

Guidelines for Healthy Food and Beverages

for Adolescent Health Programs

REVISED 2021

ACT FOR YOUTH CENTER FOR COMMUNITY ACTION



To New York State's Bureau of Women, Infant and Adolescent Health

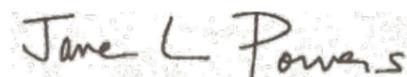
Providers:

I am delighted to share with you these recently revised *Guidelines for Healthy Food and Beverages for Adolescent Health Programs*, published by the ACT for Youth Center for Community Action for youth-serving providers funded by the New York State Department of Health. Each of us has a role to play in providing youth with developmental supports and opportunities, promoting optimal health, and preventing risk behaviors. Nutrition is integral to adolescent health, and by making simple changes to the food and drinks we serve at programs, groups, and community events, we can impact young people's health in positive and powerful ways.

As a provider of youth services, you are in an ideal position to help young people improve their health by offering healthy food choices, raising awareness about nutrition, and engaging participants in menu planning and food preparation activities. These guidelines provide you with easy and practical ideas on how to accomplish these tasks, including factual information,

recipes, money saving tips, and implementation strategies. The guidelines will help you choose healthy food and drinks for the events you sponsor. In the process, your program may help to support healthy eating habits and life skills that not only ensure proper growth during a critical development stage, but will continue into adulthood.

The NYS Department of Health is committed to promoting the health and well-being of all New Yorkers. The future of our state depends on strong and healthy youth; by following the *Guidelines for Healthy Food and Beverages for Adolescent Health Programs*, you can make a difference in the lives of our youth and in the generations to come.



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Guidelines for Healthy Food and Beverages for Adolescent Health Programs was developed in 2011 and updated in 2015 and 2021. It is published by the ACT for Youth Center for Community Action at Cornell University.

http://www.actforyouth.net/resources/n/n_adolescent_food_guidelines.pdf

Guidelines for Healthy Food and Beverages

Replace Sweetened Drinks with Water and Low-Fat Milk



Why replace sweetened beverages? Sweetened beverages such as soda and juice drinks are high in calories, easy to over-consume (they do not fill us up the way solid food does), and contribute to obesity, chronic disease, and tooth decay. Most of these beverages provide “empty calories” with few or no nutrients, and they replace healthier beverages like milk, so youth do not get the calcium they need for their growing bones.

What to do? Instead of sweetened drinks, offer young people water or low-fat milk. These drinks are more nutritious and will not increase daily caloric intake as much as sweetened beverages. Soy and other non-dairy milks are healthy choices if they are low-fat, unsweetened, and fortified with calcium and vitamin D. In limited amounts, 100% juice can be a healthy alternative; however 100% juice should be limited to 1 to 1½ cups per day since it is easy to over-consume, adding excess calories and contributing to weight gain.

Did You Know?

Did you know that over half of the body is water?

The main ingredient in blood, water travels through your body carrying nutrients. When you're hot, water helps keep the body cool.

Drink water even when you're not thirsty. It helps hydrate the body and boost energy.

Quick Recipe: Refreshing Pineapple Fizz

(Makes 4 servings, 8-oz. each)

2 cups unsweetened pineapple juice
2 cups seltzer
4 lemon slices

In a bowl or pitcher, mix the juice and seltzer together. Add the lemon slices and chill in the refrigerator.

Money Saving Tips!

- Encourage teens to drink tap water! It's often fluoridated, and many bottled waters are not. Fluoride protects teeth from tooth decay (cavities) and helps heal early decay.
- Have youth use reusable bottles instead of plastic.

**Serve
More
Fruits
and
Vegetables**

Why fruits and vegetables? Fruits and vegetables contain nutrients such as vitamins, minerals, and fiber, which are necessary for healthy growth in youth. Fruits and vegetables are also low in calories. Because they can be prepared and cooked in a variety of ways they can be made more appealing to young people. Fruits are sweet and can often be substituted for a dessert, providing a healthy alternative while still satisfying a sweet tooth.

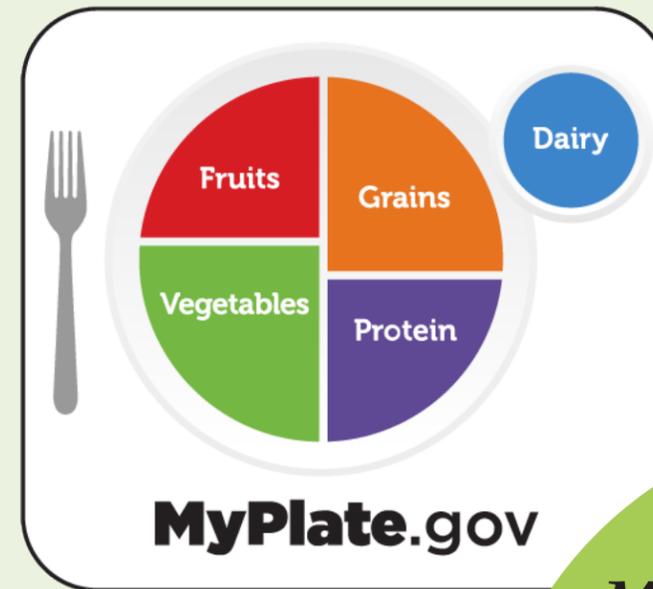
What to do? It is essential that youth eat vegetables and fruits each day. Through the MyPlate initiative, the U.S. Department of Agriculture recommends that half of one's plate be filled with vegetables and fruits. To keep things varied and interesting, eat a lot of dark green and orange vegetables as well as dry beans and peas. It can be helpful to use fresh vegetables and fruits in season and stock up on frozen vegetables and fruits that are easy to prepare and will not spoil. For more information, visit <https://myplate.gov>.

Vary Your Veggies!

Offer a rich-colored rainbow of veggies. Flavor veggies with fresh herbs and lemon juice instead of butter. It's a good idea to cook veggies only until done – when they lose color, they lose vitamins and don't taste as good.

Focus on Fruits!

Serve fresh or frozen fruits when you can, and drain fruits canned in syrup. Whole fruits provide nutrients and are higher in fiber than juice.



Money Saving Tips!

- Provide fresh fruits and vegetables when they are in season, such as collard greens, cherries, strawberries, and peaches in July and tomatoes, kale, apples, and watermelon in September.
- Bring your students to a farmers' market or bodega to select their own snacks at a good price!

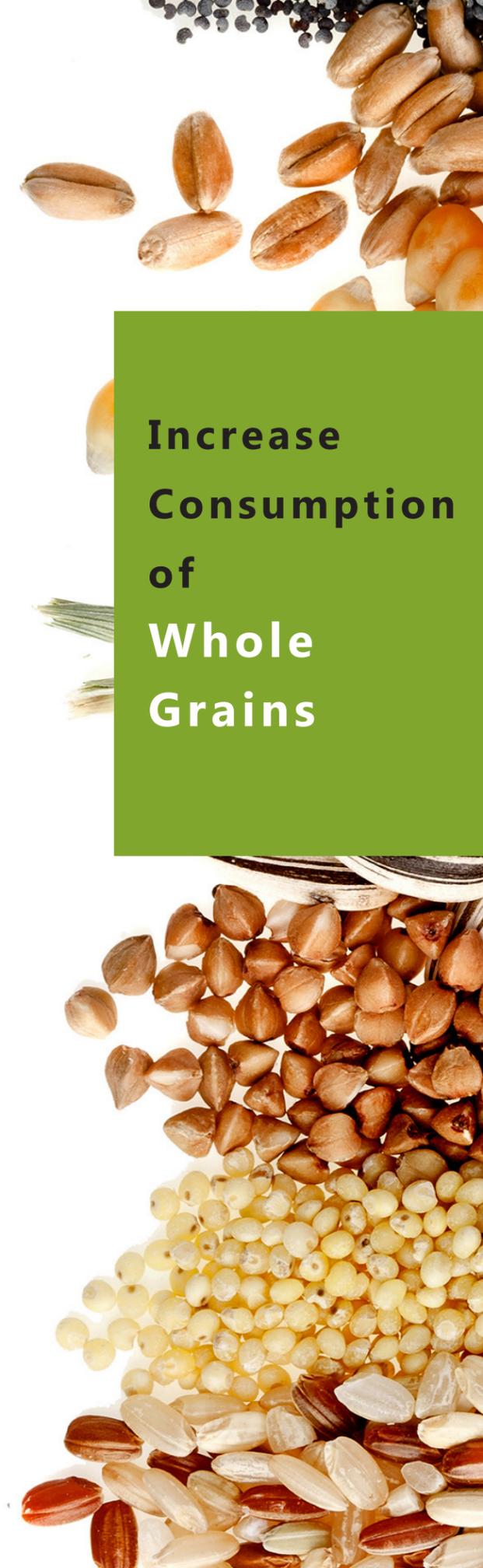
Quick Recipe: Fast Fruit Salad

(Yields about 8 servings)

- 2 apples
- 2 bananas
- 2 oranges
- 1 small can of pineapple chunks in juice

Wash, core, and chop apples. Peel and slice bananas and oranges. Mix all fruits in a large bowl and enjoy!

Try using different combinations of fresh or canned fruit.



Increase Consumption of Whole Grains

Why serve more whole grains? Eating whole grains as part of a healthy, low-fat diet can help reduce the risk for some cancers, heart disease, and diabetes. Whole grains contain fiber, vitamins, minerals, other nutrients, and energy -- all of which are important for a healthy diet. Grains also contain B vitamins and iron, nutrients that help the body use energy.

What to do? At least half of all grain products eaten should be made with whole grains. It's important to eat whole grains to get the full benefits of grain products. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as a 1-ounce equivalent of grains. For more information and additional examples of ounce-equivalents, see chart at <https://www.myplate.gov/eat-healthy/grains>.

What is a whole grain?

Whole grain foods are made from the entire grain seed, called the kernel, which has three components:

- Bran, the fiber-rich outer shell
- Endosperm, the starchy middle layer
- Germ, the nutrient-packed inner layer.

Refined grains have most of the bran and germ removed, so they lack the fiber, cancer-preventing phyto-nutrients, and other nutrients of whole grains.

Examples of whole grains include brown rice, buckwheat, bulgur, whole-grain corn and hominy, oats, quinoa, hulled barley (not pearled), and whole rye and whole wheat flour.

How can I tell if a food is made with whole grain?

- To compare products based on the same grain (e.g., wheat), look at the Nutrition Facts Label and choose the item with more fiber.
- Also look at the ingredient list to see if a whole grain is listed as the first or second ingredient – e.g., whole wheat flour, oats, whole grain corn, or brown rice.
- Be careful of whole grain claims – sometimes there is only a small amount! Also, “multi-grain” means it contains different grains, not necessarily whole grains.

Money Saving Tips!

If taking a group out, share appetizers instead of ordering individually, or order appetizers as meals since the portions are often smaller.

Many restaurants offer side dishes as separate choices. Choose 2 or 3 sides, such as a salad, baked potato, or steamed vegetables for a healthier and less expensive meal.

Why serve healthier fast food choices? Fast food is tasty and popular, but tends to be high in calories, saturated fats, and sugar, often including fried food and sweetened drinks. This can lead to weight gain and increased risk for chronic diseases like heart disease and diabetes.

What to do? There are many foods that are both healthy and fast that can provide alternatives to unhealthy fast food. Identify businesses that offer high quality, healthier food at a reasonable price and use the Nutrition Facts Label to identify healthier packaged foods.

Serve Healthier Fast Food Choices

On the Menu...

Look for healthy terms:

- Steamed
- In its own juice
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed

Watch out for these terms:

- Butter sauce
- Fried
- Crispy
- Creamed
- In cream or cheese sauce
- Au gratin (with breadcrumbs and often butter and cheese)
- Au fromage (with cheese)
- Escalloped
- Hollandaise
- Béarnaise (butter sauce)
- Casserole
- Hash
- Prime
- Pot pie
- Pastry crust



**Provide
Fewer
High-Fat
and
High-Sugar
Foods**

Why? Fast foods and convenience foods are usually high in fat and/or sugar and therefore have a lot of calories for their size. Because we tend to eat by volume, it is easy to eat more of these foods than our bodies need, leading to weight gain. Fried foods and sweetened beverages in particular add many calories with few if any nutrients. And the fat in many fast and convenience foods is solid fat, the kind to avoid.

What to do? Use the suggested recipes here to provide tasty, vegetable-rich foods that are high in nutrients and fiber and include some protein to provide youth with long-lasting energy.

Quick Tips

Use whole wheat products to add more fiber to favorite pasta dishes.	Serve salad dressings on the side and offer low-fat options.
Offer whole grain breads and skip the butter!	Use the nutrition label to select items with less than 5% DV (daily value) for fat.
Choose water to hydrate after exercising, not sports drinks or other sweetened drinks.	Broil, bake, or grill food instead of frying.

**Provide
More
Nutrient-
Rich
and
High-Fiber
Foods**

Money Saving Tips!

- Choose highly flavored cheeses, such as sharp instead of mild cheddar, because you can use less cheese for the same flavor-saving calories and cents!
- Use beans like pintos to make meatless meals (e.g., bean burritos, vegetarian chili). Beans cost less than meat and are low in fat and high in protein and fiber.
- Shop weekly specials at the supermarket.

Quick Recipe: Crunchy Cucumber Toppers

With a fork, whip together drained, canned chicken or tuna with some low-fat mayo.

Put the creamy tuna or chicken on top of sliced cucumbers.

Quick Recipe: Fruit and Cheese Kabobs

Cut apples into chunks, wash grapes, and alternate on a toothpick with cubes of part-skim mozzarella cheese. Stack three or four sets and enjoy!

Serve Smaller Portions

(Bigger is not always better!)

Right Size Your Food!

The size of the package matters. Usually we eat more from larger packages or bowls without realizing it. Try these simple tips to control portions:

- Divide the contents of one large package into several small bags or containers.
- Try single serving packs.
- Avoid letting youth eat straight from the package.

Why does portion size matter? Consuming a variety of healthy foods is important for getting enough of the nutrients the body needs to be healthy and to help prevent some diseases, such as some cancers and osteoporosis. Getting enough – but not too much – food is important for maintaining a healthy weight. In turn, maintaining a healthy weight can help prevent or control some diseases.

According to research, the more food we are served, the more food we will eat. Serving large portions can easily lead to over-consumption and thus weight gain.

What to do? Understanding portion sizes can help us eat enough, but not too much, food each day.

Serve young people smaller portions and tell them that they can always come back for more if they are still hungry. This will help teach them to stop eating when they are physically full as opposed to when they have finished what they have been served.



Ways to Estimate Your Portion Size

Recommended Portion Size	Looks like the size of a...	Recommended Portion Size	Looks like the size of a...
3 ounces of meat, fish, or poultry	Deck of cards	1 tortilla	7" plate
Medium piece of fruit	Tennis ball	Small baked potato	Computer mouse
1 ounce of cheese	4 stacked dice	2 tablespoons of peanut butter or salad dressing	Golf ball
1/2 cup ice cream	Tennis ball	1/2 cup fruit, cooked vegetables, rice, pasta, cereal	Full cupcake wrapper

Money Saving Tips!

- Serve food on smaller plates in place of larger ones. Smaller portions will look larger, so you'll be satisfied with less food.
- Purchase only the number of portions for the size of the group. For example, you don't need 10 sandwiches for 5 participants.
- When buying food in bulk or making large meals, portion out what is needed and then immediately freeze the rest for another time.

Tips for Successfully Implementing Healthy Food and Beverage Guidelines

Shop Local to Support Healthy Eating

Consider purchasing fresh, locally grown vegetables and fruits from farmers' markets or farm stands in your area. In-season produce is tastier and often cheaper, and it can be fun to explore these places. Make going to the farmers' market or going apple picking a fun activity for youth. Doing so could encourage them to get involved in making their own healthy choices. Many local Cornell Cooperative Extension offices have food guides available to help you find these local resources.

Establish Agency-Wide Healthy Food Guidelines or Policies

Developing healthy food guidelines or policies for your organization can be a great way to get everyone to think about current practices and the importance of a supportive food environment.

- See the Resources section below for a sample policy and other resources.
- Work collaboratively with staff and young people to find healthy recipes and select food choices that are healthy, quick, and tasty.
- Consider involving young people in snack preparation.
- Be sure to include whole grains, low-fat dairy products, and plenty of fruits and veggies.

Involve Youth in Choosing Nutritious Meal Options and Food Preparation

The secret to involving youth is to plan ahead. Plan balanced meals for the month. Make a grocery list with youth, and stick to it. Look at the food labels together, comparing how much added sugar is in one item versus another. Allow participants to submit their favorite recipes from home. Sending menus and recipes home helps families take part in preparing healthy meals as well.

Problem-Solve Challenges Associated with Limited Facilities

Nutritious convenience items like granola bars and low-fat yogurt are great choices when space is limited for food preparation. Be sure to read labels and pay attention to sugar content. Flavored yogurt is very high in added sugar but can be mixed with plain yogurt and/or fruit for an easy, healthier option. You can also explore "no-cook" recipes – including some in this guide – that can be prepared with limited facilities. There's a lot you can do with just a sink!

Explore Cost-Saving Measures

Purchasing in-season produce and frozen or canned fruits in their own juices can cut costs, as can buying in bulk or on sale.



Lead by Example

Be a role model. Ideally, all adults in the program will make a conscious effort to eat well. The organization should invite staff to participate in creating policies regarding healthy food and beverages and encourage staff to prepare healthy items for their programs. Presentation of nutritious food and beverage choices, together with the attitudes of the adults in the setting, will influence how these items are received by young people.

Switch to Healthier Foods and Beverages

Use this table to consider healthier alternatives!

<i>Try This!</i>	<i>Instead of That!</i>
Unsweetened iced tea, water	Sweetened beverages
Non-fat or 1% low-fat milk	Whole or 2% milk (note: 2% milk is reduced-fat but is NOT low-fat)
Salads with dressing on the side	Salad with added dressing
Low-fat or fat-free salad dressings or oil and vinegar	Regular salad dressings
Whole grain pasta salads with low-fat dressing	Pasta salads with mayo or cream dressing
Sandwiches on whole grain bread	Sandwiches on croissants or white bread
Lean meats, poultry, fish (3g fat/oz)	High fat or fried meats, bacon, poultry with skin
Baked potatoes with low-fat vegetables or vegetable toppings	Baked potatoes with butter, sour cream, and bacon bits
Steamed vegetables	Vegetables in cream sauce or butter
Whole-grain bread or rolls	Croissants or white rolls
Olive oil	Butter
Fresh vegetables, cut up and served with low-fat dressing, salsa, or tofu dip	Tortilla chips, potato chips, and high-fat dips
Cut-up fresh fruits	Fruit tarts, pies, cobbler, cakes, and cookies
Miniature pizzas made with whole grain English muffins, tomato sauce, part-skim mozzarella, and veggies	Pizza with pepperoni, Italian sausage, or other high fat toppings
Vegetable spring rolls (fresh, not fried)	Egg rolls
Part-skim or reduced-fat cheese	Full fat cheese
Air-popped or low-fat popcorn	Buttered or regular microwave popcorn
Baked or low-fat chips, pretzels	Regular chips
Dips made of salsa, low-fat cottage cheese, hummus, or low-fat salad dressing	Dips made from regular mayonnaise, sour cream, cream cheese, or cheese sauce

Choose Healthier Vending Machine Options

Consider a healthy vending machine policy for your organization such as in the sample worksite wellness policy from Cornell Cooperative Extension-Jefferson County (see Resources below). Such a policy could include the following requirements:

- Total fat below 5% per serving (except for nuts and seeds)
- Added sugar 8 grams (2 teaspoons) or less per serving
- Sodium below 220 mg per serving
- Vegetable and fruit options offered as often as possible

Healthier Options for Vending Machines

Bottled water	Mini carrots or other prepackaged vegetables	Pretzels
100% fruit or vegetable juices	Fresh fruit	Animal crackers
Milk (skim or 1%)	Canned fruit (light or in its own juice)	Popcorn (light or low-fat)
Yogurt (plain or low-sugar, low-fat or fat-free)	Fig bars	Graham crackers
Reduced-fat cottage cheese	Reduced-fat whole grain crackers	Granola bars (low sugar)
Salads with low-fat dressing	Baked chips	Cereal (low sugar)

Understand the Nutrition Facts Label

1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → Amount per serving **Calories 280**

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)
 • 5% or less is **low**
 • 20% or more is **high**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- **Serving Size:** All information on the label is based on the serving size. Be careful—one serving may be much smaller than you think. Compare what you eat to the serving size on the label.
- **Servings per Container:** This is the suggested number of servings. For example, if the package has 6 servings per container and you eat half of the bag, you would be eating 3 servings.
- **% Daily Value (% DV):** This tells you whether a food is high or low in nutrients. Foods that have more than 20 percent daily value of a nutrient are high. Foods that have 5 percent daily value or less are low.
- **Total Fat:** This is the total fat per 1 serving in grams and % DV. Choose items with less fat. Be careful: many food labels that say "low-fat" or "reduced fat" can be high in calories.
- **Saturated Fat:** Saturated fat is unhealthy for your heart. Compare labels on similar foods and choose foods that have 5% DV or less—2 grams or less—saturated fat.
- **Sodium:** Salt contains sodium, as do many processed foods. High sodium intake is linked to high blood pressure. Foods with more than 20% of the DV are high. Look for labels that say "sodium-free" or "low sodium."
- **Fiber:** Choose foods that are rich in fiber, such as whole grains, fruits, and vegetables, to get the 25 grams recommended per day.
- **Added Sugars:** Added sugars can lead to weight gain. Try to choose foods and beverages with little or no added sugar (like low-sugar cereals).
- **Vitamins and Minerals:** Aim for 100% of the DV for each of these nutrients daily.
- **Calcium:** Choose foods that are high in calcium, with at least 20% DV.

Sample Menu Suggestions

Breakfast

- Fiber cereals such as bran flakes, low-fat granola, and oatmeal
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals
- Hard cooked eggs
- Vegetable omelettes and eggs made with egg substitute or egg whites
- Thinly sliced ham, canadian bacon, or turkey bacon
- Whole grain or part whole grain bagels (cut in half) served with fruit spreads, jams, or low-fat cream cheese
- Protein shakes

Snacks

- Fresh sliced fruits and vegetables - offered with low-fat dips
- Whole grain crackers or granola bars (5g fat and 8g added sugar or less per serving)
- An assortment of reduced-fat cheese and whole grain crackers
- Pita chips and hummus
- Whole grain muffins (cut in half unless mini muffins) and whole grain breads
- Low-fat yogurt with less than 8g added sugar
- Pretzels, popcorn, baked chips, and trail mixes

Lunch and Dinner

- Raw vegetables and fresh fruits, instead of chips or french fries
- Salads that include a variety of mixed salad greens, served with low-fat dressings on the side
- Broth-based soups (using a vegetarian broth) or soup with evaporated skim milk instead of cream
- Pasta dishes made with reduced-fat cheese, served with tomato or other vegetable-based sauces.
- Meat limited to a 4-ounce portion (fresh seafood, skinless poultry, lean beef - round, london broil)
- Baked potatoes with low-fat or vegetable toppings on the side
- Sandwiches cut in halves, so youth can take smaller portions. Offer mustard or reduced-fat mayonnaise as condiments on the side. Use whole wheat bread.

Sample Recipes

Apple Cinnamon Wrap and Roll

Makes 8 servings, ½ tortilla per serving

Ingredients:

3 tablespoons sugar
1 teaspoon cinnamon
2 apples (2 cups chopped)
1/3 cup low-fat vanilla yogurt
4 (6-inch) flour tortillas
3 teaspoons vegetable oil

Directions:

1. Mix sugar and cinnamon in a small bowl. Pour 1 teaspoon of oil in a saucer.
2. Wash, core and chop apples into small pieces. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Use fingers to lightly coat top side with oil. Sprinkle it with a spoonful of cinnamon sugar mixture.
5. Turn tortilla over so un-oiled side is up. Put 1/4 cup of the apple mixture on half of the tortilla, folding the other tortilla half over the mixture.
6. Heat 2 teaspoons oil in frying pan on medium.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. (if oil starts to smoke, remove pan from burner for a minute and then continue).
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

Nutrition Facts	
8 servings per container	
Serving size	half a tortilla (64g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 5g Added Sugars	10%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 35mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Breakfast Parfait

Makes 12 half-cup servings

Ingredients:

3 cups chopped apple or other fruit – fresh, canned or frozen (approx. 3 medium apples)
2 cups low-fat yogurt, plain or vanilla
1½ cups low-fat granola or your favorite whole grain cereal

Fruit ideas: Apple, banana, or fresh, canned, or frozen peaches, pineapple, strawberries, blueberries, etc.

Cereal ideas: Low-fat granola or a whole grain cereal with flakes and clusters. If using granola, use plain yogurt since granola is usually very sweet.

Directions:

1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite size pieces.
3. Place ¼ cup fruit in bottom of cup or bowl.
4. Spoon 2-3 tablespoons yogurt on top of the fruit.
5. Spoon 2 tablespoons cereal on top of the yogurt.

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP, 2007

Nutrition Facts	
12 servings per container	
Serving size	1/2 cup (87g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 113mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Broccoli and Black Bean Quesadilla

Makes 8 servings, ½ tortilla per serving

Ingredients:

- 1 cup cooked black beans (½ can)
- ¼ cup salsa
- 1 cup grated low-fat cheese (4 ounces)
- 1 cup cooked broccoli
- Cooking spray
- 4 (8-inch) whole wheat tortillas

Directions:

1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Variation:

Use 2 cups (1 15-oz can) of the black beans instead of just 1 cup.

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

Nutrition Facts	
8 servings per container	
Serving size	Half a Tortilla (86g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 440mg	19%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1mg	6%
Potassium 164mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Broccoli Buffet Salad

Makes 8 half-cup servings

Ingredients:

Salad

- 4 cups broccoli florets (about 1 bunch)
- 1/2 cup chopped red onion
- 1/4 cup sunflower seeds
- 1/2 cup raisins
- 1/2 cup low-fat cheese (grated)
- 1/2 cup pinto beans (drained)

Dressing

- 1/2 cup low-fat yogurt
- 1/4 cup light mayonnaise
- 2 tablespoon granulated sugar
- 1 tablespoon lemon juice
- salt and pepper to taste

Directions:

1. Mix together broccoli florets, chopped red onion, sunflower seeds, raisins, low-fat grated cheese, and pinto beans in large bowl.
2. In a separate bowl, stir together low-fat yogurt, light mayonnaise, sugar, lemon juice, salt, and pepper.
3. Pour dressing over salad and mix gently.

Source: Healthy Children, Healthy Families: Parents Making a Difference! Food and Nutrition Education in Communities, Division of Nutritional Sciences, Cornell University

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (104g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1mg	6%
Potassium 291mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Colorful Black Bean Salad

Makes 12 servings

Ingredients:

- 2 15-ounce cans black beans, drained
- 2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
- 1 15-ounce can diced tomatoes
- 1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
- 1/4 cup finely chopped onion
- 3 tablespoons lime juice
- 2 tablespoons olive or canola oil
- 1/2 teaspoon salt, pepper to taste
- 1 red or green bell pepper, chopped (optional)
- 1 avocado, chopped (optional)

Directions:

1. Mix black beans, corn, tomatoes, chilies, onion, and optional bell pepper in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Add optional avocado just before serving.
4. Serve alone, over rice or quinoa, or with whole grain tortillas or tortilla chips.

Source: Adapted from <http://snacktheplanet.blogspot.com>

Dip for Fruit

Makes 12 servings

Ingredients:

- 2 tablespoons peanut butter
- 1 8-ounce container of low-fat vanilla yogurt
- Cinnamon (optional)

Fruits to dip: apples, peaches, grapes, strawberries, pears, or your favorite

Directions:

1. Mix together peanut butter and yogurt.
2. Sprinkle with cinnamon if desired.
3. Cut up fruits to eat with dip.

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999

Nutrition Facts	
12 servings per container	
Serving size	1/12 of recipe (145g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 2mg	10%
Potassium 342mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
12 servings per container	
Serving size	1/12 of recipe (22g)
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 38mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

Fruit Yogurt Smoothie

Makes 11 half-cup servings

Ingredients:

- 3 cups (12 ounces) strawberries or other frozen fruit
- 2 cups fat-free milk
- 1 large banana
- ¾ cup low-fat yogurt (vanilla or plain)

Directions:

1. Slightly defrost the frozen fruit, just enough so that it will blend easily.
2. Pour the milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add the banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Variation:

Add any seasonal fresh fruit or frozen fruit like peaches, pineapple, or other berries. Let young people help choose which to use!

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP, 2007

Hummus with Veggies and Pita

Makes 12 servings

Ingredients:

- 1 (15-ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 clove garlic, peeled and crushed (or 1/8th teaspoon garlic powder)
- 3 tablespoons lemon juice
- ½ teaspoon salt
- 6 tablespoons water
- 3 tablespoons tahini (ground sesame seeds)
- 1-2 tablespoons olive oil or other vegetable oil
- ¼ teaspoon paprika (optional)
- Cut-up raw vegetables for dipping
- Pita bread (optional)

Directions:

1. Put garlic, lemon juice, salt, and 1 cup of chick peas into blender.
2. Add 3 tablespoons of water and blend until smooth. Alternatively, mash by hand using garlic powder.
3. Add second cup of chick peas and 3 tablespoons of cold water. Blend or mash until smooth.
4. Add tahini and oil and blend or mash until smooth. If too thick or you want creamier hummus, add an additional tablespoon of water.
5. Scoop hummus into a bowl and sprinkle with paprika (optional).
6. Serve with cut-up raw vegetables, and (optional) pita bread.

Variation:

Use peanut butter instead of tahini.

Source: Adapted from World-of-the-East Vegetarian Cooking by Madhur Jaffrey, 1981.

Nutrition Facts	
11 servings per container	
Serving size	Half Cup (103g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 1mcg	6%
Calcium 117mg	10%
Iron 0mg	0%
Potassium 187mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
12 servings per container	
Serving size	1/12 of Recipe (52g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 73mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

Macaroni and Cheese with Broccoli

Makes 6 one-cup servings

Ingredients:

- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups low-fat milk
- 2 cups shredded cheddar cheese
- ½ teaspoon pepper
- 2 cups cooked chopped broccoli

Directions:

1. Cook macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return to the pan.
3. While the macaroni is still warm, sprinkle in the flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese, salt, and pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce – approximately 7-10 minutes.
7. Stir in the broccoli, heat thoroughly.
8. Taste; then add a small amount of salt if needed.

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

Mango Salsa

Makes 8 two-tablespoon servings

Ingredients:

- 1 mango, peeled, pitted, and diced (or 1 cup thawed frozen chunks, diced)
- 1 tablespoon diced red onion
- 1 tablespoon chopped fresh or dried cilantro (optional)
- ¼ teaspoon salt
- Juice of 1 lime or 2 tablespoons bottled lime juice

Directions:

1. Combine mango, onion, cilantro, salt, and lime juice in a bowl.
2. Serve with baked tortilla chips.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

Nutrition Facts	
8 servings per container	
Serving size	2 tablespoon (60g)
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 16mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

Mini Veggie Pizza

Makes 10 servings

Ingredients:

- 5 English muffins (or bagels)
- 1 small zucchini
- 1 green or red bell pepper
- 8-ounce package part-skim mozzarella cheese
- 8-ounce can of tomato sauce
- ½ teaspoon dried oregano

Directions:

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Wash zucchini and bell pepper. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999. Recipe adapted from Susan Kessler, Healthy Heart Snack Choices Resource Guide (Cornell Cooperative Extension of Nassau County, 1995)

Nutrition Facts	
10 servings per container	
Serving size	1/10 of recipe (109g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 400mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 2mg	10%
Potassium 120mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Onion Dip

Makes 24 one-tablespoon servings

Ingredients:

- ¼ cup chopped green onion
- 2 tablespoons dried onion
- 1 cup plain low-fat yogurt
- ¼ cup light mayonnaise

Directions:

1. In a large bowl, combine green onion, dried onion, yogurt, and mayonnaise until mixed evenly.
2. Serve after 1 hour, or up to 2 days later, with your favorite raw vegetables.

Source: Finding a Balance curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences

Nutrition Facts	
24 servings per container	
Serving size	1 tablespoon (13g)
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 5mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a</small>	

Roasted (or Grilled) Veggie Wraps

Makes 10 servings

Ingredients:

2 zucchini and/or yellow squash, in ¼ inch slices
 1 red or green bell pepper, sliced
 1 onion, sliced
 2 cloves garlic, sliced
 2 tablespoons olive or other vegetable oil
 ½ teaspoon salt
 ¼ tsp pepper
 5 tablespoons nonfat cream cheese
 5 (10-inch) low-fat whole wheat tortillas

Directions:

1. Preheat oven to 425 F.
2. In a large roasting pan or rimmed baking sheet, combine all vegetables, oil, salt, and pepper; toss until well combined. Roast for 20-30 minutes until soft (or grill them).
3. Spread one tablespoon of cream cheese on each tortilla (optional: warm tortilla first briefly in a microwave). Add the vegetables, fold in edges, and roll tight. Cut each wrap in half.

Variations:

Pinwheels: Instead of above vegetables, mix cream cheese with 3 Tbsp corn (canned or frozen/defrosted, drained), 3 Tbsp canned, chopped green chilies (drained), 1 Tbsp chopped onion, and 5 Tbsp salsa. Spread on four 7-inch tortillas and continue as above. Makes 8 small servings.

Other variations: Add other Italian-type vegetables like eggplant, chopped spinach, or mushrooms, or try broccoli, kale, root vegetables, or whatever is in season. Add basil and 2-3 tsp. balsamic vinegar to vegetables along with the oil.

Source: Quick and Healthy Recipes for Youth, Cornell Cooperative Extension 2016

Nutrition Facts	
10 servings per container	
Serving size	1/2 wrap (102g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 0mg	0%
Potassium 181mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sweet Potato Fries and Dip

Makes 6 servings

Ingredients:

Fries

1½ pounds sweet potatoes (about 4 medium)
 1 tablespoon oil (canola or vegetable)
 1/8 teaspoon salt

Dip

1/4 cup light mayonnaise or salad dressing
 1 tablespoon ketchup
 1/8 to 1/4 teaspoon cayenne pepper, chili powder, or paprika

Directions:

1. Preheat oven to 425° F.
2. Rinse potatoes under running water. Scrub potatoes well and peel, if desired.
3. Cut the potatoes in half lengthwise.
4. Lay each potato half flat and slice into half-round shapes about 1/4" thick.
5. Combine potatoes, oil, and salt in a bowl. Stir so potatoes are covered with oil.
6. Grease cookie sheet with oil and lay potato slices in a single layer.
7. Bake for about 30 minutes, turning after 15 minutes.
8. Mix the dip ingredients together while potatoes are baking.
9. Serve immediately (best served hot).

Source: Cornell University Cooperative Extension – Iowa State Extension

Nutrition Facts	
6 servings per container	
Serving size	2/3 cup (102g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 306mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vegetable Macaroni Salad

Makes 8 servings

Ingredients:

- 8 ounces cooked macaroni noodles
- 1/2 cup light Italian herb dressing
- 2 tablespoons onions, finely chopped
- 1/2 cup celery, sliced thin
- 1 cup red or green bell peppers, chopped
- 1 cup broccoli florets, lightly steamed
- 1 cup cherry tomatoes (sliced in half if desired)
- 1/2 cup carrots, sliced thin
- 1/2 cup black olives, sliced
- 1 cup cucumbers, diced

Directions:

1. Combine cooked, cooled macaroni with chopped and sliced onions, celery, red or green bell peppers, broccoli florets, cherry tomatoes, carrots, black olives, and cucumbers.
2. Pour Italian dressing over salad, toss to coat.
3. Refrigerate for an hour or two to blend flavors, or serve immediately.

Source: Cayuga County Cornell Cooperative Extension

Nutrition Facts	
8 servings per container	
Serving size	1 cup (131g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 191mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Veggie Pick-Pockets

Makes 12 servings

Ingredients:

- 12 (4-inch) whole wheat mini pita pockets
- 1 cucumber
- 3 carrots
- 1/4 cup low-fat creamy salad dressing

Directions:

1. Cut each mini pita in half.
2. Peel and dice cucumbers.
3. Grate carrots or cut into slivers.
4. Put 1/2 teaspoon salad dressing in each half pocket.
5. Add veggies and serve.

Variations:

Offer several choices of vegetables and let young people choose and fill their own. Or mix salad dressing with prepared vegetables and then add to pita halves.

Source: Linda Earley, Cornell Cooperative Extension of Columbia County

Nutrition Facts	
12 servings per container	
Serving size	1 Mini Pita (73g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 135mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Resources

Healthy Recipes

Food and Nutrition Education in Communities: Table of Recipes

Cornell Cooperative Extension

<https://fnec.cornell.edu/for-participants/recipe-table>

Quick and Tasty Recipes for Healthy Youth

Cornell Cooperative Extension 4-H

https://nys4-h.org/s/4-H-Recipe-Book-Final_0616.pdf

MyPlate Kitchen

U.S. Department of Agriculture

<https://www.myplate.gov/myplate-kitchen>

Youth Events/Programs

Afterschool Meals (Resources for starting afterschool meals, promoting to kids and families, implementing in schools effectively, and more)

No Kid Hungry Center for Best Practices

<http://bestpractices.nokidhungry.org/programs/afterschool-meals>

4-H Healthy Event/Club Assessment

National 4-H Healthy Living Management Team

<https://nifa.usda.gov/sites/default/files/resource/Club-Event-Checklist.pdf>

NY 4-H Healthy Food Guidelines: Making Healthy Choices Easier!

Cornell Cooperative Extension's Youth Healthy Eating and Active Living Program Work Team

<https://cfacaa.human.cornell.edu/dns.fnec/files/resources/NY4hHealthyFoodGuidelinesFinal.pdf>



Worksite Wellness

Wellness Policy (sample)

Cornell University Cooperative Extension - Jefferson County

<http://ccejefferson.org/resources/cce-jefferson-wellness-policy>

Healthy Meetings (Toolkit, Guidelines for meetings and events)

Center for Science in the Public Interest

<https://www.cspinet.org/protecting-our-health/nutrition/healthy-meetings>

Health and Wellness

My Eat Smart, Move More: Core Behaviors

Eat Smart, Move More North Carolina

<https://www.eatsmartmovemorenc.com/myesmm/myesmm-core-behaviors/>

MyPlate

U.S. Department of Agriculture

<https://www.myplate.gov/>

For Youth

TeensHealth: Food and Fitness

Nemours

<https://kidshealth.org/en/teens/food-fitness/>

GirlsHealth

Office of Women's Health, U.S. Department of Health and Human Services

<https://www.girlshealth.gov/index.html>

BAM: Dining Decisions App

CDC Healthy Schools

<https://www.cdc.gov/healthyschools/bam/mobileapp.html>

Take Charge of Your Health: A Guide for Teenagers

National Institutes of Health

<https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

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