

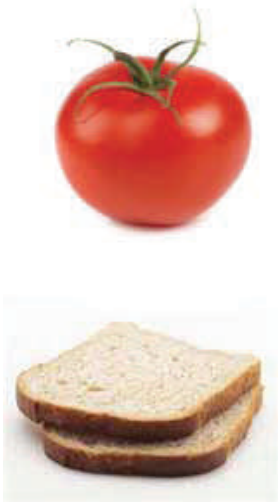
Anytime Foods



**We can eat these every day!
They are rich in nutrients that are good for
your family.**

**Anytime foods are rich in nutrients, like
vitamins, calcium and protein.**

**Examples: fruits, vegetables, whole grains,
lean meats, low-fat milk, yogurt, cheese
and water.**



Sometime Foods

**High in sugar, fat or salt. It's best to eat them
*once-in-a-while.***

**Sometime foods are not rich in
nutrients and vitamins.**

**Examples: soda, chips, cake, cookies, chicken
nuggets, and French fries.**





Try this instead...

Instead of soda...try 100% fruit juice

Instead of whole milk...try low-fat milk

Instead of white bread...try whole wheat bread

Instead of a milkshake...try a low-fat fruit smoothie

Instead of deep-fried chicken nuggets...try baking them

Arctic Oranges

Ingredients:

- 4 oranges
- 4 cups of orange juice
- 4 cherries
- Raisins and apple slice are optional



1. Cut the tops off the oranges in a zigzag pattern. Hollow out the insides, remove the seeds and combine in a blender with the juice.
2. Set the rinds in a muffin tin and fill with the mixture. Drop a cherry inside each orange. Freeze for 2-3 hours. Soften the treats for 5 minutes, then serve. Makes 4.



Need ideas or recipes
for preparing fruits
and vegetables?
Ask your WIC staff.



References:

- <http://jas.familyfun.go.com/recipefinder/display?id=52158>
- WIC-HHED-gethealthynow-anytimefoodsposter.pdf
- WIC-HHED-gethealthynow-sometimefoodsposter.pdf