



## Greek Yogurt and Fruit Parfait

1. Lay out Greek yogurt, any kind of fruit and homemade granola.
2. Layer the yogurt, add the fruit and granola into a bowl and repeat layers to the top.
3. Enjoy with your kids!



# ThinkHEALTHY!™

St. Charles Hospital's *ThinkHEALTHY!* Program is a community initiative aimed at preventing obesity, including co-morbidities of heart disease and diabetes through nutrition and exercise.

As part of *ThinkHEALTHY!*, St. Charles Hospital's free cooking classes for children are designed to educate participants on the importance of making healthier choices, including increased consumption of fruits and vegetables and decreased consumption of sugary beverages. The classes aim to improve behaviors concerning food choices, including by encouraging parents and caretakers to involve children in meal planning, shopping, and food preparation.

To learn more about *ThinkHEALTHY!* and read St. Charles Hospital's entire community service plan, please visit our website, [www.stcharles.org/community-health-3](http://www.stcharles.org/community-health-3).

To share your cooking class experiences and photos and to ask questions, please visit us: [www.facebook.com/stcharleshospital](http://www.facebook.com/stcharleshospital)

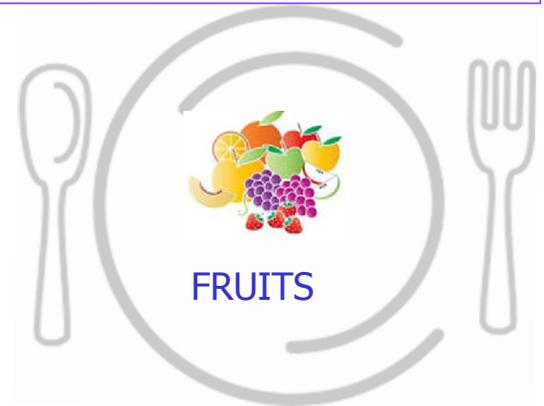


**St. Charles Hospital**  
Catholic Health Services  
At the heart of health

# ThinkHEALTHY!™

Let's  Get Cooking!

**Healthy Home = Healthy Kids**



Healthy Breakfast  
**November 19, 2014**

*Greek Yogurt and Fruit Parfait  
Homemade Granola*

St. Charles Hospital  
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## 10 TIPS to help your kids eat more fruit



**1 Be a good Role Model**  
If you eat it, your kids will eat

**Keep visible reminders around the home**

Place a fruit bowl on the counter

**3 Pack fruit for Breakfast, Lunch and Dinner!**  
It's easy and convenient

**Think about Taste**

Sweeten up any recipe

**5 Mix it up**  
Try fruits you never had before!  
(Mangoes, Papaya, Pomegranate)

**Make it Colorful**

Decorate your plate



**7 Crunchy, Smooth and Juicy**  
Try different textures

**Dip it in something**

Fruits taste great with a dip  
(yogurt, peanut butter, cheese)

**9 Bake it for Dessert**  
Toss it in the oven and serve

**Keep Fruits Safe**

Always rinse and Enjoy!

**10**



## Homemade Granola

Yields 4 Portions

- 1 large egg
- 1 large egg white
- 1 cup light brown sugar
- 1 tablespoon canola oil
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 1/2 cups toasted oats
- 2/3 cup chopped dried cranberries, or golden raisins
- 1/4 cup chopped pecans
- 1 tablespoon all-purpose flour

### Instructions

1. Preheat oven to 325°F. Line an 8-by-11-inch pan with foil. Coat with cooking spray.
2. Whisk egg, egg white, sugar, oil, cinnamon, salt and vanilla in a large bowl. Stir in oats, cranberries (or raisins), pecans and flour. Spread in prepared pan.
3. Bake until golden brown, 30 to 35 minutes. Cool.

**TIP: Freeze your Greek yogurt with fruit and make an ice pop dessert!**



**Make a colorful fruit kabob**



## What's Great about Fruit?

- ◇ Improves overall diet
- ◇ May reduce the risk of some chronic diseases such as high cholesterol and diabetes
- ◇ High in Antioxidants and Vitamins
- ◇ Low in Fat, Sodium and Calories
- ◇ High in Fiber



**Have you tried Greek Yogurt?**

- ◇ Creamy, Thick texture with Rich flavor
- ◇ **Double the amount of protein** than traditional yogurt, Keeps you full and leaves you feeling satisfied
- ◇ Low in Sodium and Carbohydrates
- ◇ Great Source of Calcium, Magnesium, and Potassium
- ◇ Builds strong, healthy bones
- ◇ Promotes a healthy gut