Healthy Serving Ideas

- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat free dip for a healthy snack.
- Dip strips of sweet potatoes in egg substitute and bake on a lightly oiled pan at 425 F for 25-30 minutes to make sweet potato fries.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

SWEET POTATO HASH

Makes 6 servings. 1 cup per serving.  
Cook time: 40 minutes

Ingredients:
1/4 cup vegetable oil 
2 cups frozen or fresh chopped bell peppers and onions 
2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes 
1 teaspoon cumin 
1 teaspoon salt 
1 teaspoon red pepper flakes 

1. Heat oil in a large skillet over medium-high heat. 
2. Sauté bell peppers and onions until tender, about 5 minutes. 
3. Add remaining ingredients and reduce heat to medium. 
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition information per serving:
Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

How Much Do I Need?

- A ½ cup of sweet potatoes is about one cupped handful.
- A ½ cup of sweet potatoes is an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B₆, and potassium.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.

It is important to eat a variety of colorful fruits and vegetables every day to get the nutrients you need to be healthy. The amount each person needs depends on age, gender, and physical activity level (see chart below). Fruits and vegetables are just two of the six food groups you should eat every day. To learn about the other food groups, visit www.mypyramid.gov.

Recommended Daily Amount of Fruits and Vegetables*

<table>
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<tr>
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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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</tbody>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let’s Get Physical!

- Challenge your kids to a basketball or soccer game. After playing outside, make Sweet Potato Hash together.
- If your family must stay inside, be active by dancing to music or doing sit-ups during TV commercial breaks.
- Ask your child to help you clean and do chores like dusting or sweeping.

For more ideas, visit: www.foodlinkny.org/pdfs/Physical_Activity_Ideas_for_Kids.pdf
Ideas Saludables de Preparación

- Para preparar tiritas doraditas de camote, corte camotes en tiras y bañe en un sustituto de huevo y hornee en una bandeja ligeramente engrasada a 425 F durante 25-30 minutos.
- Hornee camotes rebanados con manzana y canela y tendrá un postre calientito y sabroso.

¿Cuánto Necesito?

- Una ½ taza de camote equivale aproximadamente a un puñado.
- Una ½ taza de camote es una fuente excelente de vitamina A y vitamina C. También es una fuente buena de fibra, vitamina B6 y potasio.
- La vitamina A es buena para la vista, para combatir infecciones y mantener su piel sana.

Información Nutricional por porción:

<table>
<thead>
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<th>Calorias 90</th>
<th>Calorias de Grasa 0</th>
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<td>0%</td>
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<tr>
<td>Grasa Saturada</td>
<td>0g</td>
<td>0%</td>
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<tr>
<td>Grasa Trans</td>
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<tr>
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<td>5g</td>
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<tr>
<td>Azúcares</td>
<td>6g</td>
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</tr>
<tr>
<td>Proteínas</td>
<td>2g</td>
<td>0%</td>
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Vitamina A 384%  Calcio 4%
Vitamina C 33%  Hierro 4%

¿En sus Marcas, Listos…!

- Rete a sus hijos a jugar un partido de baloncesto o fútbol.
- Si su familia tiene que quedarse en casa, manténganse activos bailando o haciendo abdominales durante los comerciales de la televisión.
- Pida a su hijo que le ayude con los quehaceres del hogar como sacudir o barrer.