

# From Classroom to Family



The Integrated Nutrition Education Program™  
El Programa de Educación sobre Alimentación Integrada™

  
**Culture of Wellness**  
in Preschools  
Younger. Healthier. Happier.



Dear Parents,

Keep portion size under control for you and your family! February is heart healthy month. One important way to keep your heart healthy is to limit portion sizes. How much you eat is just as important as what you eat! Don't forget about physical activity! Adding a short 10-minute walk to your day has long-lasting health benefits.

♥ Choose a small plate when eating meals.  
**Less food** will fit on it.

♥ **Put fruits and vegetables on the table.**  
Keep the higher calorie foods out of sight.

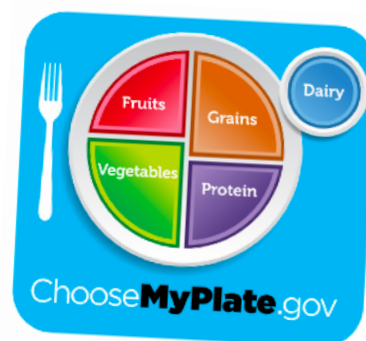
♥ When snacking don't eat right out of the bag. Put a **single portion** on a plate and put the bag away.

♥ When serving yourself and your kids **fill half the plate with fruits and vegetables.**

♥ When **dining out** take half the meal home. You save calories and money!

♥ **Check nutrition labels** for actual serving size. There are often multiple servings in a container.

♥ **Limit added sugars by limiting soda pop,** sports drinks and other sugary drinks. Choose small sizes!



## Heart Healthy Chicken and White Bean Soup

(Serving Size = 1 ½ cups)

### Ingredients

- 1 tbsp olive oil
- 1 bunch of green onions (chopped)
- 1 large garlic clove (crushed)
- 1/2 cup carrot slices (thick)
- 6 cups low-sodium, chicken broth
- 1 ½ cups skinless, shredded, cooked chicken
- 2 (8-oz) cans white beans (rinsed and drained)
- 1 cup fresh kale (chopped)
- 1 cup cabbage (shredded)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- fresh parsley or cilantro

### Preparation

1. Heat oil in a stockpot over medium heat.
2. Add green onion and garlic; stirring occasionally, 3-4 minutes. Add carrots and cook, stirring for 1 minute.
3. Add broth, chicken; bring to a boil. Reduce heat, and simmer 10 minutes.
4. Add beans, cabbage and kale, and simmer for 20 minutes.
5. Season with salt and pepper.
6. Ladle soup into warm bowls; top with 1/2 teaspoon parsley or cilantro.



## Portion Distortion

Past vs Present

See how portions have exploded over the last 20 years!

1993

NOW



140 CALORIES

350 CALORIES



333 CALORIES

590 CALORIES



500 CALORIES

1,025 CALORIES

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**SNAP-Ed**

Division of Food & Energy Assistance

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