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HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
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Helpful tips for healthy holiday parties

As the holidays draw near, people are planning parties. Hosts are thinking about platters of rich and tasty seasonal foods. If you are hosting a crowd this holiday season, lighten up the foods without taking away taste.

Try swapping out a few ingredients in your favorite recipes with some of these easy tips:

- Use two egg whites in place of one egg. It can reduce dietary cholesterol.
- Try low-sodium vegetable broth in your mashed potatoes to add flavor. This will also cut back on added butter or margarine.
- Use applesauce for oil, margarine, or butter in muffins and quick breads such as banana bread. Try using a small amount at first, as too much may change the texture of the final product.
- For dips and sauces, use fat-free yogurt in place of sour cream or mayonnaise.
- Choose reduced-fat or fat-free cheeses for salads and casseroles.



Pack your shopping cart with plenty of fresh fruits and veggies.

Put in sweet potatoes, winter squash, broccoli, carrots, and green beans. Apples, cranberries, and pears are easy to mix up for a tasty salad, fruit crisp, or topping for the turkey.

If you are a guest at a get-together, think about these tips to keep your night healthy, happy, and safe:

- Start your day with a small meal that includes whole grains, fruit, veggies, and some type of lean protein.

- Eat a small meal or snack before the event so you are not tempted to eat too much later.
- Meet people and settle into the party before seeking out the buffet.
- Savor foods you enjoy and pass on the others.
- Move your mingling away from the buffet tables. This will lessen the urge to nibble.

CONTINUED ON PAGE 3

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FOOD FACTS

Vitamin C

Vitamin C is a water-soluble vitamin. It is well known for its role in supporting a healthy immune system.

Research shows the body needs vitamin C for the growth and repair of tissue. It helps heal wounds. It also helps to repair and maintain healthy bones, teeth, and skin. As an antioxidant, vitamin C fights free radicals in the body. This can help stop or put off certain cancers and heart disease. It can boost healthy aging. Vitamin C from foods also seems to lower the risk of cartilage loss in those who suffer with stiffness.

There are many sources of vitamin C. Many fruits and veggies give us this vital vitamin. It comes from citrus fruits, tomatoes, potatoes, strawberries, green and red bell peppers, broccoli, Brussels sprouts and kiwifruit. You can enjoy these foods raw or cooked. Please note that fruits and veggies lose vitamin C when we heat them or store them for a long time. To get the most out of these veggies, eat them shortly after shopping.

Source: Adapted from EatRight, Academy of Nutrition and Dietetics



PARENT CORNER

Teaching kids good table manners

From high chair to school lunchroom to work lunches, your children will have many chances to carry out good table manners during their lives.

Teaching good table manners is one of the first steps parents can take to shape good behavior in their children. And people who eat together most days of the week tend to be healthier.

Teaching table manners can start when the child is eating by themselves and old enough to sit at the table. In the early phases, teach kids not to reach across the table, to eat from their own plate, to put a napkin in their lap, and to say please and thank you.

Parents are the main role models for children. They can offer helpful support of good table manners at mealtimes.

Having family meals is the best way to model and teach good manners. This is also true when sharing a new food with kids. You can teach them to say kindly when they don't like something. Young kids often can't sit through the whole meal, but can learn how to excuse themselves, rather than cut short the meal for everyone.

Never try to change manners in a rude way. Make clear to kids why you carry out manners, such as why we chew with our mouths closed and put napkins on our laps.

Each person should get a chance to be part of the upbeat table talk. Keep it bright and fun and talk about cheerful things at the table.

Kids as young as 3 to 5 years old can get involved by learning to set the dinner table. Other rules, of course, are no elbows on the table, and, in today's culture — no tech devices, phones, or texting at the table!

Good manners are about respect for the household and can highlight the joy of eating. It is something that each person can do well.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/teaching-good-table-manners-to-kids>

BASIC BUDGET BITES

Smart choices for canned, boxed, and bagged foods

- Choose ingredients that you can picture in their raw state or growing in nature. If you see a word on the ingredients list that you don't know how to say and think was made in a lab, reconsider.
- Don't be fooled by big health claims on a package. Words such as "low-fat" can distract you from some ingredients that are less healthy such as high sugar or sodium.
- Stay away from foods with sugar listed in the first three ingredients. Look out for hidden added sugars.
- Look for 100% whole-grain foods. Find the word "whole" in the first ingredient (whole oats, whole wheat, whole corn).

Source: Adapted from <https://eatfresh.org/healthy-lifestyle/shopping-budgeting-general-nutrition/make-smart-choices-canned-boxed-and-bagged>

CONTINUED FROM PAGE 1

When it comes to alcohol, fulfill your thirst by drinking water first. If you are of legal age and choose to drink, moderate alcohol intake is up to one drink per day for women and up to two drinks for men.

Keep in mind, even a single drink will change your reflex action for many hours. If you plan to drink, keep your visit merry for all by choosing a driver who will not be drinking.

The holidays are a great time for meeting with friends and family over food and drinks. With just a little planning, you can enjoy festive foods while being alert about what you eat.

Source: Adapted from <https://www.eatright.org/health/lifestyle/seasonal/helpful-tips-for-healthy-holiday-parties>

COOKING WITH KIDS

Saucy Bars

- 1/2 cup shortening
- 1 cup sugar
- 1 cup applesauce
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup raisins
- 1/2 cup chopped nuts (optional)
- 1 teaspoon vanilla extract

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix shortening, sugar, and applesauce until creamy.

3. Add flour, baking soda, salt, cloves, cinnamon, and nutmeg, and mix together until well combined.
4. Stir in raisins, nuts, and vanilla.
5. Spread batter in a greased 13-by-9-by-2-inch pan.
6. Bake 35 to 40 minutes, or until top is lightly browned.

Number of servings: 24

Serving size: 1 1/2-by-3-inch bar

Nutrition facts per serving:

130 calories; 4.5 g total fat;
1 g saturated fat; 1.5 g trans fat;
0 mg cholesterol; 240 mg sodium;
23 g carbohydrates; 1 g fiber; 1 g protein

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



RECIPE

Easy Chicken Pot Pie

- 2/3 cup frozen mixed vegetables, thawed
- 1 cup cooked chicken, cut into bite-size pieces
- 1 (10 3/4 ounce) can low-fat, condensed cream of chicken soup
- 1 cup reduced-fat baking mix
- 1/2 cup milk
- 1 egg

1. Wash hands and any cooking surfaces.
2. Preheat oven to 400 degrees F.
3. Mix vegetables, chicken, and soup in ungreased 9-inch pie plate

4. Stir baking mix, milk, and egg in a mixing bowl with fork until blended. Pour over vegetables, chicken, and soup mixture in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool 5 minutes and serve.

Number of servings: 6

Serving size: 1/6 of pie

Nutrition facts per serving:

180 calories; 3 g total fat;
1 g saturated fat; 55 mg cholesterol;
420 mg sodium; 25 g carbohydrates;
2 g fiber; 13 g protein

Source: What's Cooking? USDA Mixing Bowl



LOCAL EVENTS

SMART TIPS

Winter workouts

Once the weather turns cold, snow and ice can make jogging and cycling tricky — and even unsafe! Don't let the cold months of winter be an excuse to cut back on your workout routine. Here are some things you can do indoors:

- Walk in your local mall.
- Take the stairs when you can.
- Walk around your building's hallways during your lunch or coffee break.
- Don't wait for spring for a full-house cleaning. Wash the inside of your windows, vacuum or shampoo the carpet, or clean out your closets.
- Watch and follow a workout on TV rather than watch a movie.

Cold weather doesn't mean you have to say good-bye to the outdoors. Why should kids have all the fun in the winter?

- Have a snowball fight
- Go ice skating
- Go sledding
- Make snow angels

Source: Adapted from
<https://www.eatright.org/fitness/exercise/family-activities/family-exercise-ideas-for-every-season>

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

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY