



Step Into Action

Nutrition Guide



Special Olympics
Ontario



Table of Contents

Introduction	5
Nutrition Overview	7
Recommended Daily Servings from Canada’s Food Guide	8
What is One Food Guide Serving.....	9
Food Group Tips.....	10
A Balanced Plate	12
Overview.....	13
Nutrition & Exercise	15
Why is Nutrition Important for Athletes?	16
Nutrition & Exercise.....	17
Overview.....	18
Staying Hydrated	19
The Importance of Water	20
The Benefits of Healthy Eating	21
Overall Benefits of Healthy Eating.....	22

Healthy Options23
Healthy Options in Each Food Group24

Healthy Eating Ideas.....25
Healthy Ideas26

Snacking & Eating on the Go27
Tips to Healthy Snacking.....28
Ten Healthy Snack Ideas.....29
Eating on the Go.....30
Overview31

Sample Menu for One Week.....33
Tips to Keep in Mind While Reading the Menu.....34
Sample Week Menu35
What to Put in Your Shopping Cart.....37
Can You Find One Healthy Serving for Each Food Group?38

Healthy Recipes.....39
Broiled Lemon Garlic Salmon40
Personal Whole Grain Pizza41
Mini Taco Bowls42
Chicken Stir-Fry43

Chef Salad to Go44

Chili45

Quinoa Salad46

Summer Salad47

Balsamic Vinaigrette.....48

Energy Cookies49

Frozen Chocolate Covered Bananas50

Blueberry Oatmeal Squares.....51

Frozen Yogurt Pops52

Fruit Smiles.....53

Goal Setting.....55

 Your Goal Setting Guide56

 Using the Daily Tracking Sheet58

 Overview59

Daily Nutrition Tracking Sheets.....61

Introduction

This is your very own **Step Into Action Nutrition Guide**! The following Guide was designed to act as an information tool to be used in conjunction with Special Olympics Ontario's **Step Into Action** program.

This Guide contains valuable information about what your body needs to stay healthy, as well as examples and tips of healthy snacks and meals that will help boost your energy and give your body the nutrients it needs. Included are some very tasty and healthy recipes that are quick and easy to make.

At the end of this Guide, there is a section where you can set daily and weekly nutritional goals to help you along the path of incorporating lifelong healthy and nutritious eating habits. In this section, you will find a **Daily Nutrition Tracking Sheet** for each day of the week. These sheets will make it easy for you to track how many servings of each food group you eat during each meal. There is also a space at the bottom to record your nutrition goals, and the steps you are taking to meet these goals. At the end of every day, use the information you tracked on your Tracking Sheets to update your **Nutrition Tracker** on the **Step Into Action** website (step.specialolympicsontario.com).

If you have any questions about the **Nutrition Guide** or the **Step Into Action** program, please do not hesitate to contact us:

PAHL Program Coordinator

65 Overlea Blvd., Suite 200

Toronto, Ontario, M4H 1P1

Phone: (416) 447-8326

Toll Free: 1-888-333-5515

Email: step@specialolympicsontario.com

Special Thank You To:

Jules Sylvestre for researching, developing and spearheading the PAHL program initiative

Kirsten Bobbie for researching and developing this *pahl* Nutrition Guide.

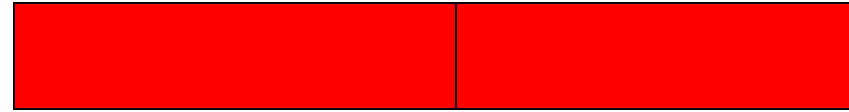
Atifa Sakhiyar for researching and providing Special Olympics Ontario with the base resources necessary to develop the *pahl* Nutrition Guide.

Nutrition Overview

























Recommended Daily Servings from Canada’s Food Guide


Recommended Food Guide Servings Per Day	
Food Group	General Guidelines
Fruits and Vegetables	7-10
Grain Products	6-8
Dairy	2-4
Meat & Alternatives	2-3



Nutrition is important to your everyday health. The food you eat gives you energy to learn at school, work at your job, and perform your best in sports. Eating a balanced and healthy diet will allow you to be active in your daily life and keep you from getting sick.


What is One Food Guide Serving?

 <p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p>		 <p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>		 <p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>		 <p>100% Juice 125 mL (½ cup)</p>					
 <p>Bread 1 slice (35g)</p>		 <p>Bagel ½ bagel (45 g)</p>		 <p>Flat breads ½ pita or ½ tortilla (35 g)</p>		 <p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>		 <p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>		 <p>Cooked pasta or couscous 125 mL (½ cup)</p>	
 <p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p>		 <p>Canned milk (evaporated) 125 mL (½ cup)</p>		 <p>Fortified soy beverage 250 mL (1 cup)</p>		 <p>Yogurt 175 g (¾ cup)</p>		 <p>Kefir 175 g (¾ cup)</p>		 <p>Cheese 50 g (1 ½ oz.)</p>	
 <p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)</p>		 <p>Cooked legumes 175 mL (¾ cup)</p>		 <p>Tofu 150 g or 175 mL (¾ cup)</p>		 <p>Eggs 2 eggs</p>		 <p>Peanut or nut butters 30 mL (2 Tbsp)</p>		 <p>Shelled nuts and seeds 60 mL (¼ cup)</p>	



Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Food Group Tips



Grains

- Instead of only eating white bread, white rice, and regular pasta, try to get half your grains each day from whole grains.
- Whole grains are usually brown in color and have more vitamins.

Meats and Beans

- Try to eat meat, fish, eggs, or beans at every meal.
- Choose less fattening meat like turkey, chicken, seafood, and sirloin steak.

Vegetables

- Try to eat different vegetables each day.
- Eat a variety of colors!
 - Red- Peppers, Orange- Carrots, Yellow- Corn, Green- Broccoli, and Purple- Eggplant.

Fruits

- Eating fruit as a snack or dessert is a great way to add it to your diet!
- Choose different kinds of fruits such as fresh, dried, frozen, or canned.

Oils and Fats

- Fish, avocados, and nuts are a great way to get healthy oils and fats in your diet.
- Eating and cooking with vegetable oil and olive oil are better for your body.

Dairy

- Try to include one serving of dairy in each meal daily to get enough calcium.
 - Try drinking milk at dinner or putting low fat cheese on your sandwich.
- Choose dairy sources that are low fat or fat free.
 - Try skim milk, low fat cheese, or fat free yogurt.



Grains give your body the energy it needs each day.



Fruits & Vegetables have nutrients that keep you healthy and help your body stay healthy and aid in healing.



Meats and Beans make your muscles and body strong.

Oils and fats, in small amounts, are needed to help your body to work properly.

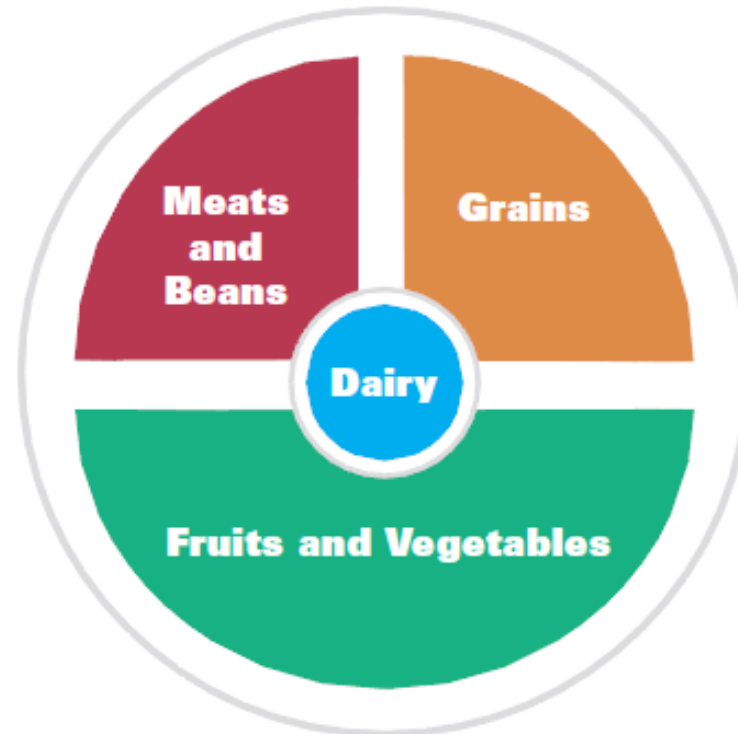


Dairy keeps your bones and teeth strong.



A Balanced Plate...

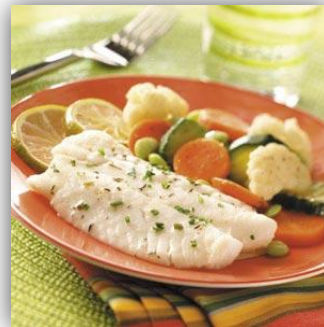
- A good guide to use when you are eating is dividing your plate into three sections.
- Fruits and vegetables should take up most of your plate.
- Dairy is shown as a circle in the middle of your plate to remind you it can be added to other food groups in your meal.



Remember to have fun! Try new meals and mix up what you eat each day!

Remember...

1. It is important to try to get **at least three different food groups** in each meal.
2. Eating different foods allows your body to receive all the **vitamins and nutrients** it needs.
3. If you eat the same thing every day, you may be missing out on some of these nutrients.
4. Add **healthy oils and fats** by using olive oil as your salad dressing.
5. Remember that fish, nuts, and avocados already contain healthy oils and fat!

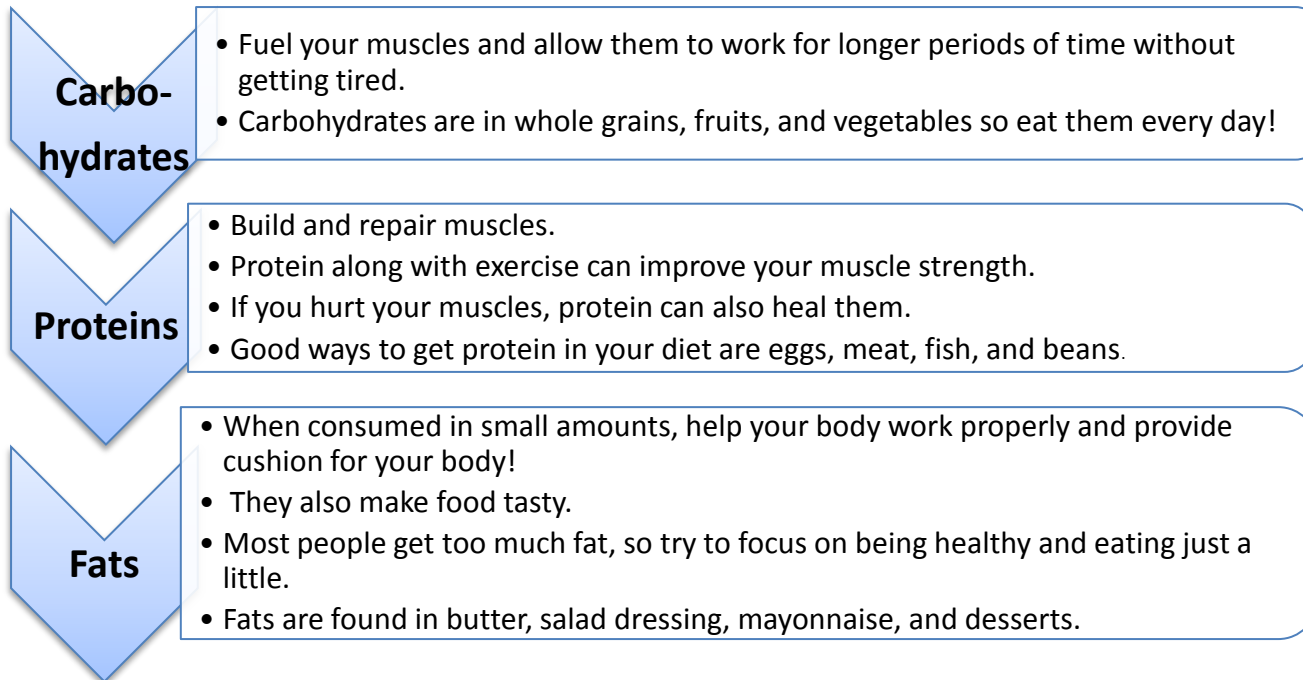


Nutrition & Exercise

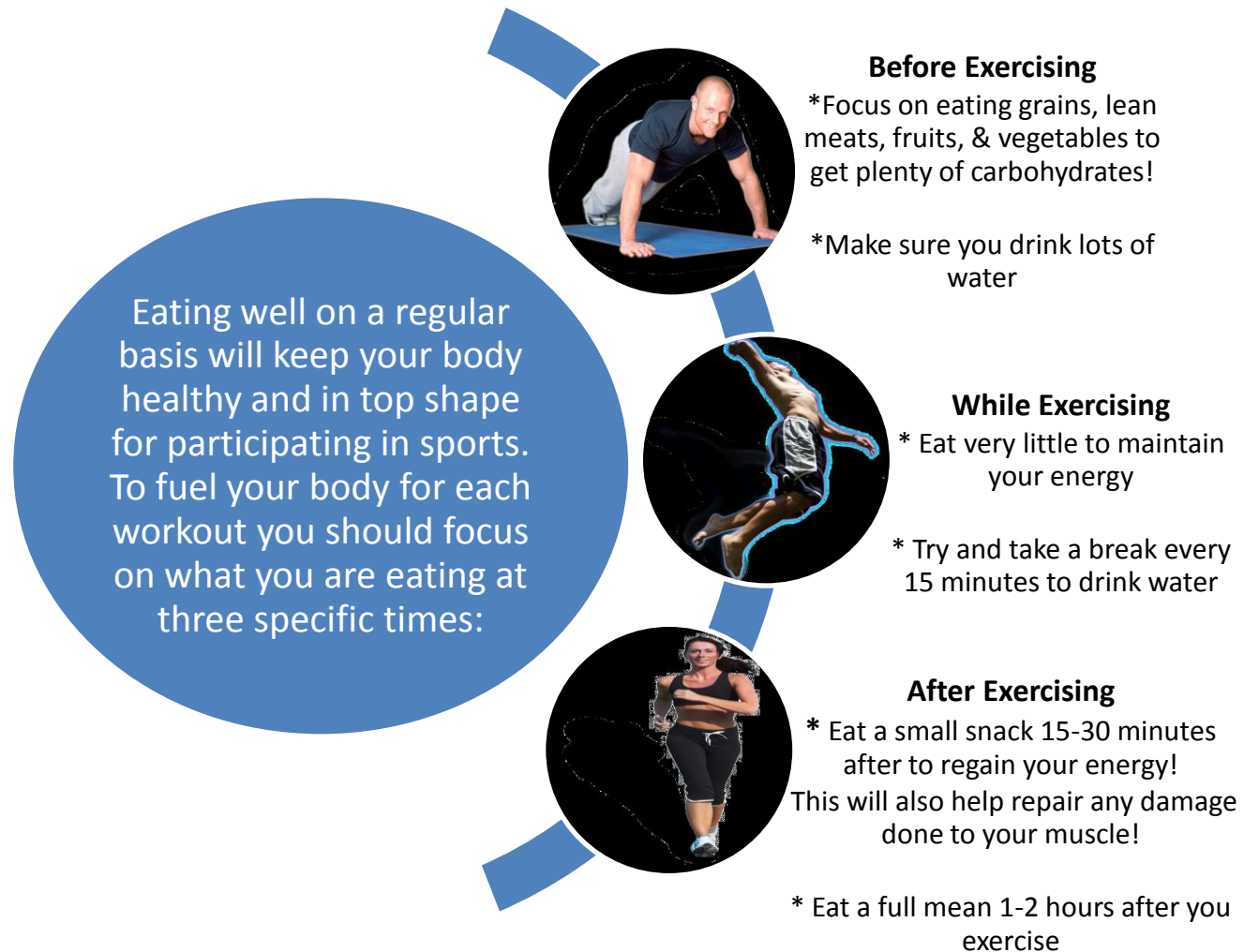
Why is Nutrition Important for Athletes?

Athletes are very active people who spend a lot of time practicing and competing in sporting events. To be able to stay active, it is important to keep your energy up. Food is what gives your body the energy to walk, run, and play sports. It also keeps you focused while you are doing an event, whether basketball, track, or soccer. Practicing good nutrition can help you improve in your sport!

3 main nutrients in food that keep your body functioning:



Nutrition & Exercise



BEEFORE EXERCISE AND COMPETITION EAT FOODS THAT ARE FAMILIAR TO YOU

When Exercising, Keep in Mind...

1. Your body needs food so it can get the energy it needs to be active!
2. **Carbohydrates** help your muscles and body maintain energy for a longer period of time without getting tired.
3. **Proteins** help to build and repair your muscles.
4. In small amounts, **fats** help your body to work properly.
5. Get plenty of carbohydrates before exercising so your body has the energy to work for a while!
6. Eat very little while exercising.
7. Make sure you eat a snack 15-30 minutes after exercising so your body can refuel itself.
8. Take a **water** break every 15 minutes and remember to stay hydrated!



Staying Hydrated

The Importance of Water

- * It is very important while exercising and in everyday activities to drink lots of water to stay hydrated. It is suggested that you consume a minimum of 8 servings of water a day.
- * A regular 8oz. cup equals 1 serving and a 500ml water bottle counts as 2 serving. It is important to drink 8 servings to stay hydrated throughout the day as your body uses water to keep your body cool.
- * Exercise increases our need to drink more water to replace fluid lost because of sweat.
- * Maintaining a healthy hydration level is essential to learning and exercise. An easy way to help you increase the amount of water that you drink is to start carrying around a water bottle with you. If it's there and you are thirsty, you are likely to drink it!



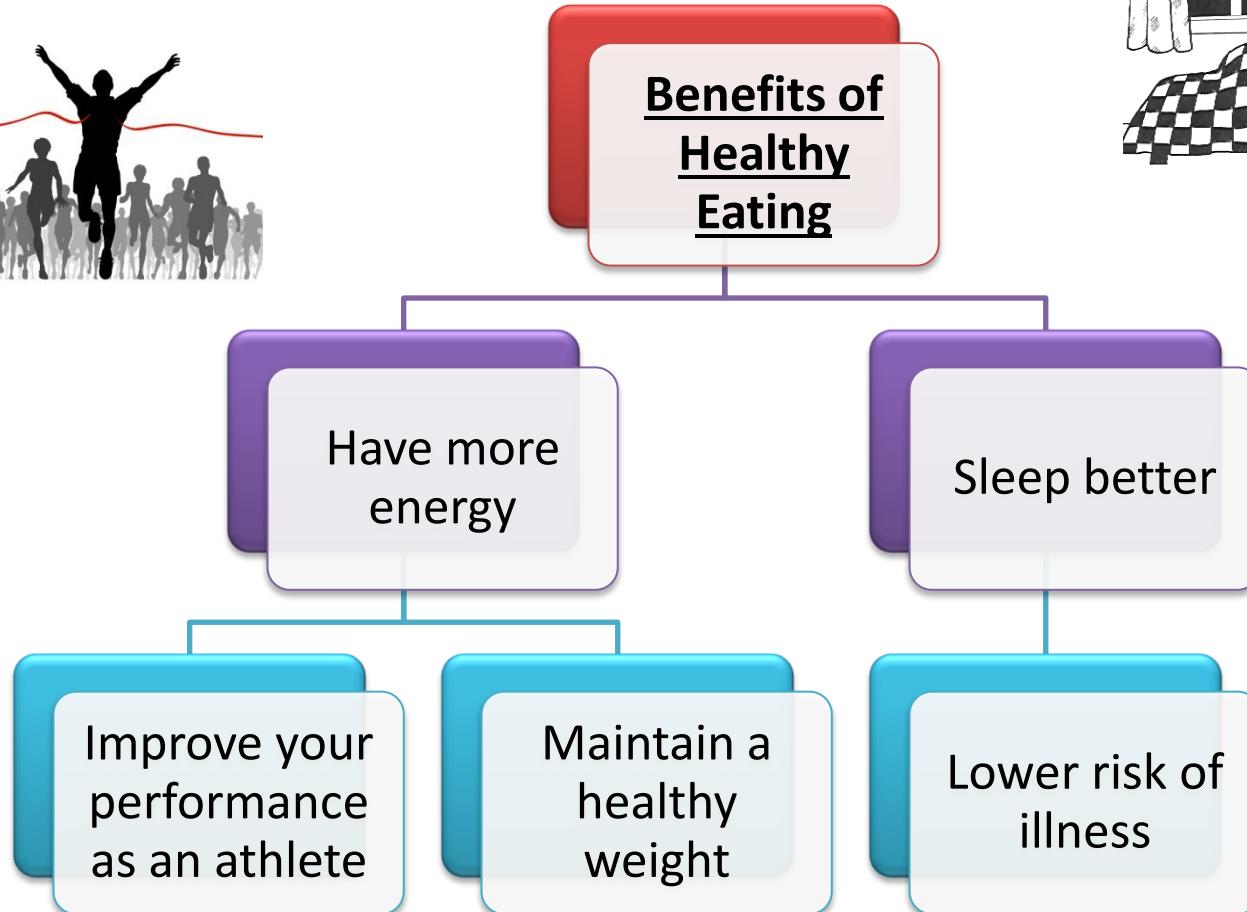
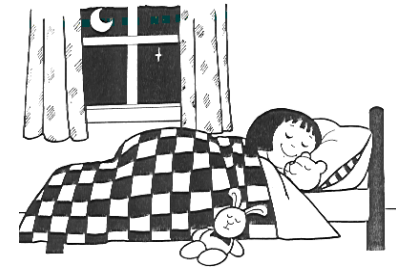
- * Pop and other carbonated drinks do not replace water as a serving.



The Benefits of Healthy Eating



The Benefits of Healthy Eating



Healthy Options



Healthy Options in Each Food Group

<p><u>Vegetables</u></p> <ul style="list-style-type: none"> • Asparagus • Broccoli • Carrots • Green Beans • Mixed Greens • Spinach • Sweet Potato • Potatoes • Peas • Peppers (All colours) • Tomatoes 	<p><u>Fruit</u></p> <ul style="list-style-type: none"> • Apples • Apricots • Bananas • Blueberries • Cantaloupe • Grapefruit • Kiwi • Orange • Raspberries • Strawberries • Watermelon 		<ul style="list-style-type: none"> • Whole wheat pitas • Whole grain or 12 grain bread • Whole wheat tortillas • Whole wheat bagels • Wild rice • Brown rice 	<ul style="list-style-type: none"> • Whole grain pasta noodles • Granola • Whole wheat crackers • Bran muffins • Quinoa • Flax Seeds
<ul style="list-style-type: none"> • Black Beans • Kidney Beans • Chick Peas • Almonds • Walnuts • Tofu • Extra lean ground Beef • Skinless boneless Chicken Breast 	<ul style="list-style-type: none"> • Pork Tenderloin • Beef Steak • Ham • Turkey breast • Brown eggs • Salmon filets • Rainbow trout • Halibut • Tuna 		<ul style="list-style-type: none"> • Skim, 1% or almond milk • Low fat or fat free yogurt • Greek Yogurt • Cottage cheese • Ricotta cheese • Parmesan cheese • Feta cheese • Low fat cheddar or mozzarella cheeses 	

Healthy Eating Ideas



Healthy Ideas

Breakfast

- Yogurt with granola
- Cereal high in fibre with skim milk
- Hot oatmeal
- Fresh fruit with yogurt
- Pancakes with fresh fruit and real maple syrup



Remember: always eat a piece of fresh fruit with your breakfast every morning

Snack

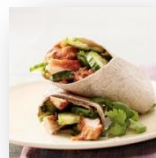
- Banana
- Apple and peanut butter
- Yogurt cup
- Veggies and dip



Remember: nuts and peanut butter may not be allowed if you are eating this snack at school

Lunch

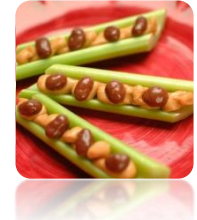
- Salad with chopped veggies and vinaigrette dressing
- Whole wheat wrap with veggies, cheese, and sandwich meat
- Minestrone soup



Remember: bring a piece of fruit with you for dessert so you aren't craving anything sweet

Snack

- veggies and crackers with hummus
- Whole wheat crackers and cheese
- Celery with peanut butter and raisins
- Trail mix



Remember: eating the right snack in the afternoon can give you a boost of energy to finish your day

Dinner

- Grilled salmon with whole grain rice and steamed vegetables
- Quinoa salad with spinach and chopped vegetables
- Chicken with chopped potatoes and vegetables
- Tuna pitas with chopped apples



Remember: when planning a meal, make sure your follows the balanced plate diagram

Snack

- Piece of fruit
- Fresh fruit with yogurt



Remember: don't eat too much food after dinner or eat too close to bed time. The food sits in your stomach and you won't get a good sleep

Snacking & Eating On the Go



Tips to Healthy Snacking

Whether you are at home, work, school or a sporting event, snacking is a great way to keep you full of energy. Here are some ways to make your snacks healthy!



Ten Healthy Snack Ideas



1. Apple slices dipped in peanut butter

2. Animal crackers dipped in a pudding cup



3. Baby carrots, cherry tomatoes, or bell peppers dipped in low-fat ranch dressing



4. Celery topped with peanut butter and raisins



5. Dried fruit



6. Fruit yogurt



7. Low fat cheese with whole grain crackers



8. Raisins



9. Strawberries, bananas, and low fat yogurt smoothie

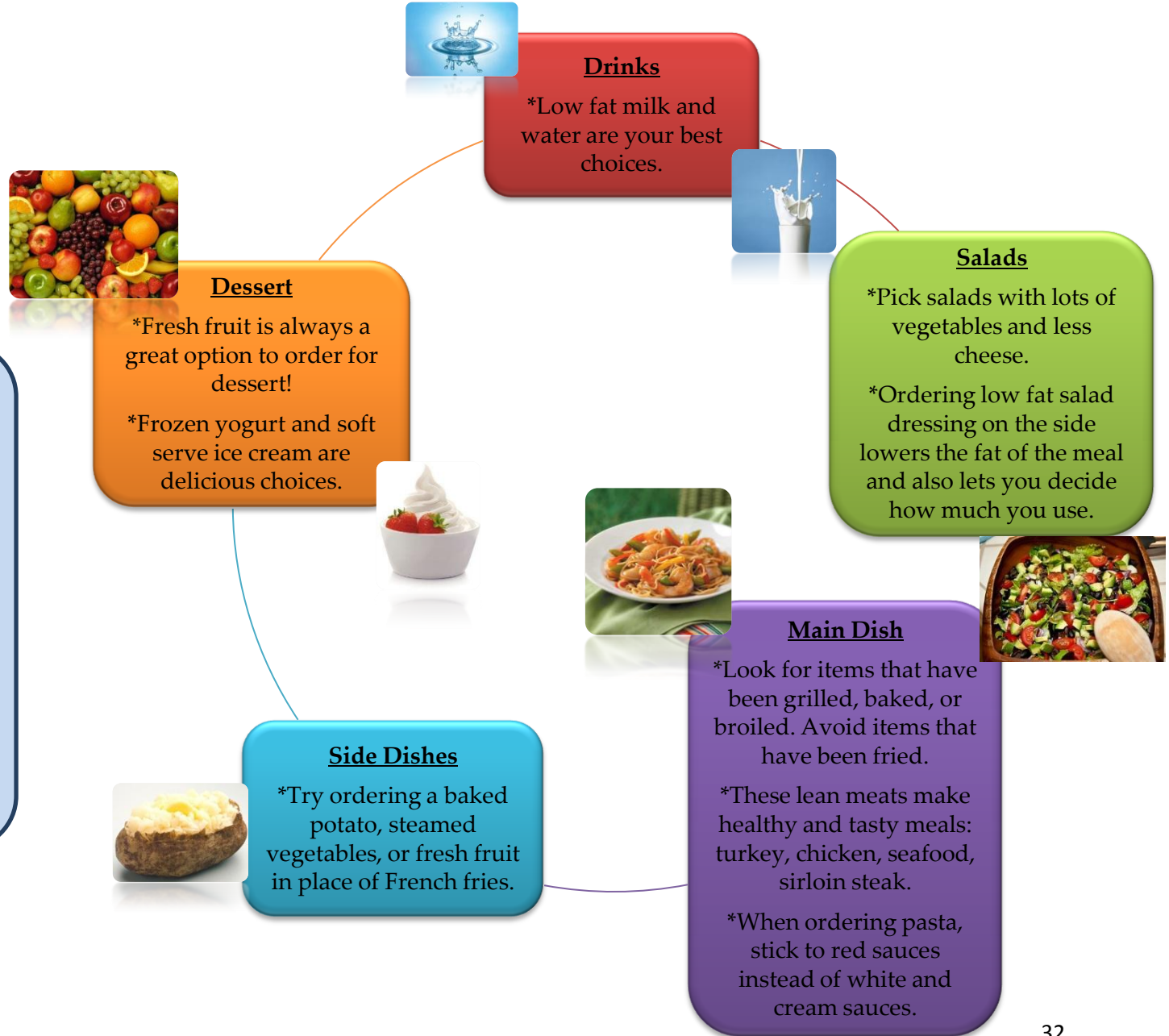


10. Trail mix



Eating on the Go

Going out to restaurants is fun and convenient! However, it is not always easy to eat healthy at a restaurant. Here are some tips that can make choosing healthy foods fun and easy!



Remember...

1. Healthy snacks are a great way to get a **boost of energy** in your day.
2. If you choose foods that are high in **nutrients**, you won't have to eat as much to be energized!
3. When eating out, choose foods that are not fried, and ask for a potato or salad as a side instead of French fries.
4. A salad with vinaigrette dressing is always a great choice!
5. Make sure to drink **low fat milk or water** when you are on the go.



Sample Menu for One Week

Tips to Keep in Mind While Reading the Sample Menu

1. The following 3 pages contain a one week **sample menu** and the items you would need from the grocery store to make all of the menu items listed. This is simply meant to act as a **guide** for you. There are many ways in which you can alter the menu to be more cost efficient and have items that you like more than the ones listed.
2. The **shopping cart** list is also meant just as a **guide**. Some of the items listed may already be in your home.
3. Remember, some of the items you purchase at the grocery store will last you longer than one week since you only need to use a small amount each time.
4. Cooking extras or having leftovers from dinner is a great way to save money and time if you eat the leftovers as lunch the next day!
5. The recipes in the **recipe section** make more than one serving, meaning you will have lots of food to feed your family, friends, or to use as leftovers.
6. Weekends are a great time to cook large quantities of food that can be put in re-sealable containers and left in the fridge for lunches or even dinners. Large homemade batches of soup, baking, or other recipes that make large amounts can last you for an entire week!
7. Although they do not contain as many nutrients, buying frozen fruit and vegetables instead of fresh ones will last longer and save you money.

Sample Week Menu

Monday

Breakfast:

- Hot oatmeal
- Orange
- Glass of orange juice

Morning Snack:

- Apple

Lunch:

- Salad with chopped vegetables and light ranch dressing
- Yogurt cup
- Water
- Oatmeal cookies

Afternoon Snack:

- Trail mix

Dinner:

- Chicken stir fry over whole grain rice (see recipe section)
- Glass of milk

Before Bed snack:

- Banana

Tuesday

Breakfast:

- Yogurt with granola and fresh strawberries
- Orange
- Glass of orange juice

Morning Snack:

- Apple

Lunch:

- Minestrone soup with crackers
- Water

Afternoon Snack:

- Trail mix

Dinner:

- Broiled lemon garlic salmon (see recipe section), whole grain rice, steamed vegetables
- Glass of milk

Before Bed Snack:

- Banana

Wednesday

Breakfast:

- Hot oatmeal
- Orange
- Glass of orange juice

Morning Snack:

- Apple

Lunch:

- Whole wheat wrap with chopped vegetables, cheese, and light ranch dressing
- Water
- Oatmeal cookies

Afternoon Snack:

- Trail Mix

Dinner:

- Mini taco bowls (see recipe section)
- Glass of milk

Before Bed Snack:

- Banana

Sample Week Menu Cont'd

Thursday	Friday	Saturday	Sunday
<p>Breakfast:</p> <ul style="list-style-type: none"> • Yogurt with granola and fresh strawberries • Orange • Glass of orange juice <p>Morning Snack:</p> <ul style="list-style-type: none"> • Apple <p>Lunch:</p> <ul style="list-style-type: none"> • Chef's salad to go (see recipe section) • Water <p>Afternoon Snack:</p> <ul style="list-style-type: none"> • Trail mix <p>Dinner:</p> <ul style="list-style-type: none"> • Chili (see recipe section) • Glass of milk <p>Before Bed snack:</p> <ul style="list-style-type: none"> • Banana 	<p>Breakfast:</p> <ul style="list-style-type: none"> • Hot oatmeal • Orange • Glass of orange juice <p>Morning Snack:</p> <ul style="list-style-type: none"> • Apple <p>Lunch:</p> <ul style="list-style-type: none"> • Chili (left over from dinner) • Water <p>Afternoon Snack:</p> <ul style="list-style-type: none"> • Trail mix <p>Dinner:</p> <ul style="list-style-type: none"> • Personal pizzas (see recipe section) • Glass of milk <p>Before Bed Snack:</p> <ul style="list-style-type: none"> • Banana 	<p>Breakfast:</p> <ul style="list-style-type: none"> • Honey nut Cheerios with skim milk • Orange • Glass of orange juice <p>Morning Snack:</p> <ul style="list-style-type: none"> • Apple <p>Lunch:</p> <ul style="list-style-type: none"> • Whole wheat wrap with vegetables, cheese, and light ranch dressing • Water <p>Afternoon Snack:</p> <ul style="list-style-type: none"> • Frozen yogurt cups (see recipe section) <p>Dinner:</p> <ul style="list-style-type: none"> • Summer salad (see recipe section) • Corn • Maple glazed ham • Glass of water <p>Before Bed Snack:</p> <ul style="list-style-type: none"> • Banana 	<p>Breakfast:</p> <ul style="list-style-type: none"> • Honey nut Cheerios with skim milk • Orange • Glass of orange juice <p>Morning Snack:</p> <ul style="list-style-type: none"> • Apple <p>Lunch:</p> <ul style="list-style-type: none"> • Whole wheat wrap with vegetables, cheese, and light ranch dressing • Water <p>Afternoon Snack:</p> <ul style="list-style-type: none"> • Frozen yogurt cup <p>Dinner:</p> <ul style="list-style-type: none"> • Quinoa salad (see recipe section) • Glass of milk <p>Before Bed Snack:</p> <ul style="list-style-type: none"> • Banana

What to Put in Your Shopping Cart

(Based on the Sample Week Menu)

Fresh Produce

- 1 bunch of bananas
- 8 Granny Smith apples
- 1 head romaine lettuce
- Cherry tomatoes
- 7 oranges
- 1 lemon
- Garlic
- 1 carton strawberries
- 1 large onion
- 1 green pepper
- 1 red pepper
- 1 bunch green onions
- 1 red onion
- Spinach

Bread

- 10 small flour whole wheat tortillas
- 1 pkg whole grain pitas

Frozen Food

- 1 bag frozen stir-fry vegetables

Dry Foods (aisles)

- Trail mix (low salt)
- Light ranch salad dressing
- Oatmeal cookies
- 1 box whole grain rice
- Zesty Italian salad dressing
- Soy sauce
- 1 can minestrone soup
- Low sodium crackers
- Granola
- Salsa
- 28 oz can diced tomatoes
- 19 oz can red kidney beans
- 14 oz can maple syrup flavoured brown beans
- Apple cider vinegar
- Brown sugar
- 1 can pizza sauce
- Honey nut Cheerios
- Pecans, chopped
- Maple syrup
- Extra virgin olive oil
- 1 box quinoa
- Chicken broth
- 19 oz can black beans
- 2 cans corn

Food in Refrigerated Aisles

- 1 carton orange juice
- 1 brick cheddar cheese
- Strawberry yogurt cups
- 1 carton skim milk
- Butter
- Low fat sour cream
- 1 container mixed berry yogurt
- Goat cheese

Meat Counter

- ½ honey glazed ham
- 1 lb boneless skinless chicken breast
- 1 salmon filet
- 2 lb extra lean ground beef



Can You Find One Healthy Serving from Each Food Group?



Healthy Recipes

Healthy Meal Ideas

Broiled Lemon Garlic Salmon

You Will Need:

- salmon fillet or salmon steak
- Juice of ½ lemon
- 1 garlic clove-crushed
- 1 tablespoon of butter
- Salt and pepper to taste



Instructions:

- Preheat broiler to **high**.
- Place the salmon on a rack over the broiler pan.
- Sprinkle lemon juice, garlic, butter, salt and pepper over the salmon.
- Cook for 10-15 minutes, turning once.
- Serve with brown rice and your favourite green vegetables.

Makes 2 servings

Healthy Meal Ideas

Personal Whole Grain Pizza

You Will Need:

- 1 whole grain pita
- 1/8 cup of reduced sodium spaghetti sauce or pizza sauce
- Chopped vegetable toppings of your choice
- ½ cup chopped ham
- 1/8 cup of shredded cheddar cheese



Instructions:

- Preheat toaster oven.
- Spread the sauce on top of the pita.
- Add all toppings and cheese.
- Bake in toaster oven until the cheese has melted and the veggies start to become tender.

Makes 1 serving

Healthy Meal Ideas

Mini Taco Bowls

You Will Need:

- 8 small flour tortillas
- 1 lb extra-lean ground beef
- 1 cup salsa
- ½ cup shredded cheese
- 2 cups chopped lettuce
- ¼ cup sour cream
- 1 cup chopped tomatoes



Instructions:

- Heat oven to 350°F.
- Microwave tortillas on high for 30 sec. or until softened. Press 1 tortilla into each of 8 muffin cups in a muffin tin to form a bowl. Carefully fold edges of tortillas back to make an opening for the filling. Bake for 10 minutes.
- Meanwhile, brown meat in large skillet on medium heat; drain any fat. Stir in salsa; bring to boil. Simmer on medium-low heat for 10 minutes, stirring occasionally. Spoon about ¼ cup meat mixture into each tortilla bowl. Top with remaining ingredients.

Makes 4 servings

Healthy Meal Ideas

Chicken Stir-Fry

You Will Need:

- ¼ cup Zesty Italian salad dressing
- 1 teaspoon light soy sauce
- 1 cup brown rice
- 2 cups frozen stir-fry vegetables (baby corn, red and green peppers, sugar snap peas, carrots, water chestnuts)
- 1 lb boneless skinless chicken breasts cut into strips



Instructions:

- Pour 2 tablespoons of dressing in a non-stick skillet. Add chicken and cook on medium heat for 5 minutes.
- At the same time, cook rice as per the cooking instruction on the side of the box.
- Add vegetables, the rest of the dressing and soy sauce to the chicken cook for 5 minutes or until chicken is no longer pink on the inside.
- Serve chicken and vegetables over rice.

Makes 4 servings

Healthy Meal Ideas

Chef Salad To Go

You Will Need:

- 1 tablespoon light ranch salad dressing
- ¼ cup shredded cheddar cheese
- 2 cups torn, and washed romaine lettuce
- ¼ cup deli honey ham, cut into pieces
- 6 cherry tomatoes, cut in half



Instructions:

- Pour dressing into the bottom of a re-sealable plastic container.
- Top with remaining ingredients and seal the container.
- Place in fridge until you are ready to eat.

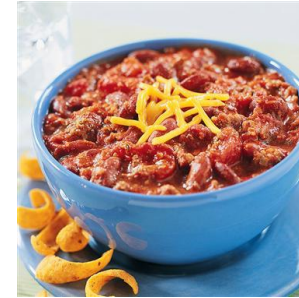
Makes 1 serving

Healthy Meal Ideas

Chili

You Will Need:

- 1 lb extra lean ground beef
- 1 large onion, chopped
- 28 oz can diced tomatoes
- 19 oz can red kidney beans, drained and rinsed
- 14 oz can brown beans, maple syrup flavoured
- 1 tablespoon apple cider vinegar
- 1 tablespoon brown sugar
- Grated cheddar cheese, chopped green onion, or low fat sour cream as toppings if you like



Instructions:

- Brown meat and onion in large pot, drain fat when it is done.
- Add the rest of the ingredients except the toppings.
- Simmer on low heat for 30 minutes.
- Serve in bowls with toppings of your choice.

Makes 6 servings

Healthy Meal Ideas

Quinoa Salad

You Will Need:

- 1 cup quinoa, uncooked
- 2 cups chicken broth
- 19 oz can black beans, rinsed
- 12 oz can of corn, drained
- 1 red pepper, chopped
- 5 green onions, sliced
- ½ cup honey glazed ham, chopped
- ½ cup zesty Italian salad dressing



Instructions:

- Pour chicken broth and quinoa into a pot and cook on high heat until it begins to boil. Simmer on low heat for 15 minutes or until quinoa has soaked up all liquid.
- Pour cooked quinoa into a large salad bowl.
- Just before serving, add all other ingredients. Toss, and serve!

Makes 8 servings

Healthy Meal Ideas

Summer Salad



You Will Need:

- 1 Granny Smith apple
- ½ red onion
- Goat Cheese
- Pecan chunks
- Fresh spinach (enough for the amount of people you are serving)
- 1 teaspoon maple syrup
- 3 tablespoons extra virgin olive oil
- 3 tablespoons apple cider vinegar

Instructions:

- Wash and dry spinach and place in large bowl. Chop apple and onion into small pieces. Tear goat cheese apart with your hands to make tiny pieces and sprinkle on top.
- Place walnut chunks on a baking sheet and put on low heat in oven or toaster oven until they are warm but not black.
- In a small bowl or measuring cup, pour 3 small drops of maple syrup in. Add 2 tablespoons of olive oil, and 2 of apple cider vinegar.
- Stir or whisk quickly. Once blended, taste the dressing. Adjust to taste, or for larger quantity.
- Pour over salad, add the walnuts, toss, and enjoy!

Healthy Meal Ideas

Balsamic Vinaigrette

You Will Need:

- ¾ cup extra virgin olive oil
- 1/3 cup balsamic vinegar
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic, finely chopped
- salt
- pepper



Instructions:

- Add all ingredients except for salt and pepper into a bowl or large measuring cup. Stir or whisk quickly until all ingredients are blended. Add a small amount of salt and pepper. Stir, taste the dressing and add more salt or pepper if needed.
- Cover the dressing with plastic wrap and place it in the refrigerator for at least 3 hours.
- When ready, pour over your salad and enjoy!

Healthy Snack Ideas

Energy Cookies

You Will Need:

- 2 cups brown rice flour
- ½ cup of ground pecans
- 1 teaspoon of sea salt
- 1 tablespoon of vanilla extract
- ½ - ¾ cup of tahini (ground sesame paste)
- ¾ - 1 cup of pure maple syrup
- 1 cup of ground almonds
- 1 cup of sesame seeds
- 2 teaspoons of cinnamon
- Apple butter

Instructions:

- Add all dry ingredients in a large bowl & mix thoroughly.
- Add the tahini & maple syrup & mix thoroughly.
- Massage cookie mixture with hands to release the oils of the ground nuts until mixture sticks together to form a ball.
- If after massage, the dough does not form a ball, add a small amount of water.
- Take cookie mixture & spoon out with an ice-cream scoop into ball on a non-stick pan.
- Flatten ball with a fork & form a “thumbprint” in the middle of cookie & fill with apple butter.
- Bake at 350F for 10-12 minutes or until golden brown.



Healthy Snack Ideas

Frozen Chocolate Covered Bananas

You Will Need:

- Ripe bananas (1/2 banana per person)
- Popsicle sticks (1 per person)
- Chocolate chips



Instructions:

- Peel the bananas, cut them in half, and stick a popsicle stick into the flat end of each banana.
- Lay a piece of wax paper down to cover the top of a cookie sheet. Lay the bananas on top and place in freezer for 2 hours.
- When you are ready to dip them, melt the chocolate chips in the bowl in the microwave for 30 seconds.
- Dip the bananas in the chocolate or drizzle the chocolate over top of the bananas.
- Lay the chocolate covered bananas back onto the cookie sheet and place back in the freezer for 30 minutes.

Healthy Snack Ideas

Blueberry Oatmeal Squares

You Will Need:

- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon vanilla extract
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 1 tablespoons applesauce
- ¼ cup brown sugar



Instructions:

- Preheat oven to 350° F.
- Coat an 8x8 inch baking pan with cooking spray.
- Place all the ingredients in a large bowl and mix until combined.
- Pour into the baking pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
- Cool for 5 minutes and cut into squares.
- Each recipe makes approximately 9 squares.

Healthy Snack Ideas

Frozen Yogurt Pops

You Will Need:

- 8oz container of your favourite yogurt flavour (each 8oz container makes 4 servings)
- Popsicle sticks (1 per person)
- Small paper or plastic cups
- Plastic Wrap

Instructions:

- Pour yogurt into the cups, filling them almost to the top.
- Stretch a small piece of plastic wrap across the top of each cup.
- Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up at the center of the cup.
- Put the cups in the freezer until the yogurt is frozen solid.
- Remove the plastic wrap, peel away the paper cup, and enjoy!



Healthy Snack Ideas

Fruit Smiles

You Will Need:

- 1 ½ cups boiling water
- 1 ½ cups cold water
- 1 whole cantaloupe
- 2 packets cherry Jell-O powder
- Fresh or frozen raspberries



Instructions:

- Cut melon in half lengthwise, remove and discard any seeds. Scoop out melon, leaving each half with a 1-inch thick shell. Chop removed melon; drain well. Cut thin slices off bottom of each melon shell to allow it to stand upright.
- Pour both packages of Jell-O powder into a large bowl. Stir in boiling water for at least 2 minutes or until completely dissolved. Stir in cold water. Add ½ cup of the reserved chopped melon and ½ cup of raspberries to the jelly mixture.
- Fill melon shells with jelly mixture. Pour any remaining jelly into a small bowl to enjoy later
- Refrigerate for 4 hours or until firm. Cut each melon half into 4 wedges and enjoy!

Goal Setting

Your Goal Setting Guide

Goal setting is a very important part of life. Goals give you a clear idea of what you want to achieve and how hard you have to work to achieve your goals. Goal setting is a great way to help motivate you, help you stay focused, and help you maintain your commitment to healthy eating.

There are two types of goals, dream-goals and short-term goals, both types are important to have. Dream-goals are set for the future – in this case, consider your goals for the entire school year or season. Short-term goals are set weekly. The short-term goals will help you reach your dream-goals by focusing on specific areas of your eating habits that you would like to improve.

Things to consider when setting goals:

- What do I want to do?
 - Who can help me work towards my goals?
 - How am I going to do this?
 - When do I want to accomplish my goals?
- * Be very **specific** when writing your goals – this will allow you to develop a picture in your mind of you successfully completing your goal!
- * Set **realistic** goals – goals that are difficult enough to push you, yet something you will be able to accomplish with hard work!
- * Focus on setting goals that are within your control...how you want to perform and what you want to do!

Dream-Goals

The first step in goal setting is to set your dream goals for the entire school year or season.

This year, my goals are:

Weekly Goals (Short-term)

In the first class or meeting of each week, work with your teacher or coach to decide what your goals will be for the week. Write down your goals in the space provided on Monday's Daily Nutrition Tracking Sheet. Take time during the week to review your goals so you know what you want to work towards. If you and your teacher or coach decide on a new goal, make sure you add it to your Tracking Sheet.

At the end of each day, look at your goals for that week and determine how successful you were in reaching the goals. Feel free to make changes to your goals, adjust them by making them harder or easier.

Here are a few weekly goal setting examples to help get you started:

- I will drink 6 glasses of water while I am in school each day
- I will bring two pieces of fresh fruit in my lunch bag to school, and eat them
- I will drink milk with dinner every night
- I will only eat healthy cereal for breakfast
- I will bring my lunch instead of buying it from the cafeteria
- I will not drink any pop
- I will only bring healthy food to eat at school
- I will only have healthy snacks when I get home from school






Take time each day to record how many servings of each food group you ate that day. Use the Daily Nutrition Tracking Sheet to track your servings and reflect on what you did that day to work towards your weekly goal. Once you are finished with the Tracking Sheet, don't forget to log your steps and the same nutrition information on the **Step Into Action** website! Sign yourself in as an athlete and then click on the Log Your Steps and Nutrition button to keep track of your progress!

Using the Daily Tracking Sheet

Dinner: Beef stir fry served over whole grain rice with a glass of skim milk

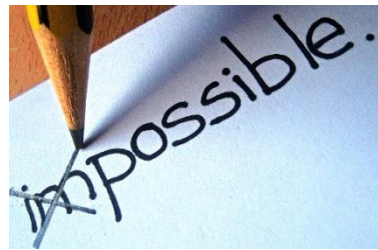
- If you aren't sure what amount makes up one serving, be sure to check the **What is One Food Guide Serving** picture on page 9.
- Remember, the dots on the tracking sheet are just a guide. When, and how much of each food group you eat at each meal is up to you! Just keep in mind the recommended amount of each serving that you saw on page 8.



	Breakfast	Snack	Lunch	Snack	Dinner		Snack
 Vegetables Fruits	● ●	●	●	●	●	●	●
 Grain Products	● ●	●	● ●	●	●	●	
 Dairy Products	●		●	●	●	✓	
 Proteins (Meats & Alternatives)			●		●	●	
 Glasses of Water	●	●	● ●	● ●	●		●
Other Foods I ate:							

When You are Setting Goals, Remember...

1. Be specific, so you know exactly what your goal is and how you plan to accomplish that goal.
2. Your **Dream Goal** is something you can work on for the entire school year or season; it will take time to accomplish this goal.
3. Make sure your **Short Term Goals** can be attained in just one week.
4. You can change and adjust your goals whenever you like.
5. Use the **Daily Tracking Sheet** to help remind you of your goals and to see if there are any areas of your diet that you can change or improve upon.
6. Have fun, and be proud of yourself when you reach your goal!









Daily Nutrition Tracking Sheets



Daily Nutrition Tracking Sheet

Date: Monday, _____

Name: _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
 Vegetables  Fruits	● ●	●	●	●	●	●
 Grain Products	● ●	●	● ●	●	● ●	
 Dairy Products	●		●	●	●	
 Proteins (Meats & Alternatives)			●		● ●	
 Glasses of Water	●	●	● ●	● ●	●	●
Other Foods I ate:						

- * Food options can be moved from one meal or snack to another.
- * Bring fluids and a healthy snack to school and all events.






This week, my goals are:

I will try my best to achieve my goals by:

Daily Nutrition Tracking Sheet

Date: Tuesday, _____

Name: _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
 Vegetables Fruits		●	●	●	●	●
 Grain Products	● ●	●	● ●	●	● ●	
 Dairy Products	●		●	●	●	
 Proteins (Meats & Alternatives)			●		● ●	
 Glasses of Water	●	●	● ●	● ●	●	●
Other Foods I ate:						






- * Food options can be moved from one meal or snack to another.
- * Bring fluids and a healthy snack to school and all events.

Today, I worked to achieve my weekly goals by:

Daily Nutrition Tracking Sheet

Date: Wednesday, _____

Name: _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
 Vegetables Fruits		●	●	●	●	●
 Grain Products	● ●	●	● ●	●	● ●	
 Dairy Products	●		●	●	●	
 Proteins (Meats & Alternatives)			●		● ●	
 Glasses of Water	●	●	● ●	● ●	●	●
Other Foods I ate:						






- * Food options can be moved from one meal or snack to another.
- * Bring fluids and a healthy snack to school and all events.

Today, I worked to achieve my weekly goals by:

Daily Nutrition Tracking Sheet

Date: Thursday, _____

Name: _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
 Vegetables Fruits		●	●	●	●	●
 Grain Products	● ●	●	● ●	●	● ●	
 Dairy Products	●		●	●	●	
 Proteins (Meats & Alternatives)			●		● ●	
 Glasses of Water	●	●	● ●	● ●	●	●
Other Foods I ate:						






- * Food options can be moved from one meal or snack to another.
- * Bring fluids and a healthy snack to school and all events.

Today, I worked to achieve my weekly goals by:

Daily Nutrition Tracking Sheet

Date: Friday, _____

Name: _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
 Vegetables Fruits		●	●	●	●	●
 Grain Products	● ●	●	● ●	●	● ●	
 Dairy Products	●		●	●	●	
 Proteins (Meats & Alternatives)			●		● ●	
 Glasses of Water	●	●	● ●	● ●	●	●
Other Foods I ate:						

- * Food options can be moved from one meal or snack to another.
- * Bring fluids and a healthy snack to school and all events.

My weekly goal was:

Did I achieve my goal? Why or why not?