

The 7 B'N Fit Target Behaviors

Changes for a healthier YOU!



Eat breakfast and lunch daily

Eat 2-3 servings of fruits per day



Eat 3-6 servings of vegetables per day

Drink at least 8 cups of water per day, & less than 1 cup of a sugary drink per day



Sleep at least 8 hours per night

Limit fast food & unhealthy snacks to no more than once a week



Get at least an hour of physical activity on a daily basis

Breakfast Ideas

A few tips on including breakfast into your daily routine

- Incorporate an extra 15 minutes into your morning routine- don't think of breakfast as an extra chore, fit it into your routine. You wouldn't leave the house without getting dressed and brushing your teeth, add eating breakfast to that list!
- Plan- decide the night before what you will be having so that you don't have to waste time thinking about it in the morning.

No prepare breakfast ideas:



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- Apple, banana or any other fruit with 2 tablespoons of peanut butter or other nut butter (such as almond butter)
 - Choose natural versions- look at the ingredients- the best nut butters to choose only contain up to three ingredients for example- **Justin's Natural Peanut butter**
- Yogurt with a piece of fruit- choose a yogurt that is low in sugar and does not contain artificial sweeteners (such as aspartame)
 - Best yogurt choices:
 1. **Stonyfield Organic Greek Yogurt**
 2. **Dannon Greek Yogurt**
 3. **Chobani Simply 100 Greek Yogurt**
 4. **Dannon Oikos Greek Yogurt**
- Low sugar, whole grain cereal with milk and fruit
 - Best cereal choices:



- 1.
2. **Plain Cheerios**
2. **Kellogg's Mini Wheat (not frosted)**
3. **Special K Oats & Honey**

4. Kashi Go Lean

5 minute preparation breakfast ideas:

- Whole Grain English Muffin toasted with 2 tablespoons of nut butter
- Whole Grain English Muffin toasted with sliced avocado
- Two scrambled eggs with fruit
- Dinner for breakfast- you don't always have to eat traditional breakfast foods in the morning. If you have healthy dinner left overs such as roasted chicken and veggies, throw it in the microwave and you are ready to go.

Make ahead breakfast ideas:

- **Hardboiled eggs-** hardboiled eggs last in the fridge with the shell on for 7 days. You can make a batch on Sunday and then in the morning just grab two, peel them and joy with a piece of fruit.



- To make the perfect hardboiled eggs, place eggs in a pot and add just enough water to cover the eggs. Boil the eggs to a rapid boil. Shut off the stove and let the eggs sit in the water on the hot burner for 15 minutes. Rinse in cold water and place in refrigerator or enjoy warm!
- **Overnight Oats-** this is an easy and delicious spin on oatmeal:

What you need:

- 1/4 cup quick oats
- 1/2 cup milk
- 1/4 medium banana, sliced (freeze the rest for smoothies!)
- 1/2 cup blueberries or other fruit such as raspberries, cherries, or sliced peaches
- pinch cinnamon
- 1 tbsp. chopped pecans (or any nut)

Directions:

- Place all of the ingredients in a jar, shake, cover and refrigerate overnight. In the morning add your favorite nuts and enjoy!
- **Egg muffins-** This is a perfect make a head breakfast that you can personalize. You can refrigerate these for up to a week or freeze up to a month:

What you need:

- 1 dozen eggs
- nonstick cooking spray, to coat pans
- Any vegetables you like- broccoli, spinach, mushrooms, peppers, onions, etc.
- 1 1/2 cups shredded cheese

Directions:

- Preheat the oven to 350°F. Crack eggs into a liquid measuring cup. Whisk the eggs
- Grease a 12-cup muffin pan with ghee. Divide the veggies and cheese between each muffin cup, then carefully pour eggs over tops until muffin tins are almost full (leave 1/4-inch space).
- Bake for 20-25 minutes or until a wooden pick inserted in the center of a muffin comes out clean. The egg muffins will look like soufflé when they come out of the oven, but they will sink after a few minutes. Let them rest in the muffin tin for a few minutes before using a rubber spatula to carefully remove each muffin.
- Consume immediately or let cool and transfer to a resalable plastic bag





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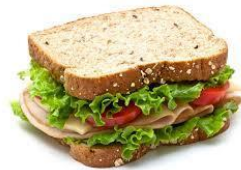


Lunch Ideas

Eating lunch on the week days will help give you energy for afternoon as well as help to avoid over eating later in the day.

School lunch- Eating school lunch can be tricky, especially if the healthy options seem limited or the food doesn't look appetizing. Here are some tips for making the best out of school lunch:

- **Salad Bar-** if you school as a salad bar this may be your best option. Choose the veggies that look the freshest and top with a healthy protein such as grilled chicken, tuna, or hardboiled eggs. Use olive oil and vinegar as a low calorie salad dressing
- **Sandwiches-** if the hot food doesn't look healthy/or tasty try a sandwich. Many schools serve sandwiches on whole wheat bread. Some good options are turkey and cheese, peanut butter and jelly, and tuna fish
- **Avoid-** Try to stay away from: mozzarella sticks, French fries, chicken nuggets, and chocolate milk



Brown Bag Lunch- Bringing your lunch is a great way to ensure that your lunch is both healthy and delicious. Pack your lunch the night before so that you are not rushing in the morning. Add an icepack in the morning to keep your lunch fresh. Some good options include:

- **Sandwich-** make a sandwich on whole wheat bread. Use a healthy protein such as low sodium turkey breast or roast beef, add one slice of cheese and as many veggies as you want. Top with mustard or 1 tsp. of mayonnaise. Throw in a piece of fruit and you are ready to go.
- **Salad-** start with lettuce, then add your healthy protein and lots of veggies. Try adding a healthy fat such as avocado to keep you feeling full. Pack a little bit of oil and vinegar separate in a small container and add to the salad at lunch time.
- **Avoid-** Try to stay away from: chips, candy, juice, soda, etc.

After School- If there is no way that you can eat **school lunch** or **bring your lunch**, you can eat a healthy lunch **right** after school.

- **Avoid-** Try to stay away from fast food. The calorie and fat content is high and the ingredients are questionable.
- **Buy-** If you need to purchase lunch try a sandwich on whole wheat bread from the deli or bodega. Your best options are turkey or grilled chicken with lettuce and tomato and a little cheese. **Try to avoid heroes and rolls!**
- **Eat at home-** Eating at home is your healthiest option. You can make a sandwich or salad (see brown bag lunch section). Or you can have healthy leftovers such as roasted chicken, veggies, and a small portion (1/4 cup) of brown rice.



Increase your Fruit Intake

Incorporating lots of fruits into your diet is important to help you maintain a healthy weight and improve overall health. Health benefits of fruit include: providing energy, aiding in digestion, maintaining blood pressure, maintaining healthy skin and hair, and helping to prevent cancer and heart disease.

Fruit: Aim to have 2-3 servings of fruit per day:

- **Breakfast-** Add fruit to your healthy breakfast such as a banana in your cereal, or strawberries in your yogurt
- **Lunch-** Throw a whole piece of fruit (such as an apple or peach) into your lunch bag
- **Snack-** Choose fruit instead of candy or cookies if you are craving a sweet snack



Quick and Easy Meal Ideas:

Try a yogurt parfait for breakfast or snack:

Ingredients:

- Plain Greek yogurt
- Blueberries, raspberries, or sliced strawberries (or any combination)
- Low fat granola cereal

Make it:

Layer all of the ingredients in a bowl or glass and enjoy!

Try making your own fruit sauce. You can add it to grilled or broiled seafood or poultry, or on whole grain pancakes, or whole grain waffles.



Ingredients:

- Pick a fruit: apples, berries, peaches or pears

Make it:

Puree in a blender or food processor until thick

Try a healthy and protein packed snack:

Ingredients:

- Apple Slices
- 2 tablespoons of Natural Almond Butter or Natural Peanut butter

Make it:

Dip apple slices in natural nut butter. Try to pick a nut butter that only list two ingredients: Nuts (almonds or peanuts) and salt.



Tips:

- Browse supermarket circulars for fruits on sale
- If you crave summer fruits in the winter (such as strawberries, blueberries and raspberries) try the frozen varieties to keep cost down and shelf life up
- Try buying fresh fruit at the Green Carts or Farmers' Markets for inexpensive and fresh produce

Farmers' Markets in the Bronx:

- **Lincoln Hospital Greenmarket-** Park Ave & 149th Street:
Tuesdays & Fridays 8:00am-3:00pm
- **Bronx Borough Hall Green Market-** Grand Concourse & E. 162nd Street: Tuesdays
8:00am-4:00pm
- **New York Botanical Garden Greenmarket-** 2900 Southern Blvd:
Wednesdays 9:00am-3:00pm
- **Parkchester Greenmarket-** White Plains Rd & Westchester Ave:
Fridays 8:00am-4:00pm

- **Learn It Grow It Eat It Youthmarkeet-** 169th St & Boston Rd:
Wednesdays 10:00am-3:00pm
- **Riverdale Youthmarket-** Mosholu Ave & W 256th St:
Thursdays 1:00pm-7:00pm
- **Norwood Youthmarket-** E Gun Hill Rd and DeKalb Ave:
Thursdays 12:00pm-7:00pm



Increase your Vegetable Intake

Incorporating lots of vegetables into your diet is important to help you maintain a healthy weight and improve overall health. Health benefits of vegetables include: prevents constipation, improves eye health, maintains healthy skin and hair, maintains healthy bones, reduces the risk for developing hypertension, and reduces risk for developing cancer.

Vegetables: Aim to have 3-6 servings of vegetables per day:

- **Breakfast-** Add your favorite vegetables to eggs to make a delicious omelet
- **Lunch-** Add vegetables such as spinach, tomato, mushrooms, and avocado to your sandwich or make a large salad and include your favorite vegetables
- **Snack-** Try carrot sticks or cucumber sticks with hummus

Thinks outside the Box: Try making zoodles (zucchini noodles) and cauliflower rice as healthy alternatives to pasta and rice



Zoodles with tomatoes and basil

Ingredients:

1/2 tablespoon olive oil

3 garlic cloves, chopped

3/4 lb grape tomatoes, cut in half

pinch red crushed pepper flakes

1 tbsp chopped fresh basil

1 large zucchini

Kosher Salt and freshly ground black pepper, to taste

Directions:

Use a vegetable spiralizer, a knife or a box grater to cut long thin strands of zucchini.

In a large non-stick pan set over high heat, heat the oil. Add the garlic and cook until golden, 30 seconds. Add the tomatoes, and crushed red pepper flakes, and season with salt and pepper. Reduce the heat to low. Simmer, covered, until the tomatoes soften, 15 minutes. Increase heat to medium-high, stir in the zucchini and basil, season with salt and cook 2 minutes. Serve right away.



Cauliflower Rice:

Ingredients: 1 large cauliflower head

Directions:

Wash and thoroughly dry cauliflower. Remove all greens and cut into 4 sections. Use your food processor to chop cauliflower into small rice size pieces (**if you do not have a food processor you can use the medium size holes on a box grater to grate cauliflower**). Transfer to a paper towel and remove any excess water. Saute in a large skillet over medium heat in 1 tablespoon of oil. Cover pan with a lid and cook for a total of 5-8 minutes. Add whatever seasonings you like: garlic, pepper, cumin, etc. You can use this cauliflower rice in all recipes that call for rice!

Quick and Easy Meal Ideas:

Topped Baked Potato: Top a baked potato with broccoli and low fat cheese or beans and salsa

Veggie lasagna: Add spinach or broccoli to your lasagna

Tacos: Add chopped vegetables such as zucchini or carrots to your taco meat

Tips:

- Browse supermarket circulars for vegetables on sale
- Stock up on frozen vegetables that can be easily and quickly heated up when you are short on time
- Try to avoid canned vegetables because they often contain added salt and other preservatives
- Try buying fresh vegetables at the Green Carts or Farmers' Markets for inexpensive and fresh produce

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B'N Fit Drink Tips

Water:

Your made is body of about 70% water, the majority of your blood and every cell in your body is composed of water. Therefore it makes sense that you need to drink water for your body to function properly.

Benefits of Drinking Water:

- Water has zero calories, so it helps maintains a healthy weight
- Increases energy
- Prevents constipation, and helps you go to the bathroom daily



- Prevents headaches
- Improves immune system
- Improves skin

Aim to drink up to 8 cups of water per day

Flavoring your water:

If you are interested in boosting the taste of your water you can try naturally flavored waters.

But Beware! Read the ingredient labels to make sure that the only



ingredients are water and natural flavors.

Good Brands to Try:

- Poland Spring
- Vintage

Even Better: Make Flavored Water at Home

Just fill up a pitcher of water and add your fruit or fruits of choice. After about 3 hours in the fridge, you will have delicious flavored water!

Try these combinations:

- Sliced Cucumber and Sliced Lime
- Cubed Watermelon and Chopped Mint
- Sliced Oranges and Blueberries

Sugary Drinks:

Drinking beverages that have added or natural sugar can lead to a number of health problems including:

- Dental Cavities
- Diabetes
- Weight Gain

What about Juice?

Even **100% juice** has sugar and by drinking juice instead of eating the fruit you are not getting the fiber and other important components of the fruit. **So, eat fruit and drink water!**

Even young children should learn to limit juice and get used to the taste of water!

How much sleep do teenagers need?

Typically, teens need about **8-10** hours sleep every night!



What happens if I **DON'T** get enough sleep?

- Feeling moody, cranky, and sometimes, **even depression**
- **You can't think!** Inability to concentrate
- **Poor grades** and falling asleep in school
- Lowered immune system
- For teens who drive → increased car accidents!

Benefits of adequate sleep

- ✓ Feeling ready and energized in the morning!
- ✓ Better concentration → better grades in school
- ✓ Feeling healthier!



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Say Yes to Healthy Snacks

It's afterschool, and you are starving and have a few dollars in your pocket. It may be tempting to buy a Big Mac from McDonald's or a bag of chips from the local deli because you know that the food will be taste good, be cheap, and is right around the corner.

However, before you step into the local fast food chain, think about your health goals! Eating foods such as Big Macs, French Fries, chips, and candy can greatly increase your fat and sugar intake which may lead to weight gain and can also increase your risk for developing diseases such as diabetes and heart disease.

Next time you are hungry for an after school snack try these ideas instead!



Healthy Deli Options:



-
- **Yogurt**
- **Fruit-** most delis have apples and bananas available
- **A sandwich-** try a turkey and cheese sandwich with lettuce/tomato and mustard on whole wheat bread (you may just see the rolls in the front but if you ask for whole wheat bread, they usually have it)

- **Granola bar – pick one that is lower in sugar such as nature valley, or fiber one**
- **Raisins or other dried fruit**
- **A small bag of cashews or other nuts**
- **Prepacked pretzels with hummus**
- **A small bag of Smartfood popcorn or unsalted pretzels**

Limit:

- **Chips**
- **Soda/juice**
- **Candy**
- **Ice cream**



Skip the Fast Food!

Stopping in at McDonald's or KFC might seem like an easy and cheap snack or meal idea. However, there are many reasons to avoid fast foods:

- **There are many ingredients in fast food that we want to avoid including: artificial flavors, artificial sugars, trans fatty acids (partially hydrogenated oils), etc.**
- **The meats and other products used to make fast food are poor quality and may cause upset stomachs and other issues.**
- **Fast foods are very high in fat and sugar and can cause weight gain**
- **Eating fast food on a regular basis increases your risk for diseases such as diabetes and heart disease**

Unappetizing Truths about Fast Food:

- Most fast food salads contain as much calories as one Big Mac
- Fast food milkshakes can contain up to 50 ingredients, which includes lots of unknown ingredients that we want to avoid
- One hamburger can contain meat from 100 cows
- Some fastfood eggs, including Suway, include proplene glycol which is a component of anti-freeze
- Some fast food chains reuse food the following day



So remember to limit fast food to once a week or less for optimal health!