

The NIU Literacy Clinic wants you to enjoy reading and be healthy at the same time.

We are offering this informational flyer for you and your family to read and share with each other things you already know about foods and some new information or places to find information online or at your local library.

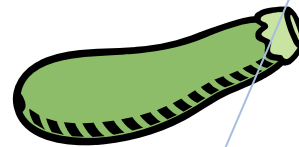
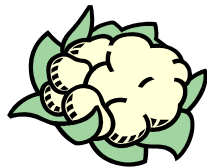
## HEALTHY EATING

Center for Science in the Public Interest

Vegetables can be served raw with dip or salad dressing

- ❖ Broccoli      Carrot Sticks      Cauliflower      Celery (Sticks)      Cucumber      Peppers
- Snap Peas      Snow Peas      String Beans      Yellow Summer Squash (slices)      Zucchini (slices)

**ACTIVITY** - Can you identify the picture of the vegetable with it's name above?



**Dips** - Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips. Bean dips, guacamole, hummus (comes in dozens of flavors), salsa, or peanut butter.

**Salad** – Make a salad or set out veggies like a salad bar. Let the kids build their own salads.

**Soy** – Edamame (pronounced “eh-dah-MAH-may”) are fun to eat and easy to serve. (Heat frozen edamame in the microwave for 2 – 3 minutes.)

**Veggie Pockets** – Cut whole wheat pitas in half and let kids add veggies with dressing or hummus.

**Ants on a Log** – Let kids spread peanut butter on celery (with a plastic knife) and add raisins.

FOR MORE INFORMATION, CONTACT DR. MARGO WOOTAN OR JOY JOHANSON AT THE CENTER FOR SCIENCE IN THE PUBLIC INTEREST, 1875 CONNECTICUT AVENUE, NW, WASHINGTON, DC 20009

ANSWERS TO VEGGIE IDENTIFICATION: CELERY, CAULIFLOWER, SNAP PEAS, ZUCCHINI

Questions? Contact the NIU Literacy Clinic at 815-753-1416

