

WHY

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5 REASONS TO TRY OUR RECIPES...

1. Use **INGREDIENTS** that you probably already have available at home.
2. They are **CHEAP** and save you money!
3. Majority are nut-free if you have allergy concerns!
4. They are **NUTRITIOUS** and pack the good nutrients your body needs like protein, vitamins and minerals!
5. Fun to make and look **DELICIOUS!**

FUN FACTS...

- **ORANGES** are one of the world's healthiest foods; contains your daily dose of vitamin C, cleanses the liver, and boosts immunity.
- On average, we eat **500 MORE CALORIES PER DAY** than 30 years ago.
- Eat according to the **COLORS OF THE RAINBOW!** The more colors to your food, the more important nutrients you'll get.
- You will feel **HAPPIER** after being active because your brain releases endorphins (*happy chemicals*) while you are moving.

FUN FACTS...

- By packing your lunch for the entire school year, you could **SAVE \$2000**.
- If you didn't exercise and ate an extra 500 calories every day (doesn't matter what it is), you would **GAIN 44 POUNDS** by the end of the school year.
- It takes **21 DAYS** to break a habit or form a new one. Making a healthy lifestyle change takes commitment.
- Physical activity has many **BENEFITS ON YOUR MENTAL HEALTH**; natural energy boost, reduces anxiety, stress and mental fatigue, improves memory/concentration, can inspire creativity, focus and motivation.

1 DAY - FOOD TRACKER

	Fruits & Vegetables	Dairy Products	Meat & Alternatives	Grain Products	Money Spent (\$)
BREAKFAST					
Snack					
LUNCH					
Snack					
DINNER					
Snack					
TOTAL:					

WEEKLY ACTIVITY TRACKER

	CARDIO ACTIVITY <i>(heart pumping, sweaty)</i>	Minutes	STRENGTH ACTIVITY <i>(building muscles)</i>	Minutes
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

**WHY
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CELERY TRACKS



Ingredients

- 1 large celery stalk
- 1 tablespoon natural peanut or almond butter
- 1 small package raisins or dried cranberries

Directions

Wash celery stalk, pat dry, cut in half or thirds. Spread nut butter into groove, top with raisins or cranberries. *Makes 1 serving.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 227	Calories from Fat 70
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 57mg	2%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 27g	
Protein 5g	10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Celery is great for your digestive system and peanut butter is packed with nutrients, healthy fats, protein and fiber!

APPLE STACKS



Ingredients

- 1 medium apple
- 2 tablespoons natural peanut or almond butter
- 2 tablespoons flake oats
- Miniature box of raisins
- Sprinkle of cinnamon

Directions

Wash apple, pat dry, remove core. Cut into 4 even slices. Spread nut butter, top with oats, raisins & cinnamon. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 361	Calories from Fat 153
% Daily Values*	
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 4mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 7g	28%
Sugars 23g	
Protein 11g	22%

*Percent Daily Values are based on a 2,000 calorie diet.

Apples contain Vitamin C which helps your immune system. **Peanut butter** is packed with nutrients, healthy fats, protein and fiber!

**WHY
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BLUEBERRY POPPERS



Ingredients

- 1 cup blueberries, raw
- 1 container (170g) plain, non-fat Greek yogurt

Directions

Wash blueberries, pat dry. Dip blueberries in yogurt with toothpick. Evenly space on foil lined sheet. Freeze for 1 hour. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 183	Calories from Fat 10
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 63mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 18g	36%

*Percent Daily Values are based on a 2,000 calorie diet.

Blueberries are rich in antioxidants and vitamin C and **Greek yogurt** is packed with protein that your body will love!

WHY ACT NOW

AVOCADO SQUARES



Ingredients

- 1/2 avocado, sliced
- 2 rye crispbread/cracker
- 2 teaspoons light cream cheese
- Pepper to taste

Directions

Cut avocado into even slices. Spread 1 teaspoon cream cheese onto cracker. Add avocado slices.

Makes 2 servings.

Nutrition Facts

Serving Size 2	
Amount Per Serving	
Calories 254	Calories from Fat 165
% Daily Values*	
Total Fat 17g	26%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 107mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	40%
Sugars 1g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Avocados are loaded with heart-healthy monounsaturated fats and have more potassium than a banana! **Rye crackers** are a great source of fiber.

WHY ACT NOW

STRAWBERRIES & CHEESE



Ingredients

- 2 large strawberries, sliced
- 4 tablespoons 2% cottage cheese
- 2 rye crispbread/cracker
- Sprinkle of cinnamon

Directions

Spread 2 tablespoons of cottage cheese onto rye crispbread/cracker. Top with 1 sliced strawberry.

Makes 2 servings.

Nutrition Facts	
Serving Size 2	
Amount Per Serving	
Calories 134	Calories from Fat 17
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 239mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 9g	18%

*Percent Daily Values are based on a 2,000 calorie diet.

Cottage cheese is a great source of calcium, which builds strong bones and teeth! **Strawberries** are a great source of Vitamin C and fiber.

WHY ACT NOW

HUMMUS & VEGGIES



Ingredients

- 1/2 cup hummus, home prepared
- 8 baby carrots
- 1 celery stalk, large

Directions

Cut celery stalk in half and then into smaller lengths. Dip carrots and celery into hummus. Try various hummus flavours! *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 256	Calories from Fat 110
% Daily Values*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 411mg	17%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 7g	14%

*Percent Daily Values are based on a 2,000 calorie diet.

Hummus is made from chickpeas which are loaded with fiber and protein! It's a snack that will keep you feeling fuller for longer!

**WHY
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BERRY NUT POW



Ingredients

- 1 container (170g) plain, non-fat Greek yogurt
- 1/4 cup blackberries
- 1/4 cup raspberries
- 2 tablespoons raw almonds

Directions

Place yogurt in a container or bowl, top with fruit and nuts. Try other fruits and nuts for different combinations! *Makes 1 serving.*

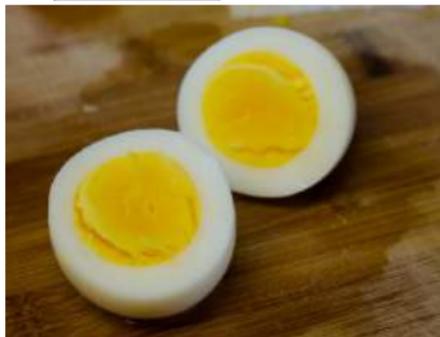
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 235	Calories from Fat 95
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 62mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 22g	44%

*Percent Daily Values are based on a 2,000 calorie diet.

Almonds are heart and brain healthy nuts! They contain monounsaturated fats, vitamin E and fiber!

**WHY
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HARD BOILED EGGS



Ingredients

- 2 large eggs

Directions

Place eggs in saucepan of cold water. Bring to a boil then turn off heat. Cover, let sit for 12 min. Drain, cool, refrigerate. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1 (2 eggs)	
Amount Per Serving	
Calories 141	Calories from Fat 88
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 125mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 12g	24%

*Percent Daily Values are based on a 2,000 calorie diet.

Eggs are inexpensive and a very good source of high quality protein! They are also rich in vitamins A, D, E and K.

**WHY
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BANANA DOG



Ingredients

- 1 banana, medium
- 2 tablespoons peanut butter, natural
- 1 whole wheat tortilla
- Drizzle of honey
- Dash of cinnamon or chocolate chips

Directions

Spread peanut butter. Peel banana, place on one end of wrap. Add honey, cinnamon and chocolate chips. Roll. Enjoy sliced or whole. *Makes 1 serving.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 435	Calories from Fat 181
% Daily Values*	
Total Fat 20g	31%
Saturated Fat 4g	20%
Trans Fat 0g	
Sodium 213mg	9%
Total Carbohydrate 58g	19%
Dietary Fiber 9g	36%
Sugars 23g	
Protein 13g	26%
*Percent Daily Values are based on a 2,000 calorie diet.	

Bananas are rich in potassium and fiber! Do you have an important test coming up? This snack will boost your brain power and make you more alert!

WHY ACT NOW

CUCUMBER BITES



Ingredients

- 1 cucumber, small
- 2 slices (50g) cheddar cheese

Directions

Cut cucumber into even slices. Cut 2 slices of cheese. Assemble cucumber, cheese, cucumber, cheese to make a small stack. *Makes 1 serving.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 226	Calories from Fat 151
% Daily Values*	
Total Fat 17g	26%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 314mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 13g	26%
*Percent Daily Values are based on a 2,000 calorie diet.	

Cucumbers are 95% water which keeps the body hydrated and helps eliminate toxins! Also, a good source of B vitamins if you need a quick pick me-up.

WHY ACT NOW

SALSA TOAST



Ingredients

- 1/4 cup natural salsa, no added salt (mild or medium)
- 1 cup Melba toast, round, no added salt

Directions

Spread salsa evenly on toasts. Or, place in bowl and dip toasts in salsa. *Makes 1 serving.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 149	Calories from Fat 11
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 216mg	9%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Salsa is full of flavor and a great alternative to classic creamy dips which are high in fat. Adjust flavors by choosing mild, medium or hot!

WHY ACT NOW

MUG SCRAMBLE



Ingredients

- 1 egg, large
- 1 tablespoon cheese, shredded
- Pepper to taste

Directions

Spray microwave safe mug with cooking spray. Crack egg, lightly scramble and season with salt/pepper. Place in microwave, cover with wet paper towel. Cook on high for 30-40 seconds. If wet, cook additional 5-10 seconds. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 102	Calories from Fat 67
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 115mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	16%
*Percent Daily Values are based on a 2,000 calorie diet.	

Breakfast is the most important meal of the day to start your day off right!
This recipe is not only nutritious, but perfect if you are short on time.

WHY ACT NOW

FROZEN GRAPES



Ingredients

- 20 seedless grapes

Directions

Wash grapes thoroughly with water. Spread onto towels to dry completely. Remove grapes from stems and place in single layer on baking sheet lined with wax paper. Freeze for 1 hour, transfer to airtight container or Ziploc bag. *Makes 1 serving.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 32	Calories from Fat 1
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 0g	0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Grapes are delicious with a high nutrient content! They are rich in flavonoids, powerful antioxidants, and vitamins A, C, B6 and folate!

**WHY
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PEANUT ENERGY BITE



Ingredients

- 1/2 cup large flake oats
- 1/4 cup peanut butter
- 1/4 cup chocolate chips
- 1/3 cup shredded coconut
- 1/4 cup honey
- 1/2 teaspoons vanilla extract

Directions

Combine all ingredients in bowl. Roll into 4 large size balls. Refrigerate in airtight container until firm. *Makes 4 servings.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 322	Calories from Fat 133
% Daily Values*	
Total Fat 15g	30%
Saturated Fat 6g	30%
Trans Fat 0g	
Sodium 24mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	16%
Sugars 27g	
Protein 8g	16%

*Percent Daily Values are based on a 2,000 calorie diet.

These bites are a great on-the-go snack packed with protein! Easy to prepare, healthy, no bake bites that can be stored for up to 1 week in the refrigerator.

**WHY
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YOGURT POPS



Ingredients

- 2 x (113g) yogurt container
- 2 popsicle sticks or plastic spoons

Directions

Using knife, cut small slit, insert stick, freeze overnight. To loosen, run warm water on bottom edge, remove cover. Pull out. *Makes 2 servings.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 60mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Yogurt is rich in calcium and full of beneficial bacteria to promote a healthy gut and digestion! A great treat instead of ice cream or a Slurpee.

**WHY
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POWERHOUSE SMOOTHIE



Ingredients

- 2/3 plain Greek yogurt
- 2/3 cup blueberries, frozen
- 1 cup baby spinach leaves
- 1/2 cup skim milk
- 3 strawberries, frozen
- 1 banana, medium

Directions

Add yogurt, spinach & milk to blender, whirl until smooth. Add remaining fruit & blend. If too thick, add a little more milk. *Makes 2 servings.*

Nutrition Facts

Serving Size 2	
Amount Per Serving	
Calories 263	Calories from Fat 11
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 125mg	5%
Total Carbohydrate 53g	18%
Dietary Fiber 7g	28%
Sugars 34g	
Protein 16g	32%
*Percent Daily Values are based on a 2,000 calorie diet.	

Spinach is a super food - it's packed with vitamins, minerals and other nutrients but is low in calories! The high protein & fiber will keep you full.

WHY ACT NOW

SIMPLE HUMMUS



Ingredients

- 1 can (15oz) chickpeas, no added salt
- 2 tbsp water
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic
- ¼ tsp paprika

Directions

Place all ingredients in a food processor. Process until smooth and creamy. Add up to 2 more tablespoons of water if needed. Transfer to bowl, cover and refrigerate. *Makes 4 servings.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 169	Calories from Fat 77
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 6g	12%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Chickpeas are a super food - they're packed with protein & fiber!

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TUNA BRUSCHETTA BITES



Ingredients

- 1 can (200g) white tuna in water, no added salt, drained
- 4 tomatoes, finely chopped
- 2 cloves garlic
- 2 basil leaves, chopped
- 16 brown rice crackers

Directions

Place the tuna, chopped tomatoes, garlic and basil in a bowl and mix together. Top bread slice with tuna mix and serve. *Makes 4 servings.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 147	Calories from Fat 12
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 31mg	10%
Sodium 153mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 17g	34%

*Percent Daily Values are based on a 2,000 calorie diet.

Tuna is a great snack because it's an inexpensive source of protein!

**WHY
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TUNA CUCUMBER BITES



Ingredients

- 2 cans (200g) white tuna in water, no added salt, drained
- 1 tbsp yellow mustard
- ¼ tsp dried dill
- ¼ tsp black pepper
- ¼ tsp onion powder
- ¼ tsp garlic powder
- 16 slices cucumber

Directions

Place the tuna and all ingredients in a bowl and mix together. Top cucumber slices with tuna mix.

Makes 4 servings.

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 131	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 63mg	21%
Sodium 101mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 29g	58%

*Percent Daily Values are based on a 2,000 calorie diet.

Tuna is a great snack because it's an inexpensive source of protein!

WHY ACT NOW

TUNA CELERY BOATS



Ingredients

- 1 can (200g) white tuna in water, no added salt, drained
- 1 celery stalk, large
- ¼ onion, chopped
- 1 tbsp light mayonnaise
- ¼ tsp black pepper

Directions

Wash the celery and cut into 4 equal pieces. Mix together tuna, onion, mayonnaise and pepper. Fill celery groove with mixture. *Makes 2 servings.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 158	Calories from Fat 18
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 134mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 29g	58%

*Percent Daily Values are based on a 2,000 calorie diet.

Tuna is a great snack because it's an inexpensive source of protein!



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