UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546



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HEALTHY CHOICES FOR HEALTHY FAMILIES

TIPS TO GOOD HEALTH

THE WHOLE TRUTH

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



INSIDE

- Basic Budget Bites
- Food Facts:
 Salt and Sodium
- Recipe: Honey Milk Balls
- Recipe: Salt-Free Seasoning Mix
- Smart Tips: Stay Active Through the Seasons
- Local Events

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



itting Healthy Food Within Reach

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









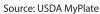




BASIC BUDGET BITES

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.





FOOD FACTS

SALT AND SODIUM

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

- 1/4 cup honey
- 1/4 cup peanut butter
- ½ cup non-fat dry milk
- 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

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTTY). The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file at program complaint, please see information reports on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDAs TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer. Copyright © 2014 University of Kentucky and its licensors. All rights reserved.



LOCAL EVENTS

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.