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

UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

June/July 2015
Volume 11, Issue 5

HEALTHY CHOICES
FOR HEALTHY FAMILIES

INSIDE

- Basic Budget Bites
- Food Facts: Empty calories
- Recipe: Easiest Banana Ice Cream
- Recipe: Main Dish Salad
- Smart Tips: Kids' gardens
- Local Events

TIPS TO GOOD HEALTH
FOCUS ON FRUITS

Fruits are vital for health. They have potassium, fiber, vitamin C and folate (folic acid). Most fruits are low in fat, sodium and calories. Fruits do not have cholesterol. Use these tips to add fruit to your food plan:

- **Keep a bowl of fruit on the table or in the refrigerator.** It can remind you of a great snack.
- **Eat fruits whole, rather than in the form of juice.** Whole fruits are higher in fiber and other nutrients that may be lost in juicing.
- **Get clever.** Add fruits to some of your favorite dishes. Mash up berries instead of using sugar-loaded jams, make single fruit cups by coring out apples and adding fruit salad, grill up pineapple for a tasty treat. Add apples or berries to salads.

Source: USDA MyPlate

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

SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

PARENT'S POW-WOW

Kids can eat healthy and stir up some fun at the same time.

- "Frost" apple slices or peeled bananas with yogurt or peanut butter and use granola as sprinkles.
- Use whole-grain tortillas to make your own pizzas. Top with fresh veggies.
- Make fruit "sushi" by spreading a whole-wheat tortilla with peanut butter and rolling it up with a banana. Slice and let kids try eating it with chop sticks.

Source: USDA MyPlate

UKAg EXTENSION UKAg & HES

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

HEALTHY CHOICES
FOR HEALTHY FAMILIES

BASIC BUDGET BITES: BE YOUR OWN BOSS

Don't count on pre-packed and ready made foods from the grocery store. Make your own mixes for biscuits, pancakes and other foods. Skip canned soup and keep a "soup container" by adding leftover vegetables and meats with your choice of broth. Make iced tea from scratch and skip marked-up prices at corner stores. Make large batches of meals and store in the freezer for nights when you're in a hurry.

FOOD FACTS

WHAT ARE EMPTY CALORIES?

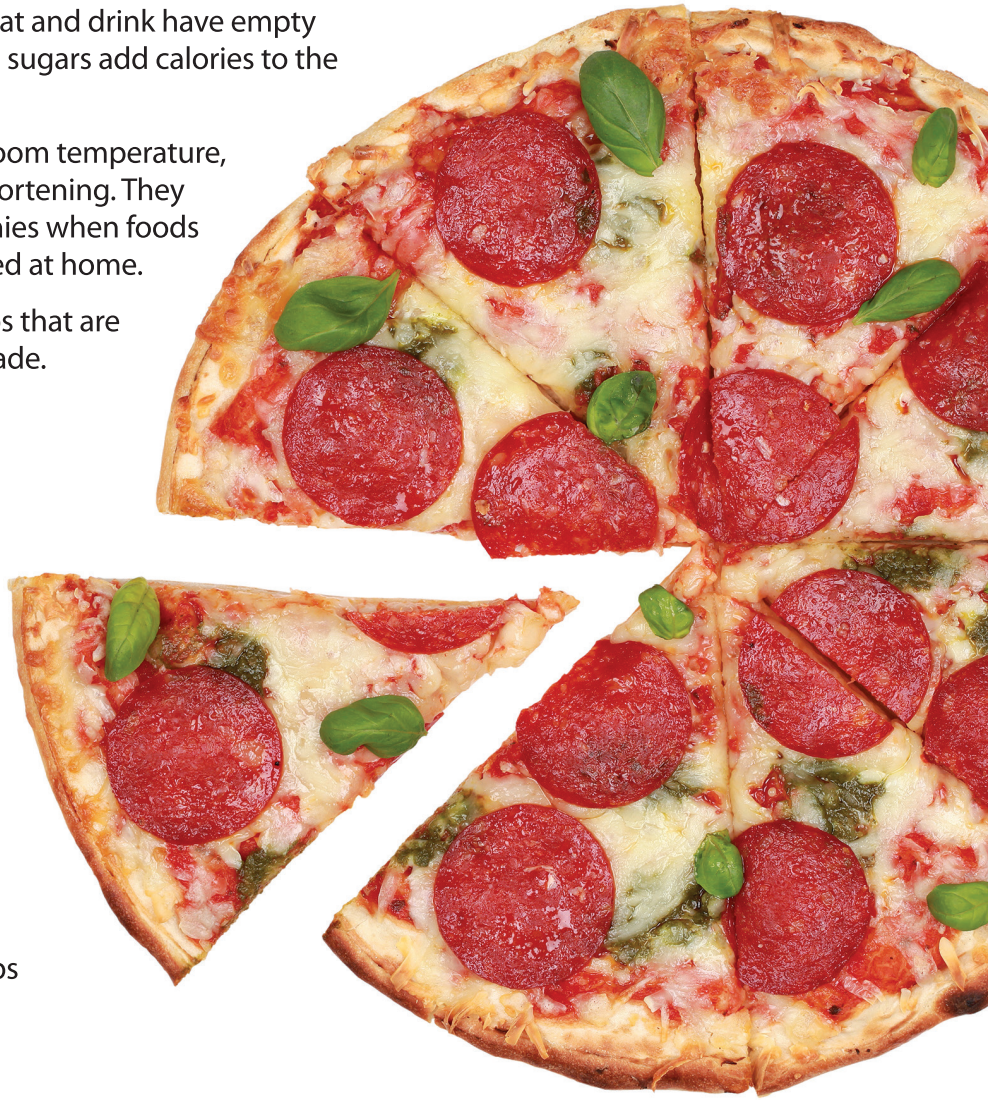
Many of the foods Americans eat and drink have empty calories. Solid fats and added sugars add calories to the food but few or no nutrients.

Solid fats are fats that are solid at room temperature, such as butter, beef fat, lard and shortening. They can also be added by food companies when foods are made or when they are prepared at home.

Added sugars are sugars and syrups that are added when foods or drinks are made.

Foods that provide most empty calories are:

- Cakes, cookies, pastries and donuts (both solid fat and added sugars)
- Sodas, energy drinks, sports drinks and fruit drinks (added sugars)
- Cheese (solid fat)
- Pizza (solid fat)
- Ice cream (both solid fat and added sugars)
- Sausages, hot dogs, bacon and ribs (solid fat)



Source: USDA MyPlate

HEALTHY CHOICES
FOR HEALTHY FAMILIES

COOKING WITH KIDS

EASIEST BANANA ICE CREAM

- ***3 frozen bananas, sliced***
- ***3 tablespoons milk***

1. Place bananas and milk in a food processor or blender. Blend until smooth, scraping sides.
2. Bananas will have an ice-cream-like firmness.
3. Serve with granola or crushed cereal as sprinkles.

Number of Servings: 3

Serving Size: ½ cup

Nutrition Facts per serving: 90 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 23 g carbohydrate, 3 g dietary fiber, 13 g sugar, 2 g protein.

Source: What's Cooking? USDA Mixing Bowl

RECIPE

MAIN DISH SALAD

- ***2 heads of romaine lettuce, chopped***
- ***2 medium apples, sliced***
- ***½ cup walnuts, chopped***
- ***1 cup dried cranberries***
- ***½ cup green onion, sliced***
- ***¾ cup vinaigrette dressing***

1. Toss lettuce, apples, walnuts, cranberries and onion in large bowl.
2. Add dressing: toss to coat. Serve immediately.

Number of Servings: 12

Serving Size: 1 cup

Nutrition Facts per serving: 140 calories, 5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 24 g carbohydrate, 3 g dietary fiber, 19 g sugar, 2 g protein.

Source: What's Cooking? USDA Mixing Bowl

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 (TTY). 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 completed 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 either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above 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 USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer. Copyright © 2015 University of Kentucky and its licensors. All rights reserved.

HEALTHY CHOICES
FOR HEALTHY FAMILIES

LOCAL EVENTS

Local events...

SMART TIPS: A FRESH WAY TO GROW SKILLS

Family pets are a great way to teach children how to be in charge but can be a big responsibility. Grow confidence in kids by starting a garden. Growing food lets kids value food, be active and know they are in charge of caring for a plant. Kids' gardens are a fresh way to excite kids about eating vegetables, free of charge!

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

Firstname Lastname
Extension Agent for Family and Consumer Sciences

NAME Co. Cooperative Extension Office
222 Street Rd.
City, KY 4xxxx-xxxx
(xxx) xxx-xxxx