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HEALTHY CHOICES FOR HEALTHY FAMILIES

TIPS TO GOOD HEALTH: PROTEIN

Protein foods can be from both animal (meat, poultry, seafood and eggs) and plant (beans, peas, soy products, nuts and seeds) sources.

- **Change your protein food choices:** Try main dishes made with beans, peas, nuts or seafood.
- **Make meat and poultry lean or low fat:** Choose lean or low-fat cuts of meat such as round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.
- **Keep it tasty and healthy:** Grill, broil, roast or bake — these methods don't add extra fat.

Source: USDA MyPlate



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PARENT'S POW-WOW: CELEBRATING

- **Make foods look festive:** Decorate with nuts or seeds or use new shapes for vegetables and fruits. Have a fruit kabob bar or a yogurt parfait bar instead of an ice cream bar.
- **Offer thirst quenchers that please:** Make a "float" by adding a scoop of frozen yogurt and berries to seltzer water.
- **Make some healthy swaps:** Grill chicken instead of hotdogs, make a whole-grain pasta salad with all kinds of added vegetables, serve corn and bean dip with whole-grain tortilla chips.

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BASIC BUDGET BITES

GET THE MOST FOR YOUR FOOD BUDGET



The early bird gets the worm! Get to the grocery store early to grab the freshest deals. Cook sale meats the day of purchase, or freeze for future use. Look at the unit price on the shelf below the product. Use it to compare brands and sizes to decide which costs less.



FOOD FACTS

MOVE YOUR WAY TO BETTER HEALTH

Being active is vital for your health. Adults who are active are less likely to be in poor health than adults who are not active. Staying active also cuts the risk of a broken hip. Use these tips to move your way to better health:

- **Start slowly and build up over time:** After a few weeks, add to how often and how long you are active.
- **Strength-train for healthy tissues and bones:** Do these motions twice a week: lifting weights, and doing push-ups, sit-ups or heavy gardening.
- **Set goals and track your progress:** Plan ahead and keep records.
- **Multi-task:** Blend your active time with things you now do. Walk to the farmers market and walk back with your purchases as added weight. Walk up and down each aisle of a store, do your own yard work, pace around while talking on the phone, decide to walk together after meeting friends or family for a meal.



Source: USDA MyPlate



COOKING WITH KIDS

SOUTH OF THE BORDER DIP

- 2 cans of corn, drained and rinsed
- 2 cans of black beans, drained and rinsed
- ½ small red onion, chopped

Dressing Ingredients:

- 3 tablespoons olive oil
- ⅓ cup lemon or lime juice
- ½ teaspoon pepper

- 1 teaspoon ground cumin (optional)

1. Mix corn, beans, and onion in large bowl.
2. Mix dressing ingredients in small bowl and pour over bean mixture.
3. Serve with whole-grain tortilla chips.

Number of Servings: 9

Serving Size: ½ cup

Nutrition Facts per serving:
180 calories, 6 g total fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 680 mg sodium, 29 g carbohydrate, 5 g dietary fiber, 3 g sugar, 6 g protein.

Source: What's Cooking? USDA Mixing Bowl

RECIPE

BAKED FISH WITH VEGETABLES

- 4 frozen white fish fillets
- 16 ounces frozen mixed vegetables
- 1 small onion, diced
- 1 teaspoon lemon juice
- 1 tablespoon dried or fresh chopped parsley flakes

1. Preheat oven to 450 degrees F.
2. Separate and place fish fillets in center of square of tin foil.
3. Mix frozen vegetables and diced onion in bowl. Spoon mixture around fillets.
4. Sprinkle with lemon juice and add parsley on top. Fold ends of tin foil together to form leak-proof seal.
5. Bake for 10 minutes or until fish flakes with a fork. Serve.

Number of Servings: 4

Serving Size: 4 oz. fish and ½ cup vegetables



Nutrition Facts per serving: 360 calories, 12 g total fat, 2 g saturated fat, 0 g trans fat, 120 mg cholesterol, 130 mg sodium, 19 g carbohydrate, 3 g dietary fiber, 2 g sugar, 41 g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS: ACTIVE CELEBRATIONS

Have some fun and don't make food the main focus of a party. Get moving with fun events such as a water balloon toss, sack race, an egg and spoon relay race, tug of war or kickball. Staying active together is a great way to bond and have fun.



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