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# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### TIPS TO GOOD HEALTH THE WHOLE TRUTH

**G**rains are split into two subgroups; whole grains and refined grains. Whole grains, which provide more fiber, have all the grain kernel — the bran, germ and endosperm.

- Read the food label and choose products that list a whole-grain first. Dark colored breads aren't always whole-grain.
- Don't be fooled! Whole-grain and multi-grain are not the same. Stick to products labeled whole-grain.
- Check the fiber value. Look for products with at least 10 percent Daily Value.

Source: USDA MyPlate



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### PARENT'S POW-WOW

Limit the foods with added sugars your kids eat and drink. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies and other desserts. Play detective in the cereal aisle. Have kids compare nutrition labels on their favorite cereals and choose the one with the least sugar.

Source: USDA MyPlate





## BASIC BUDGET BITES

### Save more at the grocery store!

Do your research. Make your grocery list based on coupons and store specials. Once you make your list, stick to it. It's easy to get off track in the store and buy items that look good at the time but you don't need. Compare store brands of items you do need and go with the lowest costing brand.

Source: USDA MyPlate



## FOOD FACTS SALT AND SODIUM

**S**alt is a staple in the American diet. Salt is mainly sodium, and too much plays a role in high blood pressure. All people, including kids, should lower their salt intake to less than 2,300 milligrams a day (about 1 teaspoon). People with high blood pressure, diabetes, chronic kidney disease, and the African American population should lower their intake to 1,500 mg a day.

• **Fresh is best.** Fresh foods are most often low in salt. Give canned

veggies a rinse before eating.

- **Spice it up!** Spices and herbs are a great way to add flavor without the need for extra salt.
- **Dress to impress.** Skip store bought salad dressings loaded with salt. Get creative with olive oil, vinegars and herbs.
- **Taste before you waste.** Break the habit of salting your food before tasting. Taste your food before deciding to add a dash of salt. Better yet, leave the salt shaker off the table.

• **Read food labels and choose foods with under 500 milligrams or low amounts of sodium.** Lunchmeats are often high in salt. Swap meat for beans over the week.

• **Think about condiments.** Foods like soy sauce, ketchup, pickles, olives, salad dressings and seasoning packets are high in salt. Choose low-salt soy sauce and ketchup. Don't use the whole packet of seasoning in a dish.

Source: USDA MyPlate



## COOKING WITH KIDS

# HONEY MILK BALLS

- $\frac{1}{4}$  cup honey
- $\frac{1}{4}$  cup peanut butter
- $\frac{1}{2}$  cup non-fat dry milk
- $\frac{1}{2}$  cup whole-wheat cereal, crushed

1. Put honey and peanut butter in a bowl and microwave 10 seconds, mix together.
2. Slowly add dry milk and mix well.
3. Chill for easy handling. Grease hands.
4. Form into small balls, about 1 inch in diameter.
5. Roll each ball in crushed cereal flakes. Place on lined plate or tray.
6. Chill until firm.

**Yield:** 20 servings

**Serving size:** 2 honey milk balls

**Nutrition facts per serving:** 40 calories, 1.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 6 g carbohydrate, 0 g dietary fiber, 5 g sugar, 1 g protein.

Source: What's Cooking? USDA Mixing Bowl



## RECIPE

# SALT-FREE SEASONING MIX

- 2 tablespoons paprika
- 2-3 teaspoons cayenne pepper
- 2 tablespoons garlic powder
- 2 teaspoons onion powder
- 1 tablespoon dry mustard

1. Mix all spices in a bowl.
2. Store in an airtight container. Use for marinating chicken or in stuffing, soup or salad dressing or use in a salt shaker at the table.

**Yield:** 5 servings

**Serving size:** 1 tablespoon

**Nutrition facts per serving:** 20 calories, 0.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 4 g carbohydrate, 2 g dietary fiber, 0 g sugar, 1 g protein.

Source: What's Cooking? USDA Mixing Bowl, modified by Jean Najor, MS

## LOCAL EVENTS

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### **SMART TIPS:** STAY ACTIVE THROUGH THE SEASONS

Don't let the weather keep you and your family from being active. Let kids build a scavenger hunt or obstacle course indoors. Use colored paper to make a path and hop to a certain color. Use a balloon to play volleyball. Let kids try juggling. Start with a few ideas and props, and then kids can keep themselves busy and active indoors.

Source: USDA MyPlate



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

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