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HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
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Easy ways to boost fiber in your daily diet

You need fiber in your diet. But many people do not reach their basic amount each day. Women should aim for 25 grams per day, while men should reach 38 grams, or 14 grams for each 1,000 calories.

Dietary fiber adds to health in several ways. First, it aids in feeling full after meals, which helps keep a healthy weight. Second, the right amount can help to lower cholesterol. Third, it helps keep you from getting sick. Fourth, it helps keep glucose within a healthy range.

Natural sources of fiber

Fiber is found in plant foods. Eating the skin or peel of fruits and veggies gives a greater dose of fiber. You can also find it in beans and lentils, whole grains, nuts, and seeds. As a rule, the more refined a food is, the lower its amount of fiber. Look at an apple. One medium apple with the peel has 4.4 grams of fiber, while 1/2 cup of applesauce has 1.4 grams, and 4 ounces of apple juice has no fiber.



With a few tasty changes, you can add fiber to any meal. For breakfast, choose steel cut oats with nuts and berries instead of a low-fiber, refined cereal. At lunch, have a sandwich or wrap on a whole-grain tortilla or whole-grain bread and add veggies, such as lettuce and tomato, or serve with veggie soup.

For a snack, have fresh veggies or whole-grain crackers with hummus. With dinner, try brown rice or whole-grain noodles instead of white rice or pasta made with white flour.

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PARENT CORNER

Keep kids out of the clean plate club

Dangers of the clean plate club

Forcing kids to eat too much teaches them to ignore their bodies' cues telling them they have had enough. This can set them up for a lifetime of eating when not hungry.

Research has shown that pressuring kids to eat fruits and vegetables does not work. In fact, it keeps kids from eating fresh food. Taking a more laid-back viewpoint helps children learn about their inner hunger cues and taste likings.

Happiness at the dinner table

Follow these examples to promote fun and healthy meal times.

- **Share tasks.** Offer many choices of tasty and healthy foods for your children. Leave it up to your kids to determine how much to eat.
- **Plan and cook meals together.**

Little kids can bring food from the refrigerator or pantry. Teens can help with slicing veggies and watching food on the stove. Each person in the family can ask for their favorite foods.

- **Be a good model.** If parents and caregivers are good role models for healthy eating, children follow suit.
- **Inspire — don't force — a taste of all foods.** Cheer the family on as each person tries the food and talks about which one they like the most.

Let each child listen to and react to their own cues of hunger and fullness. If you worry that your child isn't eating the right amount in each food group, check in with your child's doctor.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/keep-kids-out-of-the-clean-plate-club>

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Here are a few foods that are naturally high in fiber:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- 1/2 medium avocado (5 grams)
- 1 ounce almonds (3.5 grams)
- 1/2 cup cooked black beans (7.5 grams)
- 3 cups air-popped popcorn (3.6 grams)
- 1 cup cooked pearled barley (6 grams)

When adding fiber, be sure to do it slowly and with plenty of fluids. Fiber acts like a new sponge as it travels through the digestive tract; it needs water to plump up and pass smoothly. Eating more fiber than usual but not getting enough fluid may cause an upset stomach.

If you are missing out on your daily amount of fiber, you may be trailing in other needed nutrients as well. Your fiber intake is a good gauge for total diet quality. Do your best to try to reach your fiber goal with unrefined foods.

Source: Adapted from <https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/easy-ways-to-boost-fiber-in-your-daily-diet>

BASIC BUDGET BITES

Shop smart

How much should you buy?

- Buy only as much as you have planned for the shopping trip.
- Buy only the amount of food you will eat while it is fresh.
- Bigger packages often cost less than smaller packages. Compare unit prices to be sure. Split large packages into smaller serving sizes and store them for later use. Buying big packages may drive you to eat larger portions.
- Buying from bulk bins lets you choose how much to buy, and, most of the time, costs less per unit.

Source: Adapted from USDA SNAP-Ed Connection





FOOD FACTS

Whole grains

Adding more whole grains to your family's meals is a smart move. Whole grains offer vitamins and minerals needed to keep your family healthy. Whole grains also contain dietary fiber. This may help lower your risk of heart disease, some cancers, diabetes, and other health problems.

Grains are split up into two subgroups: whole grains and refined grains. Whole grains have the total kernel — the bran, germ, and endosperm. Try making half of the grains you eat whole grains. Choose whole grains instead of refined-grain products when you can.

How to find whole grains

Don't be fooled by colors. Being brown does not make bread whole-wheat and being white may not mean that bread is made with just refined white flour. Finding whole-grain bread takes some label reading skills. Any bread labeled "whole wheat" must be made with 100% whole-wheat flour.

Bread labels that say "seven grain" or "multigrain" may not be whole-grain products. Check the ingredients list to make sure it lists whole-wheat flour or some other whole grain first. Find loaves made mostly with whole-wheat or another whole-grain flour.

Source: Adapted from EatRight, Academy of Nutrition and Dietetics

COOKING WITH KIDS

Apple Nachos

- 1/4 cup peanut butter
- 1/4 cup nonfat Greek yogurt
- 2 tablespoons milk
- 1 tablespoon honey
- 2 red apples, cored and cut into 1/4-inch slices
- 2 green apples, cored and cut into 1/4-inch slices

1. In a blender, combine peanut butter, yogurt, milk, and honey. Blend until smooth.
2. Place apple slices on a large plate or platter and drizzle with peanut butter sauce.

3. Add toppings of choice if desired and serve immediately.

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

Nutrition facts per serving:
160 calories; 6 g total fat; 1 g saturated fat; 5 mg sodium; 0 g cholesterol; 27 g carbohydrates; 4 g fiber; 20 g sugar; 4 g protein; 2% daily value of vitamin A; 8% daily value of vitamin C; 4% daily value of calcium; 2% daily value of iron

Source: Plan Eat Move, University of Kentucky Nutrition Education Program



RECIPE

10-Minute Corn Chowder

- 1 teaspoon vegetable oil
- 1/2 onion, chopped
- 1 teaspoon minced garlic
- 4 tablespoons all-purpose flour
- 3 cups nonfat milk
- 2 teaspoons mustard
- 1/4 teaspoon dried thyme
- black pepper to taste
- 2 cups frozen corn kernels
- 4 tablespoons shredded reduced-fat cheddar cheese

1. Heat a large nonstick skillet over medium-high heat. Add the oil, and saute the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard, and seasonings in a small bowl, and mix well.

3. Add the milk mixture to the skillet followed by the corn, mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls, and top each with 1 tablespoon of shredded cheese.

Number of servings: 4
Serving size: 1 1/4 cup of chowder

Nutrition facts per serving:
207 calories; 4 g total fat; 1 g saturated fat; 8 mg cholesterol; 159 mg sodium; 34 g carbohydrates; 3 g fiber; 14 g sugar; 12 g protein

Source: MyPlate Kitchen

SMART TIPS

Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Salt and sodium

- Taste your food before you reach for the salt shaker. Spices and herbs are a great way to add extra flavor.
- Cook at home! Making your own food means you decide how much salt to use in meals.

Saturated fat

- Trim fat that you can see from meat before cooking. Remove the skin from poultry to lower saturated fat.
- Try a bean chili or roll up a tortilla with hummus and veggies for a meal low in saturated fat.

Added sugars

- Help kids learn about added sugars in foods. Read the label and compare foods together.
- Fruits can help you meet your sweet cravings. Make it fun with a fruit kabob using bananas, apples, pears, and orange sections.

Additional healthy tips

- Play with kids after school or in the evening.
- Get up 15 minutes early and use this time for a run, walk, situps and pushups, or stretching.
- Turn chores into exercise. Set the timer for 20 minutes, and see how much of the house you can clean. Try to be as active and quick-paced as you can.

Source: Adapted from Start Simple with MyPlate toolkit

LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.



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[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)