



University of Nevada
Cooperative Extension

Your foodLINK



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Healthy Recipe: Vegetable Stir Fry

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

4 teaspoons vegetable oil
6 cups of bite-size vegetables (fresh, frozen, or canned broccoli, carrots, cauliflower, celery, corn, green or red peppers, mushrooms, cabbage, peas, etc.)

Directions

Heat four teaspoons of oil in a skillet over medium high heat. Add the vegetables, stir well and cook for 2-5 minutes or until the vegetables are tender. Add Sweet 'n Sour Sauce (recipe included) or ¾ cup bottled stir fry sauce, bring to a boil and cook for one minute, covered. Serve vegetables hot. Add rice to make a meal.

Sweet 'n Sour Sauce

¾ cup pineapple juice
1 tablespoon sugar
1 tablespoon lemon juice
1 ½ teaspoons cornstarch
1 teaspoon soy sauce



Mix all ingredients together.

References: Adapted from Healthy Families EFNEP curriculum, Colorado State University Cooperative Extension and University of California Cooperative Extension.

Center for Nutrition Policy and Promotion, United States Department of Agriculture, Home and Garden Bulletin No. 267-5.

Get Moving!

Don't be afraid of physical activity; it is a good way to improve your health and have fun. Most Americans of all ages need to be more active. Being active simply means moving our bodies.

How much activity do we need each day?

Children and teenagers need at least 60 minutes of active play most days of the week. Adults need at least 30 minutes of moderate activity most days of the week for overall health.

Some movement is better than none. Whenever you can for as long you can, get up and do something to get your body moving!

What is moderate activity?

- Walking
- Gardening
- Hiking
- Dancing
- Playing ball
- Jumping
- Riding a bike
- Swimming

Safety tips for being active:

- Always warm up your muscles/body by starting at a slow, easy pace.

- After your activity(s), cool down for 3-5 minutes by slowing your pace and/or doing some light stretching.
- Stay hydrated...drink water before, during and after your activity(s).
- Wear appropriate safety gear, including helmets, knee or elbow pads, and shin guards.
- If you have pain in your chest, neck, jaw, between your shoulder blades or going down your arm, stop immediately and go to the doctor.

Activity ideas to do with your children

- Jump rope.
- Play "tag" or "keep away."
- Kick and chase a big ball.
- Blow bubbles and chase them.
- Rollerblade or roller skate.
- Fly a kite.
- Walk the dog.
- Play balloon volleyball.
- Play catch.
- Shoot baskets.
- Ride bikes.
- Dance to your favorite music.

Parenting tip

The American Academy of Pediatrics recommends that children 2 and older should spend no more than 2 hours a day watching TV and playing video games. Children under 2 should not watch TV at all. When children are watching television, encourage them to be active during the commercials. They can skip around the room, stretch, jump on the floor, or dance. Do these activities with them. It's good for the whole family!

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900 ext. 47200 or visit www.welfare.state.nv.us. All organizations contributing to this publication are equal opportunity providers and employers.

For more tips on becoming TV free and healthy, visit

www.gethealthyclarkcounty.org.

Request a *TV Moves Me* coloring book (in English or in Spanish) for your children by calling

University of Nevada Cooperative Extension at

702-222-3130 or 775-784-4848.

