

February/March 2015  
Volume 11, Issue 3

# HEALTHY CHOICES FOR HEALTHY FAMILIES

## TIPS TO GOOD HEALTH: DO MORE WITH DAIRY

**T**he Dairy Group takes in milk, yogurt, cheese and fortified soymilk. They give calcium, vitamin D, potassium and protein for good health.

- Be careful of sweetened dairy foods. Fruit-flavored yogurts, milks and frozen yogurts often have added sugar. Buy plain versions and add your own frozen or fresh fruit.
- Choose “reduced-fat” or “low-fat” cheeses. Full fat versions are high in saturated fat.
- Be aware that regular cream cheese, cream and butter are not part of the dairy food group. They are high in saturated fat and have little to no calcium.

Source: USDA MyPlate



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## PARENT'S POW-WOW

Fat-free and low-fat (1%) milk are better for health. Lower-fat milk products offer the same nutrients as other milks without the saturated fat, which raises the risk of heart disease. Try these tips to help your family switch:

- Take it slow. Start with 2% milk for a month, then switch to 1%.
- Mix up the fun. Allow kids to pick what fruits they want to go in a smoothie and add low-fat milk.
- Remember, if your child is under the age of two, whole milk is advised.

Source: USDA MyPlate

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



## BASIC BUDGET BITES



Don't throw your money away by throwing food away. Plan for leftovers and make foods that can be used in many dishes. Use the freezer. Freeze over-ripe bananas and other fruits for smoothies. Use up eggs to make small omelets in muffin tins that can be refrigerated and heated up the next day. Make salads for the family with leftover veggies and beans. Use leftover meats for sandwiches instead of buying deli meat.

Source: USDA MyPlate



## FOOD FACTS

### WHAT ARE ADDED SUGARS?



**A**dded sugars are sugars and syrups that are added to foods when they are made. This term does not include natural sugars such as those in milk and fruits.

- Major sources of foods with added sugars are: soft drinks, energy/sports drinks, candy, cakes, cookies, pies and cobblers, sweet rolls, pastries, donuts, fruit punch, and dairy desserts such as ice cream.
- Names for added sugars on food labels include: anhydrous dextrose, corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup (HFCS), lactose, malt syrup, maltose, sucrose and molasses.
- You may also see other names used for added sugars such as: cane juice, fruit juice concentrate, crystal dextrose, glucose, liquid fructose, sugar cane juice and fruit nectar.

Added sugars add calories without giving any nutrients. Look at the Nutrition Facts labels and choose foods that do not list added sugars. Serve fresh fruit more often.

Source: USDA MyPlate





## COOKING WITH KIDS

# SURE TO PLEASE BAKED EGGS AND CHEESE CUPS

- **6 eggs**
- **½ cup non-fat milk**
- **½ cup low-fat cheese, grated**
- **1 teaspoon garlic powder**
- **1½ teaspoons oregano**
- **Vegetables of choice**

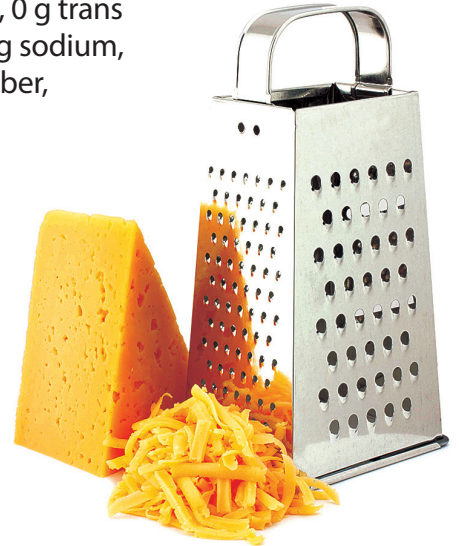
- 1.** Preheat oven to 350 degrees F.
- 2.** Spray standard muffin tin with non-stick cooking spray.
- 3.** Beat eggs. Mix in other ingredients. Fill sprayed muffin tin  $\frac{3}{4}$  full.
- 4.** Bake 20 minutes or until eggs are firm.

**Yield:** 6 servings

**Serving Size:** 1 egg cup

**Nutrition Facts per serving:** 160 calories, 9 g total fat, 2.5 g saturated fat, 0 g trans fat, 190 mg cholesterol, 230 mg sodium, 3 g carbohydrate, 0 g dietary fiber, 2 g sugar, 15 g protein.

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



## RECIPE

# VEGGIE DIP

- **1 cup low-fat cottage cheese**
- **1 tablespoon onion, chopped very fine**
- **¼ teaspoon salt**
- **½ teaspoon garlic powder**
- **2 teaspoons parsley flakes**

- 1.** Put cottage cheese into a blender. Blend until smooth.\*
- 2.** Add other ingredients and blend together.
- 3.** Place in refrigerator for 1-2 hours.
- 4.** Serve with a mixture of your favorite veggies.

*\* Can be made without a blender by mashing cottage cheese with a fork.*

**Yield:** 8 servings

**Serving Size:** 2 tablespoons

**Nutrition Facts per serving:** 20 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 1 g carbohydrate, 0 g dietary fiber, 1 g sugar, 4 g protein.

Source: What's Cooking? USDA Mixing Bowl

# LOCAL EVENTS

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## **SMART TIPS:** MAKE THE MOST OF YOUR MOVEMENT

**A**dd activity to daily tasks. Walk the aisles and take a food tour while grocery shopping. Go to the farmers market and let kids look at the fruits and vegetables. Let kids pick out a food they have never tried and ask the grower how to fix it. In the winter months let kids pick out a vegetable of their choice at the grocery store. Often grocery stores have tips about how to use the produce. Read with kids and point out where their food is coming from. Kids are more likely to eat what they were allowed to choose.

Source: Jean Najor, MS, CN



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

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