

HEALTHY HOLIDAYS

Your body needs nutritious food to stay healthy and strong! Even the smallest bites of food, like when you have a snack, can have an impact on your health!

Many snack foods contain lots of sugar, bad fats, or salt — especially during the holidays. You can eat these treats sometimes, but healthy snacks are good to eat anytime, because healthy snacks provide vitamins, minerals, and other important nutrients.

Look at these pictures of some favorite snack foods. Can you identify which foods are *anytime* healthy choices, and which ones are *sometimes* treats? Color the smiley face if the food is a healthy snack. Color the frowny face if the food is a *sometimes* treat.



FAMILIES:

Did you know that kids love the creamy, mild flavor of avocados? Best of all, one-third of a medium avocado contributes nearly 20 vitamins and minerals, making it a healthy nutrient-dense choice. Try this recipe from Avocados from Mexico for a holiday appetizer or snack your whole family will love!

7-LAYER DIP CUPS

- 1 cup can refried beans
- 1 ½ cup taco seasoning (or to taste)
- 3 cups Avocados From Mexico medium ripe
- 2 cups fresh lime or lemon juice
- Salt and freshly ground black pepper to taste
- 1 cup non-fat or light plain Greek yogurt (or reduced-fat sour cream)
- 1 cup chunky salsa
- 1 cup of corn drained (unsalted)
- ½ cup diced tomatoes
- 1 cup finely shredded cheddar cheese 4 oz
- ½ cup of chopped black or green olives, optional
- ¼ cup green onions chopped
- ¼ cup fresh cilantro chopped (optional)
- 1 cup bag tortilla chips



INSTRUCTIONS

Combine refried beans with taco seasoning and mix well. Add 1-2 TB of water, as desired to combine bean mixture until smooth. Remove avocados from the skin and mash with lime juice to reach desired texture.

To assemble: Add 2-3 TB of the bean mixture to the bottom of each cup. Spread into an even layer using the back of a spoon. Add a spoonful of the corn, then avocado. Follow with a layer of a spoonful of Greek yogurt (or sour cream), then a spoonful of salsa if using desired. Sprinkle with a layer of cheese, then finish by layering tomatoes, olives, cilantro and green onions. Store in refrigerator and serve with tortilla chips.

