

# Healthy Lifestyles

*Duke Children's Primary Care*

## **5-3-2-1-Almost None** **Eat THREE meals a day, including breakfast!**



Eating three structured meals per day is an important step towards health. Skipping meals, especially breakfast, has been linked with weight GAIN.

### **BREAKFAST**

Breakfast does NOT have to be eaten as soon as you get up, nor does it have to LOOK like breakfast. If your morning is rushed, grab a healthy breakfast from the kitchen to eat in the car or after arriving to school. Here are some simple, "on the go" breakfast ideas:

- unsweetened applesauce cup with a handful of chopped nuts
- graham cracker squares with peanut butter and a to go cup of low fat or skim milk
- apple with a string cheese stick
- boiled egg and a toasted whole grain English muffin

### **FAMILY MEALS**

Families are BUSY! Long work days, after school activities, household chores.....sometimes it's just easier to eat pizza in front of the T.V. than to plan and prepare a sit down meal for the whole family. There are some really GOOD reasons to eat meals together as a family. It's a good way to reconnect and spend time together. Kids who eat meals with their families tend to eat more healthy over all, to do better in school and to communicate better with their parents.

### **QUICK, HEALTHY AND TASTY MEAL IDEAS**

- Quick fix chili: Brown 1 pound ground turkey breast. Add 1 (15 oz.) can kidney beans and 1 (30 oz.) can chopped low sodium tomatoes. Season with garlic and chili powder. Simmer for 15 to 30 minutes.
- Beans and greens: Simmer large bag of frozen, chopped greens with 1 Tbs. olive oil and 1 tsp each: garlic powder, pepper and oregano. Add a can of pintos, black eyed peas or navy beans into the greens and heat through.

**Serve with a salad or a healthy coleslaw, made with low fat mayo,  
and drink water or low fat milk**

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### RESTAURANT MEALS

It still counts as a family meal even if you didn't prepare it at home. DO try to make healthy choices though!

RESTAURANT	TRY THIS.....	.....INSTEAD OF THIS!
Bojangles™	Grilled chicken filet sandwich (no mayo) with small side of Cajun pinots	2, 3 or 4 piece fried chicken dinner with mashed potatoes, French fries or potato salad
Burger King™	Veggie burger, flame broiled hamburger or chicken garden salad	Triple Whopper™ with cheese or the Tender Crisp™ chicken sandwich
Chic-Fila™	Char grilled chicken sandwich or char grilled chicken salad	Chicken nuggets and waffle fries
Cracker Barrel™	Baked chicken or broiled fish. Vegetable platter with pinto beans, boiled cabbage, turnip greens, sweet whole baby carrots, and/or a small house salad	Any fried or breaded item or creamy casserole
Golden Corral™	Fill up on large salad from the bar (lots of fresh vegetables and ONE ladle of dressing). Try roasted chicken, broiled fish or lean roast beef with steamed vegetables and a small baked sweet potato. Enjoy fresh fruit for dessert.	Fried meats, creamy soups, cheesy dishes, gravy, breads, pizza, breaded and fried veggies and desserts
Hong Kong™ (and other similar Chinese eateries)	Chicken, seafood, beef or tofu stir fries with lots of veggies and only HALF of the usual amount of rice	Breaded fried items such as general chow chicken that is served with a generous portion of rice and NO vegetables
KFC™	Grilled chicken	Fried chicken (or take off the skin)
Long John Silvers™	Baked cod with corn cobbette	Battered and fried fish or shrimp with French fries and hush puppies
McDonald's™	Regular hamburger or salad with grilled chicken,	Double quarter pounder with cheese
Pizza Hut™	Thin crust pizza with veggies	Thick crust pizza with extra meats and cheese
Papa John's™		
Quizno's™	Tuscan turkey sub or one of the Sammies...hold the mayo	Sandwiches loaded with extra meats, cheeses and mayo or creamy dressings
Smithfield's™ (and other similar BBQ restaruants)	Regular BBQ platter with baked beans and vinegar based coleslaw	Large fried chicken or shrimp platters with hush puppies, French fries, potato salad or mayonnaise based coleslaw
Subway™	Turkey breast, roast beef or lean ham, topped with at least 3 of the veggies...hold the mayo	Sandwiches loaded with extra meats, cheeses and mayo or creamy dressings
Wendy's™	Chili /side salad, or Mandarin chicken salad	Baconator™ or Triple with everything
Taco Bell™	Soft chicken taco or Fresco crunchy beef taco with side of pinto beans and cheese	Beef or chicken quesadilla with cheesy fiesta potatoes