

MOVING MORE, WATCHING LESS



Simple Solutions to Help You and Your Family Watch Less Television

- 1** Get the TV out of the bedroom.
- 2** Plan how much TV you and your family are going to watch.
- 3** Set clear limits and be a good TV role model.
- 4** Make a list of activities you want to do instead of watching TV.
- 5** Don't keep the TV on all the time. Tune into specific shows.
- 6** Eat together as a family **WITHOUT** the TV.
- 7** Watch with your children. Discuss the shows and the advertising.



CHICKEN AND CHEESE ENCHILADAS



Makes 8 servings

Serving Size: 1 enchilada

Ingredients

- 1 medium onion, chopped
- 1 tablespoon margarine
- 1 1/2 cups leftover chicken or turkey, cooked and shredded
- 1 (13-ounce) jar salsa, divided
- 1 package (3-ounce) 1/3 less fat cream cheese, cubed
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) extra-sharp, low-fat, cheddar cheese, shredded and divided
- Non-stick cooking spray

Directions

1. Preheat oven to 350° F (unless you choose to use the microwave). Lightly spray baking dish.
2. Cook and stir onion in margarine in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in 12 x 7 inch baking dish. Top with remaining salsa and cheese.
7. Bake at 350° F for 15 minutes or microwave 3 to 5 minutes or until heated through.

Nutrition information Per Serving

280 calories
Total Fat 9g
Saturated Fat 4g

Protein 19g
Total Carbohydrate 25g
Dietary Fiber 1g
Sodium 760g



Excellent Source of Calcium



Eat Smart

MAKE A PLAY FOR IT

Go to the park or playground with your family and take a Frisbee or a ball. Once in the park, you may see other activities that encourage you and your family to have fun and move more. Make a commitment to go to the park or playground once this week with your family.

Move More



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