

8 AUGUST



Grilled Salmon with Mango Relish

- 4 (4 ounces each) salmon steaks
- 1 cup unsweetened pineapple juice
- 2 tablespoons garlic powder
- 1 teaspoon ground black pepper
- Vegetable cooking spray
- 1 large mango, chopped
- 1 bunch cilantro leaves, chopped (no stems)
- 2 green onions, chopped
- 1 small green pepper, seeded and chopped

Combine salmon, juice, garlic powder, and pepper in a large resealable bag. Turn gently until coated. Let marinate in refrigerator about 4 hours. Coat a large frying pan with cooking spray. Place salmon in pan, cover and cook about 4 minutes on each side or until salmon flakes with a fork.

In a small bowl, combine mango and remaining ingredients. Serve over salmon.

Yield: 4 servings

Nutrition Facts per Serving:

Calories 290 (39% from Fat), Fat 13 gm, Protein 24 gm, Carbohydrate 20 gm, Fiber 2 gm, Cholesterol 67 mg, Sodium 82 mg



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

Hamstring Stretch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Buy 5-pound hand weights and do 15-20 bicep curls	Try low-fat cream cheese	Hand-wash your dishes	Include the kids when making the grocery list	Go for a bike ride	Eat a snack that is cholesterol free, like fruit	Wash the car by hand
Drink 8 ounces nonfat milk at all 3 meals	Take a 1-hour family walk	Eat 2 foods that contain whole grain	Turn the radio on and dance for 20-30 minutes	Eat 5 (½ cup) servings of fruits and vegetables per day	Try a new sport	Make a grilled fish recipe (recipe above)
Go for a swim	Try ½ cup brown rice	Count your pulse after you do 20-40 jumping jacks (Repeat 2-3 times)	Drink 4 cups of water throughout the day	Play basketball for 20-30 minutes	Make your own 100-calorie snack bag	Practice having good posture
Name three unhealthy foods and replace with healthy foods	*Do 30-50 leg kicks —make sure you touch your toes (Repeat 2-3 times)	Eat 3 different raw vegetables as a snack	Play tug of war with friends	Try ½ cup of low-fat yogurt for a snack	Do 5 different exercises that you have learned in this calendar	Name the 6 food groups
Ride a bicycle for 20-30 minutes	Eat only when you are hungry	Jump rope for 1-3 minutes	Try a ½ cup of low-fat ice cream for dessert	Hold hamstring stretch for 30-60 seconds. (pictured above) (Repeat 2-3 times)	Have 1 cup whole grain cereal for a snack	Play in the sprinklers

THIS MONTH'S HEALTHY DINING OUT TIP: Avoid foods with butter, gravy, or sauces (or have them served on the side).