



**Strawberry-Banana Smoothie**

- 2 large bananas, peeled and cut into ½-inch-thick slices
- 2 cups frozen unsweetened strawberries, thawed
- 2 cups skim milk
- 1 cup vanilla low-fat yogurt
- ½ cup mandarin oranges, canned in juice, drained
- 1 teaspoon vanilla extract

Combine all ingredients in container of an electric blender; cover and process until frothy, stopping twice to scrape down the sides. Place in refrigerator until cold. Pour into glasses.

**Yield: 4 (1 cup) servings**

**Nutrition Facts per Serving:**

Calories 119 (8% from Fat), Fat 1 gm, Protein 5 gm, Carbohydrate 24 gm, Fiber 2 gm, Cholesterol 4 mg, Sodium 63 mg



Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.

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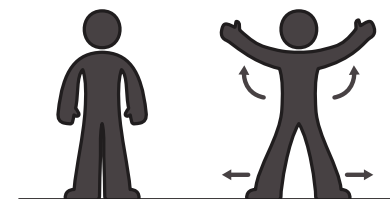


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Jumping Jacks



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Do yard work	Eat fruit for dessert	Have relay races with friends and family	Make a low-fat fruit smoothie (recipe above)	Play tag	Eat a total of 5 (½ cup) servings of fruit and vegetables per day	Play flag football
Try couscous	Dance to your favorite song	Drink 1 cup of water before meals	Plant some flowers	Try 1-2 Tablespoons of hummus on whole grain bread for a snack	Get up early and go for a walk	Substitute mustard for mayonnaise on sandwiches
Play capture the flag	Have a ½ cup brown rice at dinner	Kick a ball around	Try turkey bacon with less than 5 grams of fat per serving	Do 20-40 jumping jacks or low-impact jumping jacks—step touch (pictured above) (Repeat 2-3times)	Keep to a regular eating schedule	Play catch for 15 minutes
Stop eating when you are full	Jump rope for 1-3 minutes	Eat fresh fruit for a snack	Play “Dodge Ball”	Eat cereal that contains 5 grams or less of sugar	Play outside	Have 8 vanilla wafers for dessert
Ride your bike	Select broth-based soups instead of creamy	Play “Red Rover”	Have raw veggies for a snack	Play “Hopscotch”	Make a grocery list and stick to it	Go bowling

THIS MONTH'S HEALTHY DINING OUT TIP: Preplan what you will order before you go in the restaurant.