

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
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Look Beyond the Salt Shaker to Lower Sodium

You've probably heard that most Americans eat too much sodium, and too much sodium can raise blood pressure — which can have serious health consequences if not treated. Despite what many people think, using the salt shaker is not the main cause of too much sodium in your diet. Sodium is found in most foods in varying amounts. Packaged, canned, and processed foods available in the supermarket, restaurant foods, and fast foods tend to have larger amounts of sodium. In fact, about 75% of dietary sodium comes from eating packaged and restaurant foods, whereas only a small portion (11%) comes from salt added to food when cooking or eating. Packaged foods and beverages can contain high levels of sodium, whether or not they taste salty. Too much sodium can increase your risk for high blood pressure. Use the Nutrition Facts label to make food and beverage choices with less sodium.



- **Understand the Daily Value.** The Daily Values are the amounts of nutrients recommended per day for Americans 4 years of age and older. The Daily Value for sodium is less than 2,400 milligrams (mg) per day.
- **Use the Percent Daily Value (%DV) as a tool.** The %DV tells you how much of a nutrient is in one serving

of a food. The %DV is based on 100% of the Daily Value for sodium. When comparing and choosing foods, pick the food with a lower %DV of sodium. As a general rule: 5% DV or less of sodium per serving is low 20% DV or more of sodium per serving is high

Source: Food and Drug Administration

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PARENT'S POW-WOW

Warm-Weather Fun

When the weather is warm, get outside for more ways to be active as a family. Here are some ideas for your next family fun day:

- **Create sidewalk art.** Use colored chalk, or “paint” with water and brushes.
- **Play hopscotch.** Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids — and you — can hop, stoop, and bend!
- **Visit a farmer’s market.** Walk and talk about the foods. Buy something to prepare and eat at home.
- **Run through the garden sprinkler.**
- **Go fruit picking:** berries, peaches, apples, whatever grows where you live.
- **Fly a kite.** Blow bubbles. Safely follow, wherever they go!
- **Enjoy a playground or community park.**

Source: USDA Nibbles Newsletter

FOOD FACTS

Bell Peppers

Bell peppers, also referred to as sweet peppers, are high in nutrients and low in calories. They are high in vitamin C and a good source of vitamin A. Red bell peppers are even higher in vitamins A and C than green peppers. For the best taste and price, enjoy bell peppers in Kentucky from June to September. To select your peppers, choose peppers that are heavy for their size with firm, shiny skin. Avoid peppers that appear wrinkled or feel soft. Store in the refrigerator for three to five days and wash with cool water before eating or cooking.



Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/bell-peppers>

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BASIC BUDGET BITES

Saving Money on Dairy

Follow these tips to save money when purchasing milk, yogurt, and cheese:

- **Compare prices between small and large containers.** Larger containers are sometimes the better deal. Make sure you only purchase what you will use without waste.
- **Buy cheese in blocks.** Instead of purchasing bags of shredded cheese, save money by grating your own cheese at home.
- **Check the “use by” dates.** Only purchase what you will use before that date and look for the latest date available.

Source: Amy Singleton, RD

COOKING WITH KIDS

Peanut, Peach, 'n Pineapple Wrap

- 1 can sliced peaches (15 oz, drained)
- 1 can pineapple tidbits in juice (drained)
- ½ cup red or green bell pepper (chopped)
- 1 teaspoon cinnamon
- 4 whole-wheat tortillas (10-inch)
- ½ cup chunky peanut butter
- 3 cups lettuce (shredded)

1. In a medium bowl, combine peaches, pineapple, bell pepper, and cinnamon.

2. Warm the tortillas.
3. Spread 2 tablespoons of peanut butter on one side of each tortilla, leaving room on the edges.
4. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce.
5. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

Number of servings: 4

Serving size: 1 wrap

Nutrition Facts per serving:

500 calories; 21g total fat; 3.5g saturated fat; 0g trans fat; 0mg cholesterol; 700mg sodium; 63g carbohydrate; 4g fiber; 27g total sugars; 0g added sugars; 18g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

Confetti Chicken Quesadilla

- 1 small green bell pepper, seeded and diced
- 1 small red bell pepper, seeded and diced
- 1 tablespoon hot pepper, minced (optional)
- 1 pound skinless, boneless chicken breast, diced
- 1 (1 ounce) packet fajita seasoning mix
- 1 tablespoon olive oil
- 10 (10 inch) whole-wheat tortillas
- 2 cups reduced fat cheddar cheese, shredded



1. Preheat the broiler and prepare baking sheet with non-stick spray.
2. Toss the diced chicken with the fajita seasoning and place on the baking sheet.
3. Spread chopped peppers on baking sheet.
4. Place under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes.
5. Brush skillet with oil and

heat to medium.

6. Place one tortilla in skillet. Layer half of tortilla with approximately one-third cup chicken and pepper mixture. Sprinkle with 3 tablespoons cheddar cheese.
7. Fold over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared.
8. Cut each quesadilla into wedges and serve with salsa, if desired.

Number of servings: 10

Serving size: 1 quesadilla

Nutrition Facts per serving:

270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein.

Source: Plate It Up! Kentucky Proud

LOCAL EVENTS

SMART TIPS

Reaping the Benefits of Physical Activity

Some physical activity is better than none. However, most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Make your goal to consistently get 30 minutes of physical activity most days of the week to see benefits to your well-being.

Source: Health.gov



IF YOU ARE INTERESTED IN NUTRITION CLASSES, CONTACT YOUR EXTENSION OFFICE.
