEB

1/2 taza de SALSA MARINARA HEB

1 bolsa (6 oz) HOJAS DE LECHUGA HEB READY FRESH GO, picada finamente

4 PECHUGAS DE POLLO HEB AL PESTO, en rebanadas delgadas

1/2 taza de pimientos de 3 colores HEB READY FRESH GO

1 taza de MEZCLA DE QUESOS RAYADOS PARA PIZZA HEB

Extienda dos cucharadas de salsa Marinada en cada torti-lla de harina baja en carbohidratos. Extienda 1/4 de taza de lechuga picada en el centro de la tortilla. Acomode 3 rebanadas de pollo y póngale encima una cucharada de pimientos de tres colores y una cucharada de mezcla de queso rallado. Enrolle la tortilla suavemente y envuélvala en un plástico o asegúrela con 2 palillos. Refrigérela hasta que esté lista para servirse. Corte cada rollo de pizza a la mitad, ligeramente en diagonal, y sirvalo.

Prepara: 4 porciones

Información nutricional:

200 calorías, 16 g de proteína, 11 g de grasa, 4.5 g de gra-sas saturadas, 12 g de carbohidratos, 5 g de fibra, 25 mg de colesterol, 870 mg de sodio

TACOS DE PAVO

Preparación: 15 minutos

8 TORTILLAS DE HARINA MISSION

3/4 de taza de ADEREZO CREMOSO PARA ENSALADAS BAJO EN GRASA KRAFT, de cualquier sabor

1 paquete (9 oz) PECHUGA DE PAVO AHUMADO EN REBANADAS ESTILO DELI OSCAR MAYER

1 paquete (12 oz) de REBANADAS DE QUESO SUIZO HEB

8 HOJAS DE LECHUGA

2 TOMATES, en rebanadas delgadas

!Envuelva las tortillas en un plástico o en unas servil-letas de cocina y caliéntelas en el microondas 30 segundos.

Extienda en cada tortilla dos cucharadas de aderezo cremoso para ensaladas bajo en grasa Kraft y sazónelo con sal y pimienta negra recién molida.sing and sprinkle with salt and fresh cracked black pepper.

Póngale a la tortilla el pavo, dos rebanadas de queso, una hoja de lechuga y dos o más rebanadas de tomate. Enrolle la tortilla y asegúrela con un palillo. Coloque los tacos en un platón y cúbralos con un plástico. Refrigere los tacos de pavo hasta que los vaya a servir.

Prepara: 8 porciones

ROLLITOS DE JAMÓN Y QUESO

Preparación: 10 minutos

4 TORTILLAS DE MAÍZ O BAJAS EN GRASA HEB, calientes y suaves

4 rebanadas de QUESO AMERICANO SIN GRASA HEB

8 rebanadas delgadas de JAMÓN O PAVO BAJO EN GRASA TIPO DELI HEB

Coloque las tortillas calientes en una tabla de picar.

Ponga dos rebanadas delgadas de jamón o pavo y una rebanada de queso sobre cada tortilla.

Con cuidado, enrolle la tortilla con el jamón y el queso, como un taco.

Sujete el rollo cerrado con un palillo y póngalo en un plato.

Prepara: 4 porciones

Información nutricional:

Una porción = 1 rollo

224 calorías, 15 g de proteína, 9 g de grasa, 20 g de car-bohidratos

TOSTADA FIESTA

Preparación: 15 minutos

Cocción: 10 minutos

12 TOSTADAS HEB HORNEADAS

1 lata de FRIJOLES REFritos HILL COUNTRY FARE, calien-tes

2 tazas de PAVO COCIDO picado

1 paquete de LECHUGA PARA TACOS picada

1 bolsa de GUACAMOLE HEB FRESHER LASTING

1 paquete (8 oz) MEZCLA MEXICANA DE QUESO BAJO EN GRASA HEB rayado

Extienda 2 cucharadas de frijoles refritos caliente sobre la tostada. Ponga sobre ellos 2 cucharadas de pavo picado, 1/2 taza de lechuga, 1/4 de taza de guacamole y 3 cucharadas de queso. Sirva y disfrute.

Prepara: 12 tostadas

PAY DE POLLO CAMPIRANO

Preparación: 15 minutos

Cocción: 30 minutos

2 BASES PARA PAY REFRIGERADAS HILL COUNTRY FARE, a temperatura ambiente

1 lata (10 3/4 oz) de CREMA DE SOPA DE POLLO CONDENSADA BAJA EN SODIO

1 caja (10 OZ) de VEGETALES MIXTOS congelados

1 taza de CEBOLLA picada

1 PAPA mediana pelada y cortada en cubitos de 2 cm

3 PECHUGAS DE POLLO cocinadas y sazonadas o 3 tazas de PAVO cortado en pedazos pequeños

Saque del refrigerador el paquete de bases para pay y deje que se descongele a temperatura ambiente durante 20 minutos o póngalo en el microondas, en el programa de DESCONGELAR, según las instrucciones en el paquete.

Caliente el horno a 450°F. Saque la base para pay y colóquela en un molde hondo para pay, según las instruc-ciones del paquete. Dejar a un lado. Despliegue el resto de la masa y póngalo a un lado sobre un plástico.

Combine la sopa de crema de pollo, los vegetales mixtos, las cebollas y las papas en un tazón grande para mezclar

que

CONSEJOS DE PREPARAR COMIDA PARA FAMILIAS A LA CARRERA

1. Limpie las verduras y frutas tan pronto como usted regrese de la tienda para que estén listas para comer. Seque bien.
 2. Mantenga las frutas y verduras en la parte frontal del refrigerador para que sean visibles porque así se comerán más que otros tipos de merienda. Manzanas, peras, y plátanos se pueden dejar en el mostrador en un tazón.
 3. Corte apio, pepino, zanahorias y otras verduras y manténgalos en un recipiente con un poquito de agua para mantenerlos frescos.
 4. Añada un poquito de jugo de naranja o trozos de piña a manzanas o peras cortadas para mantener el color. Mantenga en bolsitas de plástico para comer a la carrera.
 5. Mantenga botellas de agua en el refrigerador para asegurarse que estén listas para beber. También se puede congelar una botella de agua para poner en el coche durante el verano para tener agua fría cuando se derrita.
- Nota: Las fresas, frambuesas, y moras no deben lavarse hasta que esté listo para comer.

pueda meterse al microondas. Remueva bien la mez-cla y cúbrala con una película plástica. Hornee en el microondas la mezcla de vegetales a máxima potencia, durante 5 minutos. Remueva la mezcla, cubra otra vez con el plástico y métala al horno dos minutos más, a máxima potencia.

Agregue el pollo a la mezcla de verdura y revuélvalo bien. Luego colóquelo en el plato para pay. Cúbralo con la segunda capa de masa, selle los bordes y rice las orillas según las instrucciones del paquete. Haga varios cortes sobre la costra del pay.

Cubra los bordes de la masa con papel aluminio y horn-ee durante 25 minutos, hasta que la costra esté dorada.

Prepara: 4 porciones

PALETAS DE PLÁTANO CONGELADO

Preparación: 15 minutos

Tiempo de congelado: 3 horas

2 PLÁTANOS pelados y cortados en 2, para obtener 4 mitades

1 taza de YOGUR DE VAINILLA DESCREMADO HEB

12 GALLETAS DE VAINILLA HILL COUNTRY FARE tipo barquillo, aplastadas en trozos grandes

4 PALITOS PARA PALETAS

Póngale un palito a cada mitad de plátano. Ponga el yogur en un plato plano. Deje a un lado. Ponga las galletas de vainilla en trozos en otro plato plano y déjelas a un lado.

Ruede los plátanos, uno a la vez, en el yogur y luego páselos por las galletas troceadas. Ponga los plátanos cubiertos de esta manera, en una bolsa de plástico con cierre hermético y congele durante 3 horas.

Prepara: 4 porciones

Información nutricional:

Una porción = medio plátano

97 calorías, 2 g de proteína, 8 g de grasa, 22.4 g de car-bohidratos

Frequently Asked Questions from Parents

1. What is the difference between skim, low fat, and whole milk?

All of these have the same amount of calcium which is very important for growing bones, but there are differences in fat and calorie content. Whole milk has the most fat (8 grams) and 160 calories per cup. It the best choice for children two and younger. Older children, teens and adults should opt for skim milk or fat free which has no fat and 80 calories per cup . Low fat or 2% milk has 4.5 grams of fat and 140 calories per cup.

2. What are other foods I can give my child to get calcium?

Adequate calcium intake is important with 4 - 8 year old children requiring about 800 mg. and 9 - 18 year olds requiring about 1300 mg. daily. Calcium is found in dairy products like low fat cheese, low fat or fat free cottage cheese and low fat yogurt, plus skim milk. Calcium can also come from dark green vegetables like mustard greens, okra, and broccoli, or from dried beans and soy products. Additionally, there are a number of calcium fortified products like juices and whole grain breads and cereals.

3. Can I use frozen or canned vegetables and fruits, or do they have to be fresh?

Frozen and canned are great and convenient substitutes to use when you do not have fresh. Buy frozen or canned vegetables with no butter or sauce added. For fruits, choose varieties that are packaged without sugar. Both frozen and canned products allow you to always have fruits and vegetables on hand when you need them.

4. How do I get my child to eat more fruits and vegetables?

Involve your child in grocery shopping weekly, allowing him to choose a new fruit or vegetable. In this way, a child may be more inclined to at least try the interesting food she has chosen. Sometimes allowing a child to assist in making a “fun” fruit or vegetable dish encourages him to try the new food. Try a fresh vegetable tray with low fat yogurt dip as a snack or a fresh fruit tray with a low fat dip.

5. How much exercise should my child get every day?

Children should get about 60 minutes of moderate to vigorous physical activity each day. Finding fun ways to be active like flying a kite, playing on the playground, or dancing helps to make physical activity fun and entertaining.

6. What kind of drinks should I provide for my child?

Skim milk and water are the best choices. Skim milk is also nutrient dense and good for their bodies. Sugary beverages with little nutritional value like sodas, sports drinks, and punch should be kept to a minimum. They only add empty calories at about 160 calories per cup.

Preguntas hechas con más frecuencia por los padres

1. ¿Cuál es la diferencia entre la leche entera (whole), la leche baja en grasa (low fat), y la leche sin grasa (skim)?

Los tres tipos de leche contienen la misma cantidad de calcio que es muy importante para crecer los huesos pero la diferencia existe en el contenido de grasa y las calorías. La leche entera tiene la cantidad más alta de grasa (8 gramos) y 160 calorías. Es la mejor opción para niños de dos años de edad o menos. Los niños mayores, adolescentes y los adultos deben beber la leche “skim” o sin grasa que no tiene grasa y es 80 calorías por taza. Leche baja en grasa o leche de 2% tiene 4.5 gramos de grasa y 140 calorías por taza.

2. ¿Cuáles otros alimentos le puedo dar a mi hijo/a para que obtenga calcio?

El consumo adecuado de calcio es muy importante para niños de 4-8 años de edad, que requieren 800 MG. Los niños de 9-18 años de edad requieren 1300 MG diarios. El calcio se encuentra en los productos lácteos como el queso bajo en grasa, el requesón bajo en grasa o sin grasa y el yogur bajo en grasa, además la leche sin grasa. El calcio también se encuentra en verduras oscuras verdes como el quingombó (okra), la hoja de mostaza (mustard greens), brócoli, productos de frijol y de soya. Adicionalmente, hay varios productos fortificados con calcio como jugos y el pan y los cereales de grano integral.

3. ¿Puedo usar verduras y frutas congeladas o enlatadas, o necesitan ser frescas?

Las verduras y frutas congeladas o enlatadas son una sustitución efectiva y conveniente cuando uno no tiene las frescas disponibles. Compre las verduras congeladas o enlatadas sin mantequilla o salsa agregada. Al seleccionar las frutas, asegúrese de que no contengan azúcar adicional. Ambas frutas y verduras enlatadas o congeladas le permiten tener frutas y verduras a su disposición.

4. ¿Cómo consigo que mi hijo/a coma más frutas y verduras?

Involucre a su hijo/a en sus viajes semanales al mercado. Déle permiso de comprar una fruta o verdura nueva. De esta manera, su hijo/a estará más interesado en probar la comida que el/ella ha escogido. De vez en cuando, se le puede permitir a su hijo/a que ayude a preparar un plato divertido con la fruta o verdura que ha seleccionado. Pruebe un plato de verduras frescas con dip de yogur bajo en grasa como un aperitivo o un plato de fruta fresca con una salsa baja en grasa.

5. ¿Cuánto ejercicio debe hacer mi hijo/a a diario?

Los niños necesitan alrededor de 60 minutos diarios de actividad física moderada o vigorosa. Hay maneras divertidas de incorporar la actividad física a la vida diaria de uno como volar un papalote, jugar en el parque, o bailar.

6. ¿Qué tipos de bebidas debo ofrecerle a mi familia?

Las mejores opciones son el agua y la leche sin grasa que también tiene una densidad de nutrientes y es buena para sus cuerpos. Bebidas altas en azúcar y bajas en valor nutritivo como los refrescos, bebidas atléticas como el Gatorade, y el coctel de frutas (fruit punch) no se deben ofrecer con mucha frecuencia. Sólo añada calorías vacías de 160 por taza.

7. How often should I give my child sweets?

Sweets should be offered in moderation. This includes limiting the serving size and number of portions, making sure not to outright restrict access to sweets and baked goods. A good way to insure your child does not have too much of these foods is to keep them out of your home. Having to go out for these foods generally means people eat less of them and it's also a fun family outing.

8. How do I determine if the meals I have planned are healthy?

Go for a colorful variety of foods on the plate which will insure that your meal provides a number of vitamins and nutrients. Also, choose a single food from at least four of the five main food groups, keeping fats and oils to a minimum. Remember your kids should have at least one or more servings of fruits and vegetables and low fat dairy at each meal. Meats, poultry and fish should be baked, broiled, grilled or roasted - not fried.

9. Why do people say to "go for a lifestyle change instead of dieting?"

A lifestyle change is permanent and includes making new healthy habits to replace old behaviors. Examples include making sure to have a fruit and/or vegetable with each meal instead of having a single fruit or vegetable each day or being active at least everyday instead of a few times each week.

A diet is usually a temporary change in eating and/or exercise to lose weight. The problem with these short term plans is that the results typically do not last as people will often go back to their "old" eating habits because they can't stay on the "diet."

10. There seems like so much to do. How do I begin to make these changes?

ALWAYS focus on making one or two changes at a time. Go for those things that are easiest for your family to change so that you can be successful. Once you make a change or two, stick with it until you are successful for a few weeks. When you are ready, go for another change, but remember to go slowly so that you can build new, healthy habits that you and your family will be able to keep up for a lifetime.

11. Can I use this book as a guide for what I should eat?

Of course you can! The information here is a basic guide for eating healthy, and though you will want to make sure you find the right serving size for your age and gender, you should try these things out with your child to help him/her to be successful.



7. ¿Qué tan seguido le puedo dar dulces a mi hijo/a?

Los dulces se deben de ofrecer en moderación. Esto incluye limitar el tamaño y la cantidad de porciones pero no prohíba el acceso a los dulces completamente. Una manera efectiva de asegurarse de que su niño no consuma muchos dulces es el no tenerlos en casa. Generalmente, el tener que salir de casa para conseguirlos significa que la persona comerá menos dulces y también es un paseo divertido para la familia.

8. ¿Cómo se si la comida que he preparado es saludable?

Trate de incluir una variedad de alimentos de diferentes colores para asegurarse de que su comida ofrezca una variedad de vitaminas y nutrientes. También, escoja por lo menos un alimento de cuatro de los cinco grupos principales de alimentos y mantenga el uso de grasas y aceites a un mínimo. Recuerde que sus hijos deben de consumir por lo menos una o más porciones de frutas, verduras, y productos lácteos bajos en grasa en cada comida. Carnes, pollo, y pescados deben ser horneados, asados a la parrilla o al horna - no frito.

9. ¿Por qué dice la gente que debo "cambiar mi estilo de vida" en vez de decir que debo "empezar una dieta?"

Un cambio en su estilo de vida es permanente e incluye la formación de nuevos hábitos para reemplazar las costumbres anteriores. Algunos ejemplos serían asegurarse de que tengan una fruta y/o verdura con cada comida en vez de tener una cada día. También, uno puede ser más activo por lo menos cada día en vez de unas veces cada semana.

Una dieta, usualmente, es un cambio temporal en su manera de comer y hacer ejercicio para bajar de peso. El problema con estos planes a corto plazo es que, típicamente, los resultados no duran porque los individuos regresan a sus hábitos viejos porque no pueden mantener su dieta.

10. Parece que hay mucho que hacer. ¿Cómo comienzo a hacer estos cambios?

SIEMPRE se debe de enfocar en hacer un cambio o dos a la vez. Emiece con cambios que serán más fáciles para su familia para que puedan ser exitosos. Después de hacer los primeros cambios, manténgalos hasta que cumplan varias semanas con éxito. Cuando estén listos, hagan otro cambio pero acuérdense de ir despacio para que puedan crear este habito nuevo y saludable que usted y su familia podrán mantener por vida.

11. ¿Puedo usar este libro como una guía para lo que debo comer?

¡Claro que sí! La información que se encuentra en el libro es una guía básica para comer saludable y aunque usted querrá encontrar la porción correcta para su edad y género, debería de probar estas cosas con sus hijos para ayudarlos a ser exitosos.

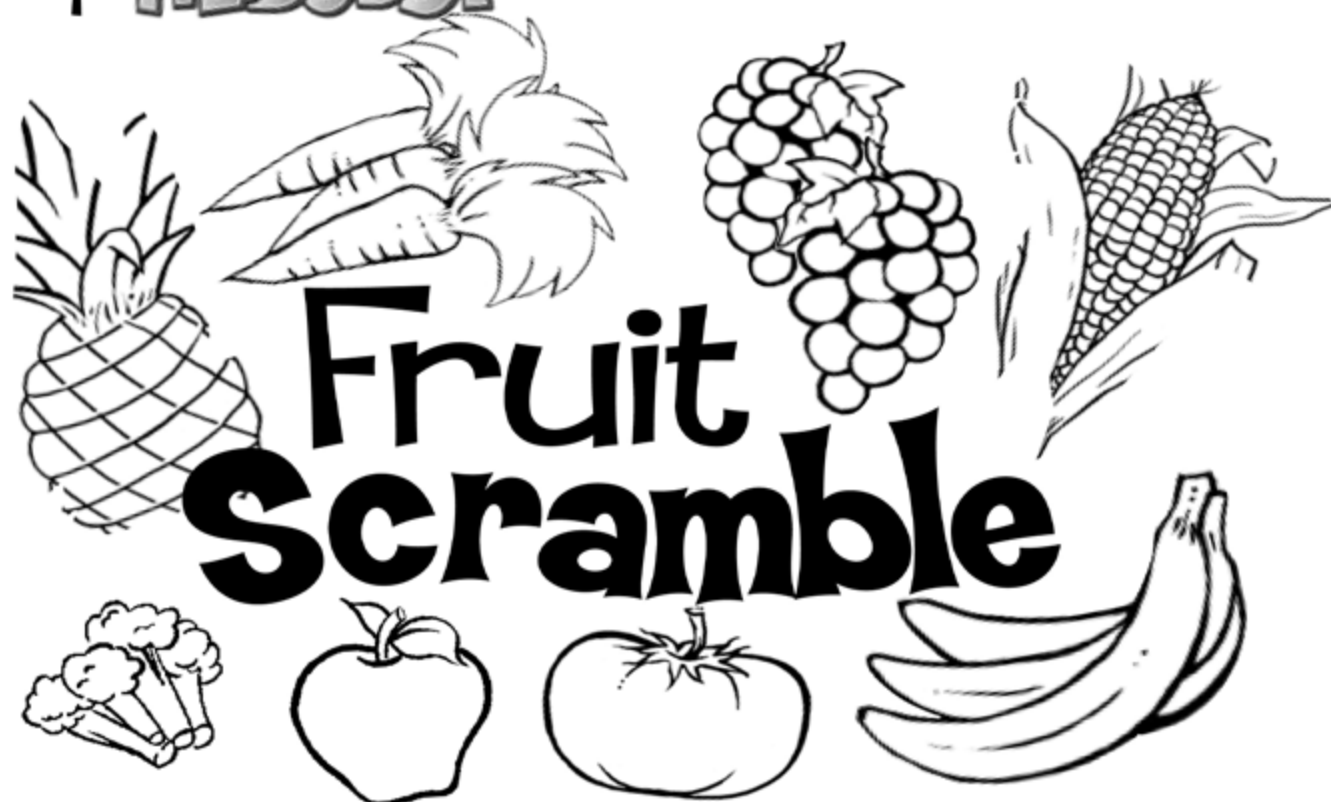


Enjoy some Coloring and Activities with Buddy!

Have fun coloring the vegetable garden!



Help **HEBUDDY** unscramble the words.



- | | |
|---------------------|---------------------|
| 1. nabana _____ | 1. ertmewlano _____ |
| 2. epalp _____ | 2. prage _____ |
| 3. nrgaoe _____ | 3. ryrepsbra _____ |
| 4. Impu _____ | 4. fwiikrtui _____ |
| 5. upleocnata _____ | 5. richsere _____ |
| 6. brancrery _____ | 6. omang _____ |
| 7. panpilpee _____ | 7. mile _____ |
| 8. twsaryerbr _____ | 8. rafgeuitrp _____ |

HEBUDDY has a **HEALTHY MESSAGE...**
and you can figure it out using the key below.
GOOD LUCK!

KEY									
A	B	C	D	E	F	G	H	I	
26	25	24	23	22	21	20	19	18	
J	K	L	M	N	O	P	Q		
17	16	15	14	13	12	11	10		
R	S	T	U	V	W	X	Y	Z	
9	8	7	6	5	4	3	2	1	



19 26 5 22 7 19 9 22 22

8 22 9 5 18 13 20 8 12 21 23 26 18 9 2

22 5 22 9 2 23 26 2

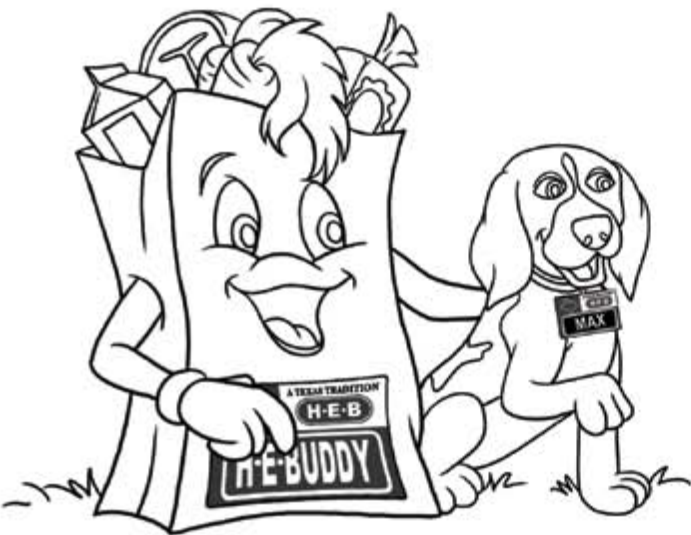


answer: have three servings of dairy everyday!

FUN MILK FACTS:

- All cows are female (girls) - males (boys) are called bulls.
- Calcium is important in building strong bones and teeth.
- Cows spend 6 to 7 hours a day eating.
- H-E-B uses the milk from 30,714 cows a day to supply the milk to our stores.
- The H-E-B milk plant can store 200,000 gallons of milk which is equal to 12 swimming pools.

Look up, look down, look all around to find the fruits and vegetables in the word search:



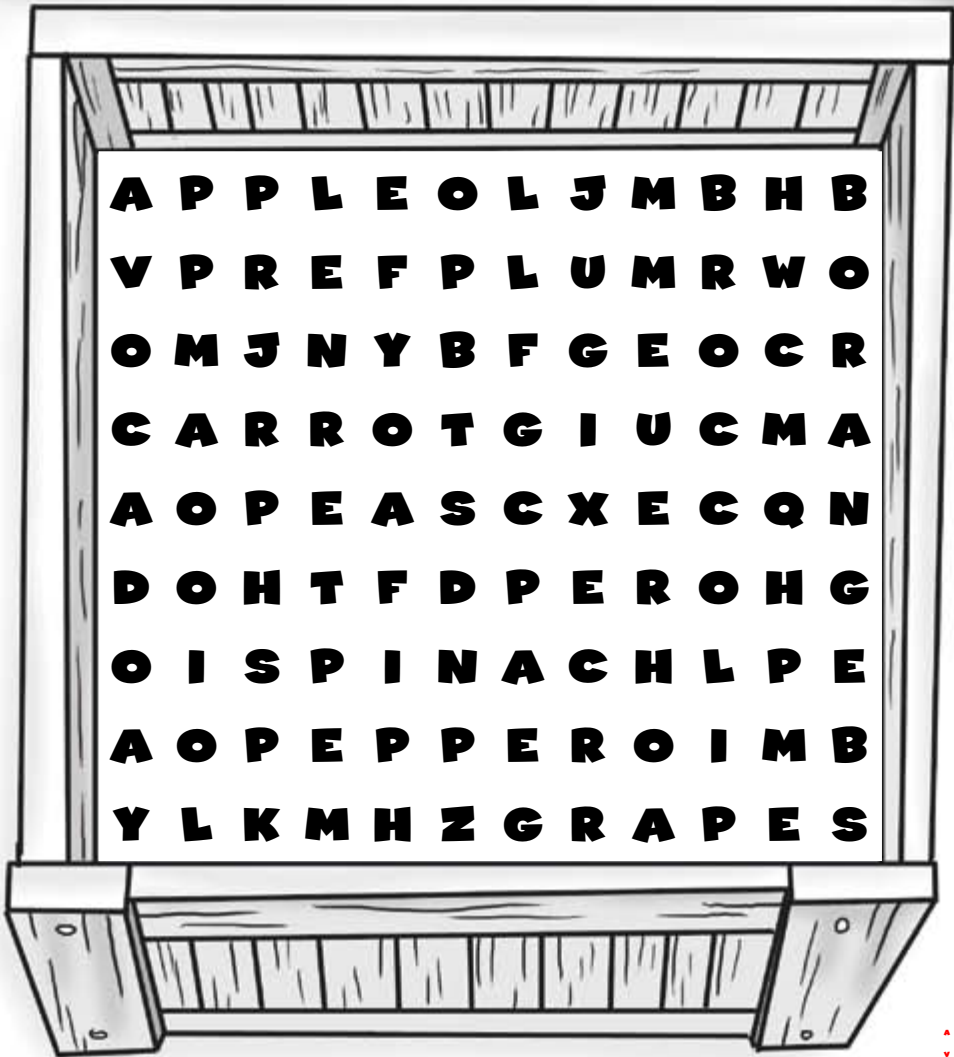
apple

carrot

grapes

broccoli

pepper



orange

peas

avocado

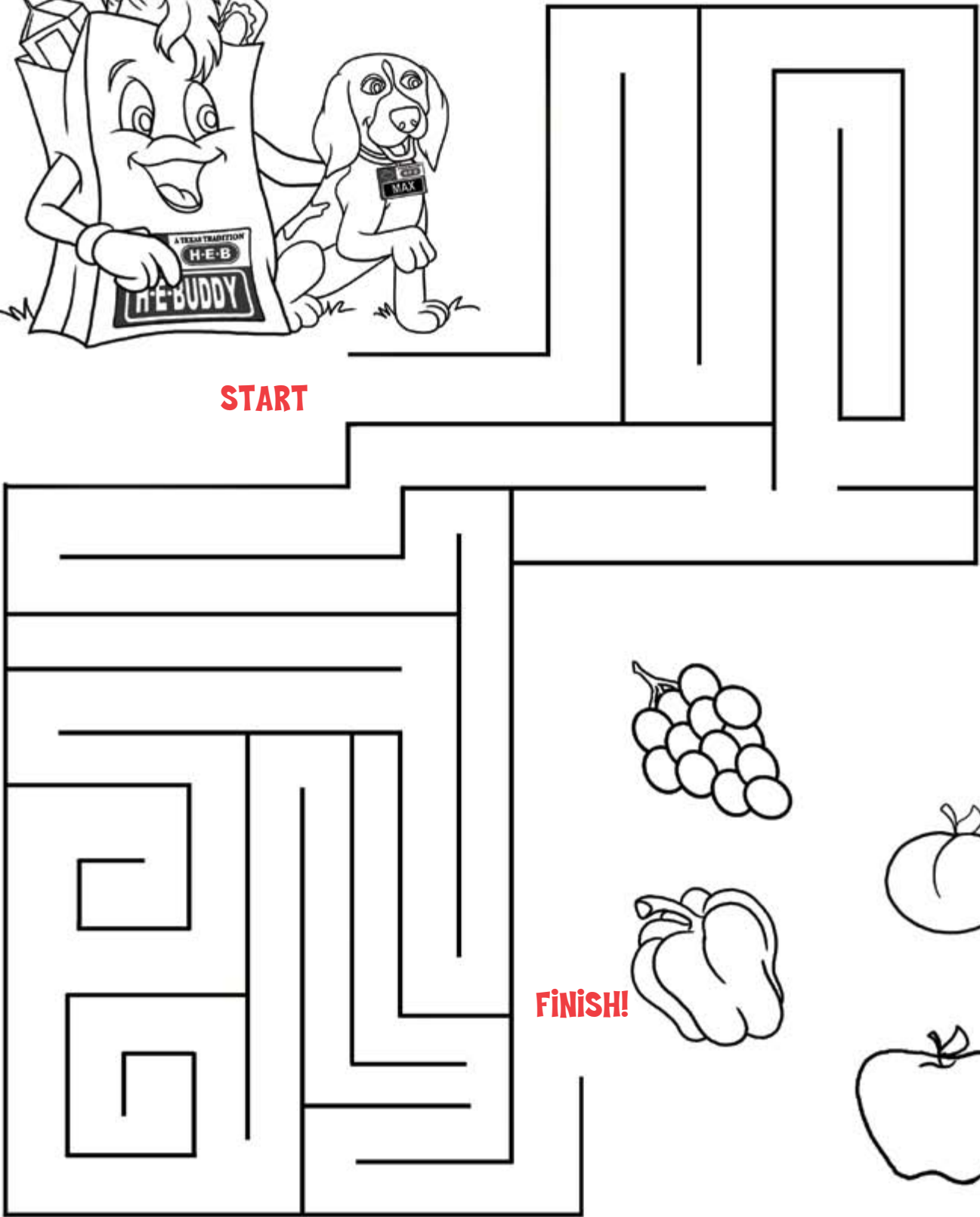
spinach

plum



Answer:

Help H-E-Buddy and Max find the healthy fruits and vegetables.

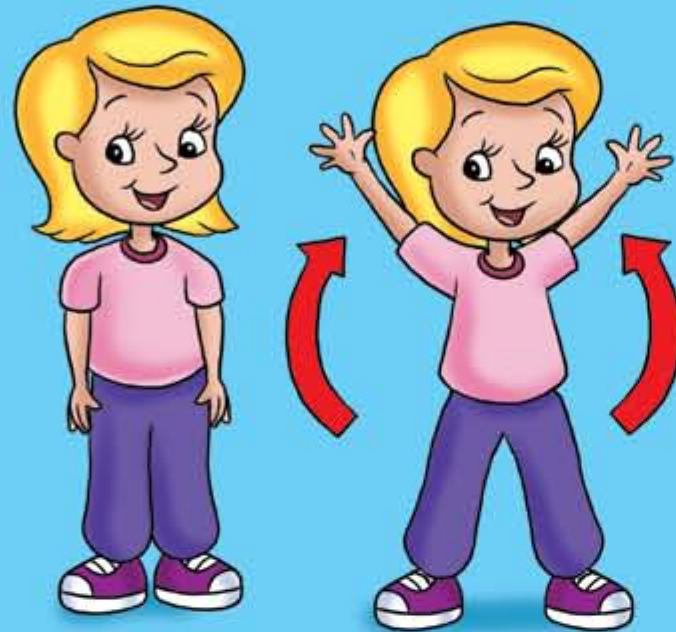


**Exercising keeps our bodies strong.
Here are some exercises you can try!**



Sit-ups

Lay down on your back with your knees bent. Keeping your feet on the ground. Sit up then lay back down. Doing sit-ups makes your stomach muscles strong.



Jumping Jacks

Stand with your feet together and arms at your sides. Jump in the air while you spread your legs and lift your arms up to your ears. Jump again and bring your legs back together and your arms down at your sides.



Bear Walk

Put your hands down on the floor in front of you. Walk around the room moving your left arm and leg at the same time and your right arm and leg at the same time.



Touch Your Toes

Stand with your feet together and your legs straight. Bend down and touch your fingers to your toes. Stretching is very good for your whole body.



Push-ups

Lay on your stomach with your hands palm down on the ground next to your shoulders. Push with hands so you are balanced on your hands and toes. Keep your body straight and push your body up and down using your arms.



Walking

Walking is the easiest way to exercise! Make sure you walk around everyday!

In addition to eating healthy and getting exercise, it's important to take care of your personal hygiene.



Brushing Your Hair

Washing your hair is part of bathing, but brushing it several times a day helps keep tangles away!



Getting Enough Sleep

Getting the right amount of sleep each night is very important, as all your cells can regroup during the night and help you be ready to face the day!



Washing Hands

Washing your hands can keep you safe from all types of germs. The correct amount of time to wash your hands, is the same amount of time it takes you to sing "Happy Birthday" in your head. Go ahead, try it!



Covering Your Sneeze

It's a good idea to sneeze in to your sleeve so that you do not spread your own germs on to others, especially when you are sick. Better yet, use a tissue.



Brushing Teeth

It's important to brush your teeth after every meal and snack, or at least 3 times a day. If you cannot brush after lunch, try to end that meal with an apple or a pear.



Bathing

It's important to bath regularly, and also after exercising or getting dirty. When bathing, make sure to use soap and water, and remember to wash your hair. Cleaning under your fingernails is always a good idea too!



Putting on Clean Clothes

Remember to put on clean clothes each day; this includes clean socks and underwear too!



H-E-BUDDY®

THE PERFECT
BALANCE BETWEEN
**GREAT
TASTE**
AND NUTRITION.

H-E-Buddy products
have the strictest
nutritional standards.

- no trans fats or empty calories
- no high fructose corn syrup
- more than 10% of daily value of vitamins, minerals, fiber or protein

GROWING HEALTHY LITTLE TEXANS®



R058922 8 GOOD 09/02/12 - 09/03/13 RV100

\$1 off any H-E-Buddy® Toothpaste 4.2 oz.

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058922

Good Only at: HEB

R057937 8 GOOD 10/03/12 - 10/01/13 RV109

free Wilton Number Candle

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

070896-057937

Good Only at: HEB

R058234 8 GOOD 09/05/12 - 09/03/13 RV150

free H-E-Buddy® Petit Suisse 6 pk., 1.76 oz. cups strawberry or strawberry banana

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058234

Good Only at: HEB

R058380 8 GOOD 08/29/12 - 10/01/13 RV100

\$1 off H-E-Buddy® Whole Grain Breaded Chicken Breast Nuggets 26 oz.

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058380

Good Only at: HEB

R058924 8 GOOD 09/02/12 - 09/03/13 RV100

\$1 off any H-E-Buddy® Body Wash, Foaming Hand Soap or Foaming Body Soap

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058924

Good Only at: HEB

R058267 8 GOOD 08/29/12 - 09/03/13 RV100

\$1 off H-E-Buddy® Children's Nutritional Drinks 6 pk., 8 oz. btl. assorted varieties

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058267

Good Only at: HEB

R058233 8 GOOD 09/05/12 - 09/24/13 RV50

50¢ off H-E-Buddy® ABC Pretzels 15 oz.

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058233

Good Only at: HEB

R058269 8 GOOD 09/05/12 - 09/24/13 RV100

\$1 off H-E-Buddy® Lowfat Milk 4 pk., 6.5 oz. cnfs. assorted varieties

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058269

Good Only at: HEB

R058381 8 GOOD 08/29/12 - 10/01/13 RV100

\$1 off H-E-Buddy® 2% Milk String Cheese 12 oz.

Limit one coupon per purchase of product indicated. Coupon may not be reproduced, doubled or combined with any other offer.

041220-058381

Good Only at: HEB

