

**Healthy Active Challenge 2007
WEEKLY POINT COUNTER**

| | | |
|--------------------------------|---|-------------|
| Participant Name: _____ | Optional Measurements | Week |
| | Weight: _____ lbs BMI (Body Mass Index) _____* | 1 |
| Team Name: _____ | Waist: _____ inches (<i>measured at belly button</i>) | |
| | Steps: _____ average per day (<i>using pedometer</i>) | |

| NUTRITION POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
|---|--------------------|--------|--------|---------|-----------|----------|--------|----------|--------|
| Fruit or Vegetable: 1 point per serving ✓ <i>Unlimited quantity!</i> | | | | | | | | | |
| Whole Grains: 1 point per serving ✓ <i>Maximum 6 points per day!</i> | | | | | | | | | |
| Nutrition Bonus Point: 2 points for trying any challenge off of the “Nutrition Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Nutrition Points): | | | | | | | | | |
| ACTIVITY POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
| Stretching or Physical Activity ✓ <i>1 point/every 15 minutes!</i> | | | | | | | | | |
| Activity Bonus Point: 2 points for trying any challenge off of the “Physical Activity Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Activity Points): | | | | | | | | | |
| TOTALS (Nutrition + Activity+ Bonus) | | | | | | | | | |

Examples of Fruits or Vegetables Servings: one medium size fresh fruit or vegetable (about 1 cup or size of tennis ball); ½ cup cooked, frozen or canned fruits or vegetables; 1 cup raw, leafy vegetables, ¼ cup dried fruit; ¾ cup or 6 ounces of vegetables juice. Note: no points for fruit juice—we suggest you eat the fruit.

Examples of Whole Grains Servings: ½ cup brown rice, ½ cup oatmeal, 3 cups popcorn, 1 cup whole wheat cereal flakes, 1 slice whole wheat bread, 5 each whole wheat crackers. Look for 100% whole-wheat flour on the label.

*For information on determining your BMI see the CDC website at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

The American College of Sports Medicine and Centers for Disease Control recommend “30 minutes of moderate intensity physical activity on most, preferably all, days of the week. If you walk at a 4 mph pace (15 min/mile) that equates to 2 miles (approximately 4,000 steps). Some health professionals recommend a goal of 10,000 steps a day for optimal health benefit. The recommendation for children and youth is 60 minutes or more of physical activity per day.

USDA Dietary Guidelines recommends 5-9 servings of fruits & vegetables (or 4-5 cups) daily.

Week 1 Sponsor:  Merle West Medical Center

Forms adapted from American Cancer Society, Active for Life

**Healthy Active Challenge 2007
WEEKLY POINT COUNTER**

**Week
2**

| | | |
|--------------------------------|--|--|
| Participant Name: _____ | Optional Measurements Weight: _____ lbs BMI (Body Mass Index) _____ * | |
| Team Name: _____ | Waist: _____ inches (<i>measured at belly button</i>) | |
| | Steps: _____ average per day (<i>using pedometer</i>) | |

| NUTRITION POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
|---|--------------------|--------|--------|---------|-----------|----------|--------|----------|--------|
| Fruit or Vegetable: 1 point per serving ✓ <i>Unlimited quantity!</i> | | | | | | | | | |
| Whole Grains: 1 point per serving ✓ <i>Maximum 6 points per day!</i> | | | | | | | | | |
| Nutrition Bonus Point: 2 points for trying any challenge off of the “Nutrition Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Nutrition Points): | | | | | | | | | |
| ACTIVITY POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
| Stretching or Physical Activity ✓ <i>1 point/every 15 minutes!</i> | | | | | | | | | |
| Activity Bonus Point: 2 points for trying any challenge off of the “Physical Activity Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Activity Points): | | | | | | | | | |
| TOTALS (Nutrition + Activity+ Bonus) | | | | | | | | | |

Examples of Fruits or Vegetables Servings: one medium size fresh fruit or vegetable (about 1 cup or size of tennis ball); ½ cup cooked, frozen or canned fruits or vegetables; 1 cup raw, leafy vegetables, ¼ cup dried fruit; ¾ cup or 6 ounces of vegetables juice. Note: no points for fruit juice—we suggest you eat the fruit.

Examples of Whole Grains Servings: ½ cup brown rice, ½ cup oatmeal, 3 cups popcorn, 1 cup whole wheat cereal flakes, 1 slice whole wheat bread, 5 each whole wheat crackers. Look for 100% whole-wheat flour on the label.

**For information on determining your BMI see the CDC website at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>*

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Week 2 Sponsor: Klamath Medical Clinic

**Healthy Active Challenge 2007
WEEKLY POINT COUNTER**

| | | |
|--------------------------------|--|-------------------|
| Participant Name: _____ | Optional Measurements Weight: _____ lbs BMI (Body Mass Index) _____ * | Week 3 |
| Team Name: _____ | Waist: _____ inches (<i>measured at belly button</i>) | |
| | Steps: _____ average per day (<i>using pedometer</i>) | |

| NUTRITION POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
|---|--------------------|--------|--------|---------|-----------|----------|--------|----------|--------|
| Fruit or Vegetable: 1 point per serving ✓ <i>Unlimited quantity!</i> | | | | | | | | | |
| Lean Meat or meat substitute (Chicken, turkey, fish, nuts, beans, tofu) : 1 point per serving ✓ <i>Maximum 3 points per day!</i> | | | | | | | | | |
| Nutrition Bonus Point: 2 points for trying any challenge off of the “Nutrition Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Nutrition Points): | | | | | | | | | |
| ACTIVITY POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
| Stretching or Physical Activity ✓ <i>1 point/every 15 minutes!</i> | | | | | | | | | |
| Activity Bonus Point: 2 points for trying any challenge off of the “Physical Activity Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Activity Points): | | | | | | | | | |
| TOTALS (Nutrition + Activity+ Bonus) | | | | | | | | | |

Examples of Fruits or Vegetables Servings: one medium size fresh fruit or vegetable (about 1 cup or size of tennis ball); ½ cup cooked, frozen or canned fruits or vegetables; 1 cup raw, leafy vegetables, ¼ cup dried fruit; ¾ cup or 6 ounces of vegetables juice. Note: no points for fruit juice—we suggest you eat the fruit.

Examples of Lean Meat or Meat Substitute Servings: 2-3 ounces chicken or turkey (about the size of a deck of cards), 8 ounces fish baked, broiled or grilled, not fried, 7 medium shrimp, 1 ounce nuts, ½ cup cooked beans, ¼ cup tofu.

**For information on determining your BMI see the CDC website at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>*

The American College of Sports Medicine and Centers for Disease Control recommend “30 minutes of moderate intensity physical activity on most, preferably all, days of the week. If you walk at a 4 mph pace (15 min/mile) that equates to 2 miles (approximately 4,000 steps). Some health professionals recommend a goal of 10,000 steps a day for optimal health benefit. The recommendation for children and youth is 60 minutes or more of physical activity per day.

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**Healthy Active Challenge 2007
WEEKLY POINT COUNTER**

**Week
4**

| | | |
|--------------------------------|---|--|
| Participant Name: _____ | Optional Measurements Weight: _____ lbs BMI (Body Mass Index) _____* | |
| Team Name: _____ | Waist: _____ inches (<i>measured at belly button</i>) | |
| | Steps: _____ average per day (<i>using pedometer</i>) | |

| NUTRITION POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
|---|--------------------|--------|--------|---------|-----------|----------|--------|----------|--------|
| Fruit or Vegetable: 1 point per serving ✓ <i>Unlimited quantity!</i> | | | | | | | | | |
| Lean Meat or meat substitute(Chicken, turkey, fish, nuts, beans, tofu) : 1 point per serving ✓ <i>Maximum 3 points per day!</i> | | | | | | | | | |
| Nutrition Bonus Point: 2 points for trying any challenge off of the “Nutrition Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Nutrition Points): | | | | | | | | | |
| ACTIVITY POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
| Stretching or Physical Activity ✓ <i>1 point/every 15 minutes!</i> | | | | | | | | | |
| Activity Bonus Point: 2 points for trying any challenge off of the “Physical Activity Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Activity Points): | | | | | | | | | |
| TOTALS (Nutrition + Activity+ Bonus) | | | | | | | | | |

Examples of Fruits or Vegetables Servings: one medium size fresh fruit or vegetable (about 1 cup or size of tennis ball); ½ cup cooked, frozen or canned fruits or vegetables; 1 cup raw, leafy vegetables, ¼ cup dried fruit; ¾ cup or 6 ounces of vegetables juice. Note: no points for fruit juice—we suggest you eat the fruit.

Examples of Lean Meat or Meat Substitute Servings: 2-3 ounces chicken or turkey (about the size of a deck of cards), 8 ounces fish baked or grilled, not fried, 7 medium shrimp, 1 ounces nuts, ½ cup cooked beans, ¼ cup tofu.

**For information on determining your BMI see the CDC website at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>*

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Week 4 Sponsor: Fred Meyer

**Healthy Active Challenge 2007
WEEKLY POINT COUNTER**

**Week
5**

| | | |
|--------------------------------|--|--|
| Participant Name: _____ | Optional Measurements Weight: _____ lbs BMI (Body Mass Index) _____ * | |
| Team Name: _____ | Waist: _____ inches (<i>measured at belly button</i>) | |
| | Steps: _____ average per day (<i>using pedometer</i>) | |

| NUTRITION POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
|---|--------------------|--------|--------|---------|-----------|----------|--------|----------|--------|
| Fruit or Vegetable: 1 point per serving ✓ <i>Unlimited quantity!</i> | | | | | | | | | |
| Lowfat Dairy or Dairy Substitutes: 1 point per serving ✓ <i>Maximum 3 points per day!</i> | | | | | | | | | |
| Nutrition Bonus Point: 2 points for trying any challenge off of the “Nutrition Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Nutrition Points): | | | | | | | | | |
| ACTIVITY POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
| Stretching or Physical Activity ✓ <i>1 point/every 15 minutes!</i> | | | | | | | | | |
| Activity Bonus Point: 2 points for trying any challenge off of the “Physical Activity Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Activity Points): | | | | | | | | | |
| TOTALS (Nutrition + Activity+ Bonus) | | | | | | | | | |

Examples of Fruits or Vegetables Servings: one medium size fresh fruit or vegetable (about 1 cup or size of tennis ball); ½ cup cooked, frozen or canned fruits or vegetables; 1 cup raw, leafy vegetables, ¼ cup dried fruit; ¾ cup or 6 ounces of vegetables juice. Note: no points for fruit juice—we suggest you eat the fruit.

Examples of Lowfat Dairy or Substitute Servings: Choose nonfat or 1% dairy products: 8 ounces milk or yogurt, 1/3 cup lowfat shredded cheese, 1 ½ ounces lowfat cheese, 1 cup lowfat cottage cheese, 1 cup dairy substitute such as soymilk or rice milk.

*For information on determining your BMI see the CDC website at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

The American College of Sports Medicine and Centers for Disease Control recommend “30 minutes of moderate intensity physical activity on most, preferably all, days of the week. If you walk at a 4 mph pace (15 min/mile) that equates to 2 miles (approximately 4,000 steps). Some health professionals recommend a goal of 10,000 steps a day for optimal health benefit. The recommendation for children and youth is 60 minutes or more of physical activity per day.

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Week 5 Sponsor:

**Healthy Active Challenge 2007
WEEKLY POINT COUNTER**

| | | |
|--------------------------------|--|-------------------|
| Participant Name: _____ | Optional Measurements Weight: _____ lbs BMI (Body Mass Index) _____ * | Week 6 |
| Team Name: _____ | Waist: _____ inches (<i>measured at belly button</i>) Steps: _____ average per day (<i>using pedometer</i>) | |

| NUTRITION POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
|--|--------------------|--------|--------|---------|-----------|----------|--------|----------|--------|
| Fruit or Vegetable: 1 point per serving ✓ <i>Unlimited quantity!</i> | | | | | | | | | |
| Lowfat Dairy or Dairy Substitutes: 1 point per serving ✓ <i>Maximum 3 points per day!</i> | | | | | | | | | |
| Nutrition Bonus Point: 2 points for trying any challenge off of the “Nutrition Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Nutrition Points): | | | | | | | | | |
| ACTIVITY POINTS | Average Daily Goal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTALS |
| Stretching or Physical Activity ✓ <i>1 point/every 15 minutes!</i> | | | | | | | | | |
| Activity Bonus Point: 2 points for trying any challenge off of the “Physical Activity Bonus Point” List! ✓ <i>Maximum 2 points per day!</i> | | | | | | | | | |
| Subtotal (Activity Points): | | | | | | | | | |
| TOTALS (Nutrition + Activity+ Bonus) | | | | | | | | | |

Examples of Fruits or Vegetables Servings: one medium size fresh fruit or vegetable (about 1 cup or size of tennis ball); ½ cup cooked, frozen or canned fruits or vegetables; 1 cup raw, leafy vegetables, ¼ cup dried fruit; ¾ cup or 6 ounces of vegetables juice. Note: no points for fruit juice—we suggest you eat the fruit.

Examples of Lowfat Dairy or Substitute Servings: Choose nonfat or 1% dairy products: 8 ounces milk or yogurt, 1/3 cup lowfat shredded cheese, 1 ½ ounces lowfat cheese, 1 cup lowfat cottage cheese, 1 cup dairy substitute such as soymilk or rice milk.

**For information on determining your BMI see the CDC website at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>*

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USDA Dietary Guidelines recommends 5-9 servings of fruits & vegetables (or 4-5 cups) daily.



Nutrition Bonus Points

Each item is worth 2 Bonus Nutrition Points

(Maximum 2 points per day)

1. Split an entree with a friend while eating out.
2. Have a salad for your dinner entree.
3. Eat a meal or a snack before grocery shopping.
4. Make your own **Salsa*** from scratch.
5. Choose a reduced fat version of one of your favorite foods.
6. Substitute a *Non-fat Latte* for *Café Mocha*.
7. Choose a side salad instead of fries when eating out.
8. Choose fruit for dessert.
9. Use a smaller plate for your dinner meal.
10. Drink a glass of water 20 minutes before you eat dinner.
11. Try a fruit you've never tasted.
12. Try a vegetable you've never tasted.
13. Make a **Smoothie.***
14. Try a vegetarian pizza.
15. Try a **Veggie Burrito*** or meatless wrap.
16. Buy a higher fiber bread than your usual selection (Look for Dietary Fiber on label).
17. Substitute whole grain pasta for your regular pasta when shopping.
18. Choose whole grain crackers instead of chips.
19. Try mixing 100% fruit juice with Club Soda instead of drinking a soda.
20. Eat only half of your high-calorie dessert.
21. Make muffins from a low-fat muffin mix.
22. Try plain yogurt and add your own fruit for a lower calorie snack.
23. Make **Fiesta Hummus*** for a great tasting healthy dip or spread.
24. Make **Oven Baked Herbed Potato Wedges*** instead of fries.
25. Try a healthier butter substitute.
26. Take a Calcium Check Up at http://www.oregondairyCouncil.org/calcium_checkup
27. Take a Portion Distortion Quiz at <http://hp2010.nhlbihin.net/portion/index.htm>
28. Create a personalized assessment or plan at <http://www.Mypyramid.gov>
29. Learn to read the Nutrition Facts Label at <http://www.cfsan.fda.gov/~dms/foodlab.html>
30. Plan a healthy menu for a day at <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>
31. Attend a walking meeting instead of sitting at a conference table.
32. Measure the portions of the food you eat for a day.
33. Make your coffee *Half-Caf* (half caffeine/half decaf).
34. Water down your sports drink.
35. Make your own trail mix with whole grain cereals, nuts, pretzels and dried fruit.

**(Recipes are provided for those items in bold type)*

Physical Activity Bonus Points

Each selection is worth 2 Bonus Physical Activity Points

(Maximum 2 points per day)

1. Pick up litter in your neighborhood during **National Volunteer Week (Week 1)**
2. Turn off the TV during **TV Turn-off Week (Week 2)**
3. Take the family to the playground or a hike during **National Family Week (Week 3)**
4. Walk to work with a wide brimmed hat and sunscreen during **National Women's Health Week (Week 4)**
5. Bike to Work during **Bike to Work Week (Week 5)**
6. Row a boat or rowing machine during **Safe Boating Week (Week 6)**
7. **Join the March of Dimes Walk America event on Saturday, April 28th**
8. Take a 10 minute walk break instead of a coffee break
9. Park in the back of the parking lot at the grocery store.
10. Walk to a co-worker's desk instead of emailing.
11. Walk to church instead of riding in the car.
12. Play an outside game with a child.
13. Pace the sidelines of your child's sports event.
14. Take the dog for a walk.
15. Exercise while you watch TV.
16. Carry your groceries instead of pushing a cart.
17. Fly a kite.
18. Plant a tree.
19. Engage in a physical activity with a "Fitness Buddy".
20. Pull weeds in the yard.
21. Wash your car by hand.
22. Dance to music for 15 minutes.
23. Take the stairs instead of the elevator or escalator.
24. Wash the windows.
25. Vacuum the carpets and the places you usually skip.
26. Mow the lawn with a push mower.
27. Wear a pedometer for a day and reach at least 6000 steps.
28. "Run" while running errands.
29. Calculate your BMI at <http://www.nhlbisupport.com/bmi/bmicalc.htm>
30. Calculate your calorie expenditure for your favorite activities at <http://primusweb.com/fitnesspartner/jumpsite/calculat.htm>
31. Try a sport you have never tried.
32. Measure your pulse rate during exercise.
33. Take a 15 minute meditation break.
34. Give someone a neck massage.
35. Get a full 8 hours of sleep at night.

HEALTHY ACTIVE CHALLENGE BONUS RECIPES

Fresh Salsa: Chop the following ingredients: 4 Roma tomatoes, 1 medium jalapeno pepper, ¼ cup cilantro, ¼ cup onion. Mix together. Add 2 Tablespoons lime juice and salt to taste. Refrigerate and use within 3 days. For a variation, add chopped cucumbers or chopped mango. *This recipe is low in calories and high in Vitamin C.*

Fiesta Hummus: Drain and mash 1 can of garbanzo beans (or use food processor). Add ½ tsp. cumin, ¼ tsp. salt, dash of cayenne pepper, 2 cloves minced garlic, ½ cup non-fat plain yogurt, 1 Tbsp. lime juice, 1 Tbsp. toasted sesame oil, 1 or 2 finely chopped jalapeno peppers and 2 Tbsp. chopped cilantro. Refrigerate overnight for best flavor. Serve on crackers, chips or pita bread. Use within 3 days. *This treat is low in calories (100 per 2 oz. serving) low in fat and a good source of fiber and protein.*

Veggie Burrito: Mix together 1 shredded carrot, ½ cup chopped broccoli, ½ cup chopped cauliflower, 2 thinly sliced green onions and ½ cup shredded cheese. Add ¼ cup low-fat ranch dressing mixed with ½ tsp. chili powder to the veggie mix. Lay a tortilla flat on a plate and place ½ cup of the mixture down the center of the tortilla. Add chopped lettuce and tomato. Wrap the tortilla around the filling as you would for a burrito. Serve with fresh salsa. *This recipe makes 4 servings at 200 calories per serving.*

Herb Roasted Potato Wedges: Scrub 6 medium size red potatoes. Poke holes in each to ventilate and microwave on high for 2-4 minutes until slightly soft but not fully cooked. Remove from microwave and cool enough to handle. Cut potatoes into wedges and place on a foil lined cookie sheet sprayed with oil. Spray potatoes with cooking spray and sprinkle the following spices onto wedges: Seasoned salt, garlic and herb salt substitute, ground pepper, dried dill weed, garlic powder and dried crushed basil. Bake at 375 for 15 to 20 minutes until browned. (Broil the last 2-3 minutes for crispier wedges.) *Potatoes are naturally low in calories (less than 100 for 1 potato) and good source of potassium and vitamin C.*

Anything Smoothie: Place the following ingredients into blender: ½ cup plain or flavored yogurt, ½ cup low-fat milk, 3 Tbsp. non-fat dry milk, 2-3 ice cubes, 2 Tbsp. sugar or sugar substitute, ½ tsp. vanilla. Add any 2 of the following: 5 strawberries, ½ peach or banana, ¼ cup pineapple chunks, 1 Tbsp. peanut butter or 1 Tbsp. frozen juice concentrate. Blend until frothy. *Low in calories (especially if you use plain yogurt) and high in calcium. Use frozen fruit or berries for a frostier treat.*

Yogurt Parfait: Layer 2 different flavors of low-fat yogurt into a parfait dish along with 2 layers of fruit or berries and granola. Top with a small squirt of whipped cream. *Good source of calcium, fiber and vitamin C.*