# Adding Colorful Foods to Your Diet Can Transform Your Life.

2009

*Find the Following Items:*
*Woman Shoveling, Snowboarder, Mushroom, Cheese Wedge, Garlic, Tomato, Apple Slice, Squirrel, Fruit Yogurt, Girl Hula Hooping, Orange Slice, Baseball, Pear, Bottled Water.*

# APRIL

## RECIPE

**Grilled Steaks:** Servings: 4

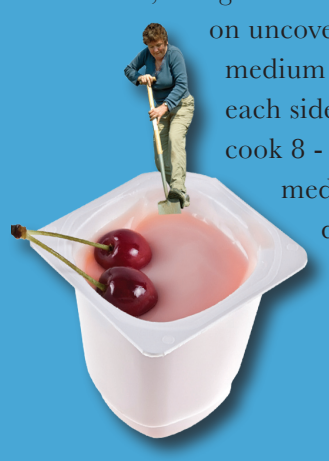
**Ingredients:**

- 1/4 cup honey dijon mustard
- 1 teaspoon chopped fresh or dried oregano
- 1 teaspoon chopped fresh or dried thyme
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 2 cloves minced garlic
- 4 boneless top sirloin steaks (Remember, a serving of steak is no bigger than a diner's fist.)

*"I have always wanted to check out the trails on the outskirts of town. After I looked through the Healthy Habits calendar, I decided to take my wife and two daughters with me. We had so much fun that it has become something we do at least once a week. My wife packs graham crackers, string cheese and fruit so the kids don't get too worn out."*

***Jacob, Pocatello***

**Directions:** Prepare and heat the grill. In a small bowl combine the marinade ingredients, mixing well. Spread mixture on both sides of steaks, refrigerate for 30 minutes. Grill beef on uncovered grill 4 - 6" above medium coals for 1 minute on each side to sear. Cover grill and cook 8 - 9 minutes longer for medium steaks, turning once during grilling.



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| ***Did you know it's...*** *National Youth Sports Safety Month, World Health Day – April 7, National Public Health Week – April 6-12, National Infant Immunization Week – April 25-May 2* | | | 01 April Fool's Day | 02 | 03 | 04 |
| 05 Palm Sunday | 06 | 07 Passover | 08 | 09 | 10 | 11 |
| 12 Easter Sunday | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 Earth Day | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

***Frying meat doubles the fat,*** *coating meat in flour and frying triples the fat, and batter-dipping increases the fat five times! Try this low-fat version: dip chicken or fish in a milk and egg-white mixture, coat with seasoned breadcrumbs and oven-bake. Spray a baking pan with cooking spray, place dipped meat in the pan and bake at a high temperature, turning at least once.*

## Healthy Life Tip

Fish and shellfish are great for your family's diet. Fish are rich in omega-3 fatty acids, which can reduce the risk of a heart attack. The American Heart Association recommends eating fish twice a week as part of a heart-healthy diet. Avoid fish such as Albacore tuna that may be high in mercury or other chemicals. Shrimp, one of the most commonly consumed shellfish, is low in mercury and can be part of a healthy diet. For more information, call **1-866-240-3553** or visit **www.healthy.idaho.gov**