

NUTRITION INFORMATION

KEEP YOUR FOOD SAFE
FOOD THAT GO BAD CAN MAKE YOU
SICK. THIS IS CALLED FOOD
POISONING, OR **FOODBORNE ILLNESS**.
SOMETIMES WHEN PEOPLE THINK
THEY HAVE THE "FLU" OR A
"STOMACH BUG," THEY REALLY HAVE
A **FOODBORNE ILLNESS**.

YOU CAN KEEP FOOD SAFE:
KEEP IT SAFE AT HOME.

WHAT MAKES FOOD GO BAD IS
GERMS. THEY GET ON FOOD AND
GROW, YOU CANNOT SEE GERMS ON
FOOD. YOU CANNOT ALWAYS SMELL
OR TASTE THEM.

THESE ARE SOME OF THE FOODS
GERMS LIKE BEST:

MILK AND OTHER DAIRY PRODUCTS

EGGS

MEAT

POULTRY

SEAFOOD

FRUITS AND VEGETABLES

FOODS THAT ARE LIKELY TO HAVE
GERMS THAT CAN MAKE YOU SICK
INCLUDE:

UNPASTEURIZED OR UNTREATED
JUICES, SUCH AS APPLE CIDER
SPROUTS

RAW EGGS
AND FOODS
THAT
CONTAIN RAW
EGGS, SUCH
AS COOKIE
DOUGH AND
CAESAR
SALAD
DRESSING.



RECIPE CORNER

Easy Oven Barbecue

1-1/2 lbs. chicken
pieces, skinned, rinse
and dried.

1c barbecue sauce .

INSTRUCTIONS:

PREHEAT: the oven

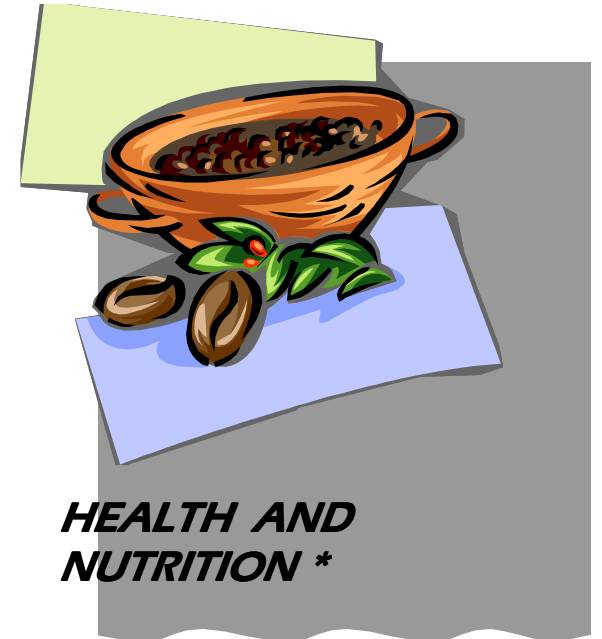
To 375°F.

COAT: a 9 x 13-inch baking dish with non-
stick cooking spray. Arrange the chicken
pieces, meaty side up, in the dish.

BRUSH: the chicken liberally with the sauce.

Bake, uncovered for 45 to 50 minutes, or until
the juices run clear when the chicken is
pierced with a fork.

Approximate nutrition information per
serving: Calories 135, fat 3g , Carbohydrate
5g and Protein 18g.



**HEALTH AND
NUTRITION ***

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Designed by: TAMMY WILSON
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<i>SUNDAY__ Hot cereal 1/2cup cooked oat- meal 2tbsp raisins 1/2c fat free milk 1c orange juice</i>	<i>MONDAY_ Cold cereal 1c bran flakes 1cu fat free milk 1slice whole wheat toast 1tsp soft margarine 1c prune juice</i>	<i>TUESDAY 1 English muffin 2tsp soft margarine 1tbsp jam or pre- serves 1medium grapefruit 1 hard cooked egg 1 unsweetened bever- age</i>	<i>WEDNESDAY Cold cereal 1c shredded wheat cereal 1tbsp raisins 1c fat free milk 1 small banana 1 slice whole wheat toast 1tsp soft margarine 1tsp jelly</i>	<i>THURSDAY Homemade French toast 2 pancakes 2tsp soft margarine 3tbsp syrup 1/2c can fruit 1/2c fat free milk</i>	<i>FRIDAY Breakfast Burrito 1 flour tortilla 1 scrambled egg 1/3c black beans 2tsp salsa 1c orange juice 1c fat free milk</i>	<i>SATURDAY Buttered Toast 1 scramble egg 1 c hot cereal 2tsp margarine 1tsp grape jelly 1c fat free 2% mil 1c grape juice</i>
Smoked turkey sandwich 2 slices wheat bread 2 slices tomato 3oz. Sliced turkey breast 1tbsp mayo 1tsp yellow mustard 1/2c apple slices 1c tomato juice	Chili on a baked potato 1c kidney beans 1/2c chopped onions 1oz. Slice of cheese 1tsp vegetable oil 1 medium baked potato 1/2c cantaloupe 3/4 c lemonade	Roast beef sandwich 1whole grain bun 3oz. Lean roast beef 2 slices of tomato 1/4c romaine lettuce 1/8c sautéed mushrooms 1 1/2 oz. cheese 1tsp yellow mustard 3/4c baked potato wedges 1tsp ketchup 1 un -sweet tea	Tuna fish sandwich 2 slices of wheat bread 3oz. Tuna packed in water 2tsp mayonnaise 1tbsp diced celery 1/4c shredded lettuce 2 slices tomato 1 medium pear 1c fat-free milk	Vegetable Soup 1 1/4c vegetable soup 1/c white beans 2pack unsalted crackers 8 baby carrots 1c fat free milk 1/2c applesauce	Ground turkey burger 2 slices wheat bread 1slice tomato 1/4c lettuce 1oz. Raw onion 4 baked potato strips 1small tangerine 1c iced tea	<i>Chickenstrips honey mustard dressing: 2oz. Chicken breast strips 2tbs. Honey mustard dressing 1c cold vegetables 1c chilled peach cups 8oz.C fat free milk</i>
Spaghetti Dinner 1c spaghetti noodles cooked. 2/3c cooked spinach 1/2c ricotta cheese 1/2c tomato sauce 1oz.mozzerella cheese 1oz. Whole wheat roll 1c fat free milk	Roasted Chicken Dinner 3oz. Boneless chicken breast. 1 med. Baked potato 1/2c peas and onions 1tsp soft margarine 1oz. Whole wheat roll 1c garden salad 3tsp vinegar dressing	Grilled Turkey Steak 3oz. Grilled turkey 3/4c mashed potatoes 2tsp soft margarine 1/2c steamed carrots 1tbsp honey 2oz.whole wheat roll 1tsp soft margarine 1c fat free milk	Fruit Pizza 2slices cheese pizza 1oz bacon 1/4cup pineapples 2tbsp mushrooms 2tbsp chopped onions Green salad 1c leafy greens 3tsp vinaigrette dressing 1cup fat free milk	Vegetable stir fry 1/4c green and red bell peppers. 1/2c brown rice 1/2c green beans 1c lemon ice tea 1 large banana	Jartron Pinto Beans 1/2c seasoned pinto beans 3oz. Grilled chicken breast 1 cob corn 1 slice corn bread muffin 1c low fat yogurt 1c fat free milk	<i>Macaroni Cheese 1/4 c macaroni 2oz diced ham 1oz. Low fat cheese 1/2c lima beans 1/2c steamed carrots 1 whole wheat roll 1/2c apple cheese juice</i>