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HEALTHY CHOICES

FOR HEALTHY FAMILIES

LET'S EAT FOR THE HEALTH OF IT

BUILD A HEALTHY PLATE

Before you eat, think about what goes on your plate. Also think about what is in your cup or bowl. Foods such as vegetables, fruits, whole grains, low-fat dairy products, and lean protein have the nutrients you need without too many calories.

Try some of these:

Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli. Try these in main and side dishes.
- Eat fruit and vegetables as snacks. These are nature's original fast foods.

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PARENT'S POW-WOW

Enjoy each other while enjoying family meals. Keep meal time relaxed, which will allow you to nourish your bodies and help your family make stronger connections. Let your little ones select which foods to put on their plates. Let them decide how much to eat from the healthy choices you offer.

Source: USDA Child Feeding Tips



BASIC BUDGET BITES

Shop smart *before* shopping trips with these tips:



- **Plan your weekly meals and snacks.** Planning before shopping will help you know what you need. It also will help you put leftovers to good use.
- **Use store ads and go online to look for coupons, sales, and store specials.** Only use coupons on foods you often eat. Make sure the coupons give you the best value for your money.
- **For added savings, sign up for the store discount card.** Also look for bonus cards at your local supermarket.

Source: USDA Eat Right When Money's Tight

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Switch to skim or 1% milk.

- Skim or 1% milk have the same amount of calcium and other vital nutrients as whole milk, but with less fat and calories.
- Try calcium-fortified soy milk instead of dairy foods.

Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices.

- Twice a week, make seafood (such as salmon, tuna, sardines, tilapia, shrimp and clams) the protein on your plate.
- Eat beans, which are a natural source of fiber and protein.
- Keep meat and poultry portions small and lean (like round or sirloin and ground beef that is at least 90% lean).

Source: USDA MyPlate



FOOD FACTS SEAFOOD

Twice a week, make seafood the main protein on your plate.* Seafood includes fish and shellfish. This food has a range of nutrients, as well as healthy omega-3 fats. As stated by the *2010 Dietary Guidelines for Americans*, eating about 8 ounces per week (less for young children) of different seafood can help put off heart disease.

Try these tips to help you eat more seafood:

- **Keep it lean and flavorful.** Try grilling, broiling, roasting, or baking. These cooking methods don't add extra fat. Use spices or herbs (such as dill, chili powder, paprika, or cumin) and lemon or lime juice to add flavor without adding salt.
- **Shop smart.** Eating more seafood doesn't have to be costly. Whiting, tilapia, sardines, canned tuna, and some frozen seafood are often lower cost choices. Check the local paper, online, and at the store for sales, coupons, and specials to help save money.
- **Grow up healthy with seafood.** Omega-3 fats from seafood can help improve nervous system growth in infants and children. Serve seafood to children twice a week in portions right for their age. Seafood lower in mercury should also be part of a healthy food plan for women who are pregnant or nursing.

**This recommendation does not apply to vegetarians.*

Source: USDA MyPlate



COOKING WITH KIDS

PEANUT BUTTER BANANA BREAKFAST SHAKE

- 1 cup skim or 1% milk
 - ½ cup frozen, sliced banana
 - 1 tablespoon peanut butter
 - ¼ teaspoon ground cinnamon
 - ½ teaspoon vanilla extract
1. Mix all ingredients in a blender and blend until smooth and creamy.

2. Pour into a tall glass and serve.

Number of servings: 1

Nutrition Facts per serving: 260 calories, 8 g total fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 200 mg sodium, 34 g carbohydrate, 3 g dietary fiber, 14 g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

BAKED FISH WITH CREOLE SAUCE

- 1 pound non-breaded fish fillets (fresh or frozen)
- 1 onion, thinly sliced
- 1 green pepper, thinly sliced
- 1 (8 ounce) can tomato sauce
- 1 teaspoon chili powder
- ¼ teaspoon salt (optional)
- 1 teaspoon ground black pepper

1. Thaw fish in refrigerator overnight; if using frozen.
2. Preheat oven to 375 degrees.
3. In a baking dish, arrange fish in a single layer.
4. Top fish with onion and pepper slices.
5. In a separate bowl, mix tomato sauce, chili powder, salt and pepper.

6. Pour tomato sauce mixture over fish and vegetables.
7. Cover dish and bake for 20 to 30 minutes, when fish flakes easily with a fork.

Notes: Atlantic cod fillets used for nutrition analysis. If fish is more than one layer thick in baking dish, cooking time will be longer.

Number of servings: 4

Nutrition Facts per serving: 133 calories, 3 g total fat, 0 g saturated fat, 0 g trans fat, 323 mg sodium, 8 g carbohydrate, 2 g dietary fiber, 21 g protein

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS: WASH HANDS AND SURFACES OFTEN

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.

- Wash your hands with warm water and soap for at least 20 seconds. Always do this before handling food.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water. Do this after and before making each food item.
- Think about using paper towels to

clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.

- Rinse fresh fruits and vegetables under running tap water. Even wash produce with skins and rinds that are not eaten.
- Rub firm-skinned fruits and vegetables under running tap water. You can also scrub with a clean vegetable brush while rinsing with running tap water.

Source: USDA MyPlate



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