



EXERCISE YOUR

Faith

MAKING LOUISIANA STRONGER...MIND, BODY & FAITH!

**EXERCISE
YOUR FAITH:
NUTRITIONALLY**

ADULT EDITION



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LEMON-HERB BAKED CHICKEN WITH BROCCOLI

CHOOSE LEANER WITH PROTEINS

A large amount of the saturated fat we intake comes from proteins.

Saturated fat leads to high cholesterol and heart disease. Choose leaner proteins like nuts, beans, salmon, mackerel, tuna, trout, white meat chicken and turkey.

SUBSTITUTE REFINED GRAINS WITH WHOLE GRAIN PRODUCTS

Look for whole grains listed first on the ingredients list—try oatmeal, popcorn, whole-grain bread, wild rice, quinoa, whole grain tortillas chips, and brown rice.

MAKE HALF OF YOUR PLATE FRUITS & VEGETABLES

Fruits and veggies provide the body with more vitamins and minerals. Choose a variety of colorful fruits & vegetables prepared in healthful ways: blended, juiced, steamed, sautéed, roasted, or raw.

INGREDIENTS:

4 Boneless skinless chicken breasts
3 Cups broccoli florets
2 Tablespoons olive oil
1 Tablespoon butter melted
1 Tablespoon minced garlic
1 Lemon zested and juiced
¼ Cup freshly chopped oregano
1 Teaspoon fresh or dried rosemary chopped
1 Teaspoon fresh or dried thyme chopped
Salt and Pepper to Taste

INSTRUCTIONS:

Preheat oven to 375 degrees. Lay chicken breasts in the pan & surround with broccoli florets. Whisk olive oil, melted butter, garlic, lemon juice, lemon pepper & salt in a bowl. Drizzle over chicken and broccoli. Cover with foil. Bake for 35-40 minutes. Season with salt and pepper to taste.

CONSIDER LOW FAT, FAT FREE OR ALTERNATIVES TO DAIRY

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

THINGS TO REMEMBER

- Always Compare Food Labels
- Avoid Added Sugars
- Consider Growing Your Own Food
- Eat a Variety of Foods
- Make Your Plate Colorful
- Monitor Sodium Intake
- Only Purchase 100% Juice

NUTRITION RESOURCES FOR FAMILIES

- Snap Benefits
- Local Food Pantries
- Meals on Wheels
- WIC

