

MOVING MORE, EVERY DAY, EVERYWHERE, WATCHING LESS



**Getting  
fit!**

**The more you  
do...the better  
for you!**

**Moving more every day**

# Choosing to Move More Throughout the Day

## SOME WAYS TO MOVE MORE EVERY DAY ARE TO:

- Play outside with your children
- Park farther away
- Take the stairs
- Choose active toys for children
- Dance to a good song
- Wash your car
- Turn off the TV and do something active together as a family
- Work in the garden

## SET GOALS TO INCREASE YOUR DAILY PHYSICAL ACTIVITY

- Start with small goals.
- Plan time for physical activity every day.
- Include a variety of activities.
- Gradually increase activity to reach your goals.



**NC STATE UNIVERSITY**



# OVEN BAKED CHICKEN NUGGETS



Makes 4 servings

Serving Size: 6 nuggets

**Hint:** Experiment with different spices such as garlic, lemon pepper, paprika, no-salt seasoning blend, dry ranch dressing mix, etc....

**Hint:** Finely crush corn flakes for best results.



## Eat Smart

## Ingredients

- 1 egg
- 2 tablespoons fat-free or low-fat (1%) milk
- 2¾ cups cornflakes, crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces
- 1/4 cup fat-free ranch dressing or fat-free honey mustard dressing for dipping sauce
- Non-stick cooking spray

## Directions

1. Preheat oven to 400° F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush. Add Italian seasoning to crushed cornflakes and mix well.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with fat-free ranch dressing or fat-free honey mustard dressing for dipping sauce.

## Nutrition information Per Serving

265 calories		Total Carbohydrate	17 g
Total Fat	5 g	Dietary Fiber	0 g
Saturated Fat	1.5 g	Sodium	240 mg
Protein	38 g		

 **Good Source of Iron**

*Recipe analyzed without dipping sauce.*



# DON'T WAIT, WALK

When you take your children to an appointment, activities or lessons, use the waiting time to go for a walk or take a stretch break.



## Move More