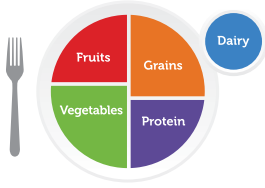




Start *simple*
with **MyPlate**



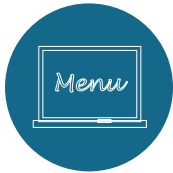
Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.



Offer nonfood rewards

Foods aren’t the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.



SPEND SMART. EAT SMART.®

[Get Help Buying Healthy Foods](#)

Make Ahead Breakfast Burritos

Serves: 8 Cost/Serving: \$0.84 Serving Size: 1 burrito

INGREDIENTS

- 1 cup potatoes, diced (1 medium potato)
- 1/2 cup onions, diced (1/2 medium onion)
- 1 cup bell peppers, diced (1 medium pepper)
- 8 eggs, beaten
- 1/8 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 cup 2% fat cheddar cheese, shredded
- 8 (8 inch) flour tortillas

INSTRUCTIONS

- 1 Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat.
- 2 Add onions and peppers to the potatoes. Cook for 3-4 minutes until the potatoes are browned.
- 3 Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
- 4 Stir in the garlic powder and pepper.
- 5 Roll up each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture in each tortilla. Serve or freeze.
- 6 You can freeze the burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen.
- 7 To reheat the frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

Nutrition Facts

8 Servings Per Recipe	
Serving Size: 1 burrito	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 190mg	63%
Sodium 520mg	23%
Total Carbohydrates 27g	10%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 93mg	8%
Iron 1mg	6%
Potassium 203mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

TIPS

Wash hands after handling raw eggs and before making burritos.

Wash vegetables under running water.

Add hot peppers, salsa, or cayenne pepper for a spicier burrito.

IOWA STATE UNIVERSITY
Extension and Outreach