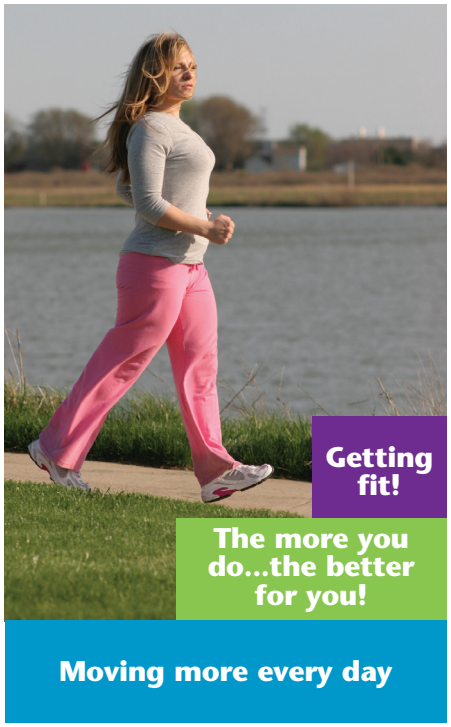
EFNEP's Families Eating Smart and Moving More

Moving More, Every Day, Everywhere, Watching Less



The More You Do, the Better for You

Adults need at least 30 minutes of moderate physical activity most days of the week for overall health. Children and adolescents need at least 60 minutes of moderate physical activity each day. A walking plan is a good way to get started.

- Start with small goals.
- Plan time for physical activity every day.
- Gradually increase activity to reach your goals.

Use this tracker to help you reach your personal goals.

WEEK ONE: Walk briskly 15 minutes three days a week.

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

WEEK TWO: Walk briskly 20 minutes three days a week.

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

WEEK THREE: Walk briskly 30 minutes most days a week.

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

If your goal is to lose weight, you will need to increase your activity time and/or intensity. Be sure to consult your doctor before starting any exercise program.

Focus on Play and Enjoyment for You and Your Family.

- Do something you enjoy. Choose activities that increase your heart rate and breathing like brisk walking, dancing, swimming, or bicycling.
- Be active together.
- Play active games together as a family.

EFNEP EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM
USDA United States Department of Agriculture National Institute of Food and Agriculture
NC STATE UNIVERSITY
NCPH North Carolina Public Health
Eat Smart Move More NORTH CAROLINA

PAD12-E 02/16

EAT SMART

Oven Baked Chicken Nuggets

Makes 4 servings | Serving Size: 6 nuggets

Chicken should be cooked to an internal temperature of 165°F.

Hints: Experiment with different spices such as garlic, lemon pepper, paprika, no-salt seasoning blend, dry ranch dressing mix, etc....

Finely crush corn flakes for best results.

Ingredients

- 1 egg
- 2 tablespoons low-fat milk
- 2¾ cups cornflakes, crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
- 1/4 cup fat-free dressing such as Ranch or honey mustard, barbeque sauce, or ketchup for dipping sauce
- Non-stick cooking spray

Directions

1. Preheat oven to 400°F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush finely. Add Italian seasoning to crushed cornflakes and mix well.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with dipping sauce of your choice.

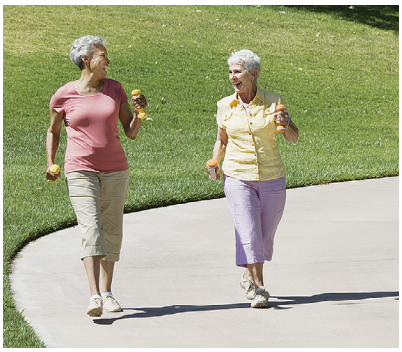
Nutrition information **Per Serving**

265 calories		Total Carbohydrate	17 g
Total Fat	5 g	Dietary Fiber	0 g
Saturated Fat	1.5 g	Sodium	240 mg
Protein	38 g		

Iron Good Source of Iron

Recipe analyzed without dipping sauce.

MOVE MORE



Don't Wait, Walk

When you take your children to an appointment, activities or lessons, use the waiting time to go for a walk or take a stretch break.