



New Foods

Ready to Explore
a World Full of
Flavor & Fun?

TRY New Foods
with Disney
Magic of
Healthy Living!



Disney.com/healthyfun

TRY New Foods and Discover a World Full of Flavor & Fun



Discover the magic of New Foods - from fruits and greens to grains and proteins - with Disney Magic of Healthy Living! It's fun to TRY New Foods because you never know what you might like until you TRY it!

Here you'll find exciting recipes and fun food facts to make eating healthy simple and fun!

TRY Fun Fruity Snacks

Mix up your daily routine by TRYing new fruits and new ways to prepare them. Choosing fruits with different shapes, textures and colors turns an average snack into something snack-tastic! TRYing new fruits is fun and easy with these recipes:

Grapefruit Friends

Put a smile on everyone's face with this fruity concoction! Packed with Vitamin A & C, the Grapefruit Friend is a friend indeed! Plus grapes and cherries are super sweet, naturally, with minerals like calcium for strong bones.



**2 SERVINGS
OF FRUIT**



Ingredients

- **Grapefruit** (for head)
- **Green and/or red grapes** (for hair & eyes)
- **Cherry** (for nose)
- **Raisins or banana** (for mouth)

TRY other fruits and make more friends!

Instructions

- 1) Cut grapefruit in half, place on plate or in bowl
- 2) Arrange grape clusters around the top for hair
- 3) Add grape eyes, cherry nose and a big grin made of raisins or bananas

Fun Food Facts

Did you know that grapefruit was named for how it grows on the tree - in clusters like grapes!

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Fruits with a lot of Vitamin C can help your cuts heal faster.

SAFETY NOTES

ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

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Eerie Eyeballs

Edible eyeballs may sound scary, but they look hilarious and taste... mmm, mmm, good! Made with three kinds of dried fruit, they're naturally sweet and nutritious. Plus, dried fruits are high in fiber to fill you up and keep your tummy happy.

Ingredients

- Dried apple rings (1 per eye)
- Dried apricots (1/2 per eye)
- Raisins (1/2 per eye)

Instructions

- 1) For each pair of eyes, gently flatten two dried apple rings with the palm of your hand
- 2) Press the apricot onto the center of an apple ring, covering the hole
- 3) For pupils, press a raisin onto the apricots

TRY dried cranberries and other dried fruits or nuts for more eye-opening fun!

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**2 SERVINGS
OF FRUIT**



Banana Breakfast Dog

Hot dogs for breakfast? Not quite. This dog's a little different. Full of protein, fruit and grains, the Banana Dog is a quick, nutritious way to start your day! Eating foods like peanut butter provides your body with the power of protein—an important building block for bones, muscles, skin and blood.

Fun Food Facts

Did you know there are over 7,000 different types of apples in the world? See if you can name a few...

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Banana plants can grow an inch or more while you are sleeping at night.



**GOOD
SOURCE OF POTASSIUM**

Ingredients

- Whole grain hot dog bun
- Peanut butter
- Sunflower seeds (shelled)
- Banana
- Jam



Instructions

- 1) Open the whole grain hot dog bun and spread peanut butter on bottom half
- 2) Sprinkle with sunflower seeds
- 3) Peel a whole banana and place on the bun
- 4) Top with a squiggle of jam, and bam, you're done

TRY a Banana Burrito by substituting a wheat tortilla for the bun! Or, add a glass of milk to complete your meal.



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TRY Unique Veggie Treats

However you crunch and munch or slice and dice 'em, make them fun and veggies can be a real treat. Don't be afraid to get creative! TRYing new veggies is fun and easy with these recipes:



Fun Food Facts

Carrots have a high content of beta carotene (Vitamin A), which helps maintain good vision. Carrots can also be found in purple, white, red or yellow. "Orange" you surprised they're not always orange?

Big Dippers Veggie Garden

Here's a treat you're sure to dig—a virtual veggie garden planted in all kinds of tasty dips! Offering a garden variety of tastes, colors and textures, this snack features just about every vitamin and mineral you can imagine. Hummus (made from garbanzo beans) and peanut butter both offer protein, an important part of a balanced diet. And the veggies speak for themselves... screaming, "We've got Vitamin A, B, C" and more!



Ingredients

- **Hummus**
- **Low fat ranch dip**
- **Peanut butter**
- **Baby carrots**
- **Celery (trim tops and bottoms off and cut ribs in half)**
- **Radishes (leave stems on for easy dipping)**
- **Cherry tomatoes**
- **Broccoli (cut into bite sized "trees")**
- **Cauliflower (cut into bite sized "trees")**
- **Bell Peppers (remove core, seeds and ribs then slice into dipping strips)**
- **Cucumbers (trim the ends, and cut into rounds)**
- **Snow or snap peas (trim ends and remove string on bottom)**

TRY any of your favorite vegetables for a colorful garden made just for you!

Instructions

- 1) Prepare 3 "planter pots" for your veggie garden using bowls or large cups
- 2) Spoon hummus, low-fat ranch and peanut butter separately into each container
- 3) Then "plant" your washed and cut vegetables into the dips

TRY each dip with each veggie to see which combos you like best!

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Sandwich on a Stick

A sandwich on a stick? Sounds like fun, but it's also healthy and quick! Here's an idea that will stick...all you need is bread, cheese, your favorite lunchmeat and some veggies. Bread provides whole grain nutrition, while cheese provides a dose of dairy. Lean meat offers protein and veggies have important vitamins and minerals. Stack up the nutrition before your very eyes!



**SMART
SNACK**



Ingredients

- **Whole wheat bread**
- **Cheese**
- **Lean Lunchmeat (like turkey or chicken), or soybean products (like tofu or tempeh)**
- **Grape tomatoes**
- **Lettuce**
- **Pickles**
- **Olives**
- **Low fat mayonnaise**
- **Mustard**
- **Wooden skewers or chop sticks (always ask parents' help or permission when handling any sharp objects)**

Instructions

- 1) Cut up cubes of bread, cheese, and lunchmeat (hint: thick slices of lunchmeat from the deli counter work great)
- 2) Slide the cubes onto a skewer with veggies
- 3) Set out a side of low fat mayo or mustard for dipping

Trivia Tidbit

Which of the following do both fruits and veggies have in common?

- a) They add color, texture, and flavor to your plate
- b) They're nutritious in any form—fresh, frozen, canned, dried and juiced
- c) They provide fiber to fill you up and keep your digestive system happy
- d) They're naturally low in calories
- e) They are rich in vitamins and minerals helping you feel healthy and energized
- f) ALL of the above

Answer: F

Fun Food Facts

Part of the same family as the deadly "nightshade" plant, tomatoes were mistakenly thought to be poisonous until the nineteenth century. But with health benefits like cancer-fighting lycopene (a bright red carotene and phytochemical), now we can't live without 'em!

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