

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
College of Agriculture,
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TOPIC

Smart Shopping for the Whole Family

Building a healthy diet starts with shopping at the grocery store. Knowing your store is helpful when shopping with a list to avoid making unnecessary purchases. Keep MyPlate in mind when creating your grocery list and shopping. Use these tips below to see how:

- **Fruits and vegetables:** choose a variety. See what is on sale and what makes the most sense for your family. Try fresh, frozen, canned, and even dried fruits and vegetables.
- **Grains:** buy whole grains for at least half of choices. Having staples in your house like whole wheat pasta and brown rice are great items to make with lots of added vegetables.
- **Dairy:** try non-fat and low-fat milk, yogurt, and cheeses, which are all rich in calcium.
- **Protein:** choose from lean meats, beans, fish, poultry, eggs, soy and nuts. Save money by buying meat,



fish, or poultry that is on sale and that you can make more than one dish with. Add protein to meals with beans and peas, too.

- **Keep these low:** saturated fats, added sugars, sodium and cholesterol.

- **Look for more of these:** vitamins A, C, E, calcium, potassium, magnesium and iron.

Source: <https://www.nutrition.gov/taxonomy/term/36/all/feed/feed>

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PARENT'S POW-WOW

Tips for Taming Your Child's Sweet Tooth

To build a healthy eating style, choose foods and beverages with less added sugars. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include natural sugars found in milk and fruits. Since all kids love sweets, use these tips to tame their sweet-tooth:

- **Avoid rewards with sweets.** Rewarding with sweets places value on these treats and in return kids see sweets as having a higher value than fruits and vegetables and will want them more. It is best to reward success with words. Telling your children how proud you are of them or how great of a job they did will help them have a healthier relationship with food.
- **Stick to simple drinks.** Avoid soda and high-sugar drinks. Offer milk, water and 4-6 ounces of 100 percent fruit juice per day.
- **Take a look.** See what foods are hiding added sugars. Look at the ingredient list to see if the following are listed: corn syrup, sucrose, maltose, invert sugar, fructose, dextrose, sugar. All of these items are added sugars, which we aim to limit in our diet.

Source: Choose MyPlate

FOOD FACTS

Winter Squash

The most common winter squash includes pumpkin, spaghetti squash, acorn squash and butternut squash. Winter squash is always cooked before eating and, because of its tough skin, only the inside is edible. Most winter squash can be interchanged in recipes. When buying winter squash, look for ones that are well shaped with hard, tough skins. Stay away from squash that has mold, cut or punctured skins. Store winter squash in a cool, dry place. Before eating, clean and scrub in cool running water. Winter squash is a good source of vitamins A and C as well as potassium. The best part is the variety! See how many different types of winter squash you and your family enjoy.



Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/winter-squash>



BASIC BUDGET BITES

Save More on Meat

Meat is often the priciest item at the grocery store. See the ideas below to save money on your grocery bill.

- Participate in meatless Mondays. At least one day a week, try going meat-free. Instead use beans, lentils or even have breakfast for dinner and use eggs.
- Don't make it the main dish. Instead of having chicken breast with sides, make chicken noodle soup. You can stretch the meat much further without feeling any less full. Add meat to whole-wheat pasta and brown rice dishes with lots of vegetables.
- Fill up on veggies. Whether you decide to include meat or not, aim to have vegetables, which are high in vitamins and nutrients, and fiber, which will leave you feeling fuller.
- Make the most of cheaper cuts. Cook tough cuts of meat such as stew meat, brisket, skirt/flank steak on low heat for a longer amount of time than you could cook more tender cuts of meat. Instead of buying boneless skinless chicken breasts, opt for a whole chicken, which takes little preparation and is big on flavor.
- Bargain hunt. Of course, buying meat on sale is an easy way to spend less. Don't buy things unless you will actually use them. If you don't think you can eat meat you bought, you can always freeze it for another time.

COOKING WITH KIDS

Spaghetti Squash Asparagus Pie

- 1 spaghetti squash, halved and seed removed
- 2 teaspoons olive oil
- ½ cup yellow onion, diced
- 1 bunch asparagus, ends removed, cut into 1-inch pieces
- 3 garlic cloves, minced
- 5 large eggs
- 1 cup low-fat milk
- 1 cup shredded low-fat cheese
- Salt and pepper, to taste

1. Preheat oven to 400 degrees F and grease a 9-inch cake or pie pan. Place the squash, cut side up, on a large baking sheet, and bake

for about 50 minutes or until tender. Set aside to cool slightly.

2. In a large sauté pan, heat the olive oil over medium heat. Add the onion and sauté for 3 minutes. Add the asparagus and garlic and sauté for about 5 minutes, or until the asparagus is soft and bright green. Remove from the heat and set aside to cool.
3. In a large bowl, whisk together the eggs, milk, cheese, salt and pepper and then the cooled onion-asparagus mixture. Stir to combine.
4. Using a fork, scrape the strands from the spaghetti squash and transfer to the bottom and sides of the greased cake pan, creating an even crust.

Press paper towels onto the crust to remove any excess moisture. Pour the egg mixture onto the “crust” and bake for 40 minutes, or until the pie is firm and not wiggly.

Number of servings: 6
Serving size: 1/6 of recipe

Nutrition Facts per serving: 151 calories; 8g total fat; 2g saturated fat; 160mg cholesterol; 0g trans fat; 228mg sodium; 10g carbohydrate; 2g fiber; 5g total sugars; 0g added sugars; 11g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

Sweet Acorn Squash

- 2 acorn squash
- ½ cup orange juice
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

1. Preheat oven to 400 degrees F.
2. Put each squash in the microwave. Heat for 1 ½ minutes on high. This will soften the squash and make it easier to cut.
3. Cut each squash in half. Remove the seeds and loosen fibers in the middle.
4. Place the squash in a baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.

5. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
6. Bake for 30 to 45 minutes until tender.
7. Season with cinnamon and nutmeg and serve.

Number of servings: 4
Serving size: ¼ of recipe

Nutrition Facts per serving: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 27g carbohydrate; 4g fiber; 8g total sugars; 2g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

The Importance of Sleep

Getting a good night's sleep is part of a healthy lifestyle. Most adults need 7½ to 9 hours of sleep each night. Here are a few suggestions to get the rest you need:

- Avoid caffeine, nicotine and alcohol 4-6 hours before bedtime.
- Avoid going to bed too hungry or too full.
- Be physically active every day to improve both your ability to fall asleep quickly and your sleep quality.
- Get up and go to bed at the same time every day, even try to do so on weekends.

Source: <https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2012/are-your-sleeping-habits-affecting-your-waistline>



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