

Flying Pig Kids Marathon

Pig Power Snack-tivity #1

Apples

Did You Know?

- ✓ Apples make a quick and healthy snack – just wash and bite for a sweet, crispy treat.
- ✓ A medium apple is an excellent source of fiber and a good source of Vitamin C.
 - ✓ One small apple counts as a cup of fruit.
- ✓ The USDA MyPyramid says kids 6 – 11 years old need 1½ cup of fruit each day.

Try these two apple recipes to meet your “Focus on Fruits and Veggie” Hog Log Challenge.

Apple Smiles

Makes 4 servings

Ingredients you'll need....

- 1 apple
- ¼ cup dry cereal (toasted oats or Chex™)
- 2 tablespoons peanut butter or raisins

Hog Log Challenge

Focus on Fruits and Veggies!



Instructions:

- Core apple and cut into 8 wedges (or use apple wedger if available).
- Spread peanut butter on apple wedges. Place dry cereal (or raisins) on peanut butter for teeth. Eat and enjoy!

Nutrition information per serving: 73 calories, 2 gm protein, 8 gm carbohydrate, 4 gm fat, 1 gm dietary fiber, 0 mg cholesterol, 46 mg sodium.

Cinnamon Sugar Apple Slices

Makes 2-3 servings

Ingredients you'll need...

- 1 medium apple
- 1-2 tablespoons cinnamon-sugar

Hog Log Challenge

Focus on Fruits and Veggies!

Instructions:

- Wash apple. Cut into wedges, removing core.
- Sprinkle cinnamon-sugar on a plate or in a bowl. Dip apple wedges in cinnamon-sugar to lightly coat. Serve immediately. Enjoy!

Nutrition information per ½ apple: 56 calories, 1 gm protein, 14 gm carbohydrate, 0 gm fat, 2 gm dietary fiber, 0 mg cholesterol, 20 mg sodium.

Flying Pig Kids Marathon

Pig Power Snack-tivity #2

Focus on Fruits

Did you know?

Fruits are low in fat and give your body many of the vitamins and minerals needed for good health. Fresh, frozen, canned and dried will do! Make sure to eat lots of different kinds of fruits. Go for a rainbow of colors to get the best nutrition value.

This Crunchy Fruit Sundae makes a great afterschool power snack to help keep your muscles fueled.

Crunchy Fruit Sundae

Makes 6 servings

Ingredients you'll need...

- 1 can sliced pears packed in fruit juice, drained
- 1 can sliced peaches, packed in fruit juice, drained
- 1 medium banana, peeled and sliced
- 1 kiwi, peeled and coarsely chopped
- 24 red grapes, cut in half
- 2 whole graham crackers, crushed
- Topping Vanilla Fruit Sauce** (see recipe below)

Hog Log Challenge

Focus on Fruits and Veggies!



Instructions:

- Combine canned and cut fruit in a medium bowl. Stir gently to mix.
- Spoon fruit mixture into 6 individual serving cups.
- Top with 2 to 3 tablespoons of Vanilla Fruit Sauce and sprinkle with crushed graham crackers.

Nutrition information per serving: 147 calories, 2 gm protein, 35 gm carbohydrate, 1 gm fat, 3 gm dietary fiber, 1 mg cholesterol, 55 mg sodium. (includes Vanilla Fruit Sauce recipe below)

Vanilla Fruit Sauce

Makes 12 Serving (2 Tbsp. per serving); About 1 ½ cups

Ingredients you'll need...

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|-----------------------------------|----------------------------|
| ½ cup unsweetened applesauce | ½ teaspoon ground cinnamon |
| 6-8 ounces low-fat vanilla yogurt | 1/8 teaspoon ground nutmeg |

Instructions:

- Combine all Fruit Sauce ingredients in a small bowl. Stir completely.
- Refrigerate until kabobs are prepared.

Nutrition information per serving: 55 calories, 0 gm protein, 15 gm carbohydrate, 0 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 5g sodium.

Hog Log Challenges

Get Calcium!

Flying Pig Kids Marathon

Pig Power Snack-tivity #3

Get Calcium!

Did you know?

Dairy foods are a terrific source of calcium, protein and riboflavin. We need these to build healthy, strong bones and teeth. The USDA MyPyramid says to get 3 servings of calcium-rich foods a day. A serving is 1 cup of milk, 1 cup of yogurt, and 1 oz slice of cheese.

Try this Strawberry Banana Smoothie to meet two Hog Log Challenges. This smoothie is great for before or after your 1-mile walk/run. Enjoy!

Strawberry Banana Smoothie

Makes 2 servings

Ingredients you'll need...

1 container (6 ounces) low-fat vanilla yogurt
1 medium banana, peeled and sliced

½ cup orange juice
1 cup frozen, unsweetened strawberries

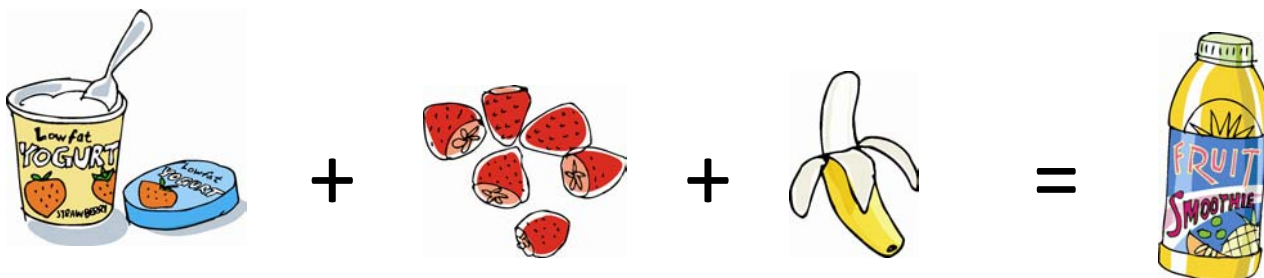
Instructions:

- Place all ingredients in a blender and mix until smooth. Or put ingredients in a tall glass or pitcher; use a hand-held blender to puree until smooth.
- Divide into 2 glasses, about 8 ounces each. Serve immediately.

Nutrition information per serving: 181 calories, 5 gm protein, 40 gm carbohydrate, 3 gm dietary fiber, 1.5 gm fat, 4 mg cholesterol, 66 mg sodium.

Hog Log Challenges

- Focus on Fruits and Veggies!
- Get Calcium!



Flying Pig Kids Marathon Pig Power Snack-tivity #4

Get Calcium!

3 Easy Ways to 3-A-Day!

Don't forget to feed your teeth and bones with 3-A-Day calcium. Here are 3 ways to get 3-A-Day!

1. Pack string cheese in your lunch or backpack.
2. Instead of soda, drink low-fat plain or chocolate milk
3. Dip fruit in flavored yogurt.

Try this Yogurt Parfait to meet 3 of your Hog Log Nutrition Challenges!

Very Berry Yogurt Parfait

Makes 1 serving

Ingredients you'll need...

1 container (6 ounces) low-fat vanilla yogurt
¼ cup sliced fresh strawberries
½ cup frozen, unsweetened blueberries
1 tablespoon low-fat granola

Hog Log Challenges

- Focus on Fruits and Veggies!
- Go for the Whole Grain!
- Get Calcium!

Instructions:

- Spoon about 2 ounces of yogurt into the bottom of a 9-ounce clear plastic cup.
- Top with frozen berries. Cover with 2 ounces of yogurt.
- Add sliced strawberries and top with remaining 2 ounces of yogurt.
- Sprinkle low-fat granola on top if desired. Serve immediately.



Nutrition information per serving: 198 calories, 9 gm protein, 35 gm carbohydrate, 2 gm dietary fiber, 3 gm fat, 9 mg cholesterol, 126 mg sodium.

Flying Pig Kids Marathon Pig Power Snack-tivity #5

Focus on Fruits and Veggies!

Did You Know?

Vegetables are an important source of vitamins and minerals including vitamins A & C helps you see better and keeps your skin and hair healthy.

Eat a rainbow of vegetables each day for good health.

The USDA MyPyramid says kids need 2 ½ cups of vegetables each day.

Eating vegetables can be fun. Try this Walking Salad to meet 2 Hog Log Nutrition challenge.

Walking Salad

Makes 4 Servings (1/2 Pocket)

Ingredients you'll need...

- 2 cups romaine lettuce leaves, torn
- 1 cup broccoli flowerets, chopped
- 1 cup shredded carrots
- ½ cup raisins
- ¼ cup sunflower seeds, unsalted
- 2 whole wheat pita pockets
- ¼ cup light Ranch dressing



Instructions:

- Cut each pita pocket in half
- In a large bowl, mix together the remaining ingredients.
- Divide mixture into four portions and place in the pocket of each pita.

Nutrition information per serving: 179 calories, 6 gm protein, 40 gm carbohydrate, 5 gm dietary fiber, 1 gm fat, <1 mg cholesterol, 232 mg sodium.

Hog Log Challenges

- Focus on Fruits and Veggies!
- Go For the Whole Grain!

Flying Pig Kids Marathon Pig Power Snack-tivity #6

Focus On Fruits & Veggies!

Easy Ways to 5-A-Day!

1. Pack your lunch with cucumber slices, celery, carrots or sugar snap peas.
2. Snack on broccoli “trees”, grape tomatoes, and pepper strips.
3. Wrap up some baby spinach leaves around a piece of string cheese and chow down.
4. Add vegetables like shredded carrots, cucumbers and tomatoes to sandwiches.
5. Stuff celery with peanut butter for a quick, healthy snack.

Rainbow Roll-Up

Makes 1 Roll-Up

Ingredients you'll need...

- 1 tortilla, whole wheat
- 2 teaspoons light mayonnaise or mustard
- 6-8 leaves of baby spinach
- ½ hard cooked egg, chopped or sliced
- 2 tablespoons shredded carrots
- 2 tablespoons reduced fat cheddar cheese
- 1 thin slice deli turkey or turkey ham

Instructions:

- Spread mayonnaise or mustard on tortilla if you like either of these ingredients.
- Arrange spinach leaves on tortilla. Sprinkle shredded carrots on top of spinach layer.
- Place turkey or turkey ham slice on top of shredded carrots.
- Place shredded cheese on top of turkey. Add pieces of hard cooked egg.
- Fold 1 edge of tortilla over about ½-inch. Then, roll like a jelly roll – start at one side and roll as tightly as possible.
- Cut roll-up in half or quarters to eat.



Hog Log Challenges

- Focus on Fruits and Veggies!
- Go For the Whole Grain!

Nutrition information per roll-up: 196 calories, 15 gm protein, 16 gm carbohydrate, 3 gm dietary fiber, 8 gm fat, 583 mg sodium.

Flying Pig Kids Marathon Pig Power Snack-tivity #7

Go For The Whole Grain!

Did you know?

Whole grains supply our bodies with energy and lots of powerful vitamins & minerals. **Whole** grains have the most nutrition per bite because they are close to their natural form. The USDA MyPyramid tells us to make half of our grains **whole**! Some really healthy **whole** grains are: **whole** wheat bread, brown rice, oatmeal, **whole** wheat pasta, **whole** grain cereal, and popcorn...just to name a few!

This Trail Mix is perfect for an on-the-go snack. Pack in your backpack for a delicious afterschool snack!

Pyramid Power Trail Mix

Makes 8 Servings (about 2/3 cup)

Ingredients you'll need...

2 cups Cheerios® cereal
2 cups mini pretzel twists
¼ cup dry roasted peanuts, unsalted
¼ cup unsalted sunflower seeds
½ cup raisins
¼ cup M&M® candies

Instructions:

- Put all ingredients into a large bowl.
- Stir gently to combine. Store in a sealed container until ready to serve.

Nutrition information per serving: 156 calories, 4 gm protein, 26 gm carbohydrate, 2 gm dietary fiber, 1 gm fat, 0 mg cholesterol, 185 mg sodium.

Hog Log Challenges

- Focus on Fruits and Veggies!
- Go For the Whole Grain!



Flying Pig Kids Marathon

Pig Power Snack-tivity #9

Focus On Fruits & Veggies!

Piggy Faces

Makes 4 Servings (1/2 bagel each)

Ingredients you'll need...

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| 2 whole wheat bagels | 4 sugar snap peas |
| 4 Tbsp. humus or cream cheese | 1 cucumber, sliced |
| 4 cherry tomatoes, cut in half | 1 green bell pepper, cut into strips |
| 1 medium carrot, sliced into rounds | |

Instructions:

- Spread cream cheese or humus on each bagel half.
- Create your piggy face by using the cherry tomatoes for the eyes, and the pepper strips for the ears.
- Make the pig's snout using the cucumber and carrot slices, for the mouth use a sugar snap pea.
- Finish the pig off with a pepper strip for the tail.
- Or create your own piggy face with a variety of vegetables. Then pig out!

Nutrition information per serving: 129 calories, 5 gm protein, 25 gm carbohydrate, 5 gm dietary fiber, 2 gm fat, 0 mg cholesterol, 196 mg sodium.

Hog Log Challenges

- Focus on Fruits and Veggies!
- Go For the Whole Grain!



Flying Pig Kids Marathon

Pig Power Snack-tivity #10

Focus On Fruits & Veggies!

Fruit Kabobs

Makes 12 Servings (2 kabobs per serving)

Ingredients you'll need...

1 can (8 ounces) pineapple chunks, packed in juice
 ¼ cup orange juice
 ½ teaspoon ground cinnamon
 1 banana, peeled and cut into 1-inch pieces

24 seedless grapes
 1 can (15 ounces) mandarin oranges, light syrup or juice, drained
 2 kiwis, peeled and cut into 1-inch pieces
 24 wooden skewers or king size toothpicks

Instructions:

- Drain pineapple chunks, reserving juice into a small bowl. Add orange juice and cinnamon to pineapple juice. Stir to combine.
- Put banana slices and apple chunks in bowl with juices. Toss to coat. Set aside.
- Be sure all fruit is cut into pieces small enough to put on the skewers or toothpicks.
- Build kabobs by placing one piece of each type of fruit on a skewer. Repeat until all fruit is used.
- Serve with Vanilla Fruit Sauce (recipe below).

Hog Log Challenges
 Focus on Fruits and Veggies!

Nutrition information per serving: 52 calories, <1 gm protein, 14 gm carbohydrate, 2 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 6 mg sodium.

Vanilla Fruit Sauce

Makes 12 Serving (2 Tbsp. per serving); About 1 ½ cups

Ingredients you'll need...

½ cup unsweetened applesauce
 6-8 ounces low-fat vanilla yogurt

½ teaspoon ground cinnamon
 1/8 teaspoon ground nutmeg

Instructions:

- Combine all Fruit Sauce ingredients in a small bowl. Stir completely.
- Refrigerate until kabobs are prepared.

Hog Log Challenges
 Get Calcium!

Nutrition information per serving: 55 calories, 0 gm protein, 15 gm carbohydrate, 0 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 5g sodium.

