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# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### LET'S EAT FOR THE HEALTH OF IT CUT BACK ON FATS, SUGARS, SALT

**M**any people eat foods with too much solid fat, added sugar, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much salt may raise your blood pressure.

#### Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. A 12-ounce can of soda has about 10 packets of sugar.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100 percent fruit juice instead of fruit-flavored drinks.

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### PARENT'S POW-WOW: FAMILY MEALTIME

**I**t takes a little work to bring all family members together for meals. But it's worth it, and the whole family eats better.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.

- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together each day, but aim to have family meals at least four times a week.

Source: USDA Child Feeding Tips



## BASIC BUDGET BITES

Shop smart *during* shopping trips with these tips:

- **Have something to eat before you go shopping.** It's easy to stick to your shopping list when you are not hungry.
- **Try store brands.** They are the same quality and cost less.
- **Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money.
- **Check “sell by” or “use by” dates.** Buy the freshest food.

Source: USDA Eat Right When Money's Tight

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**Look out for salt (sodium) in foods you buy — it all adds up.**

- Compare salt in foods such as soup, bread, and frozen meals — and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.

**Eat less foods that are high in solid fats.**

- Make major sources of saturated fats — such as cakes, cookies, ice cream, pizza, cheese, sausage, and hot dogs — rare choices, not everyday foods.
- Select lean cuts of meat or poultry and skim or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when making food.  
(see examples below)

Solid Fats	Oils
<ul style="list-style-type: none"> <li>• Beef, pork, and chicken fat</li> <li>• Butter, cream, and milk fat</li> <li>• Coconut, palm, and palm kernel oils</li> <li>• Hydrogenated oil</li> <li>• Partially hydrogenated oil</li> <li>• Shortening</li> <li>• Stick margarine</li> </ul>	<ul style="list-style-type: none"> <li>• Canola oil</li> <li>• Corn oil</li> <li>• Cottonseed oil</li> <li>• Olive oil</li> <li>• Peanut oil</li> <li>• Safflower oil</li> <li>• Sunflower oil</li> <li>• Tub (soft) margarine</li> <li>• Vegetable oil</li> </ul>

Source: USDA MyPlate



## FOOD FACTS VEGETABLES

**L**earn the many benefits of adding vegetables to your meals. They are low in fat and calories, while supplying fiber and other key nutrients. Vegetables don't just add nutrition to meals. They can also add color, flavor, and texture.

Explore these creative ways to bring healthy foods to your table:

- **Get in on the stir-frying fun.** Try something new! Stir-fry your veggies (such as broccoli, carrots, sugar snap peas, mushrooms, or green beans) for a quick-and-easy meal.
- **Live up an omelet.** Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try adding veggies (such as mushrooms, spinach, onions, or bell peppers).
- **Expand the flavor of your casseroles.** Mix vegetables (like sautéed onions, peas, pinto beans, or tomatoes) into your favorite dish for extra flavor.

Source: USDA MyPlate



## COOKING WITH KIDS

# ZESTY HERB SALAD DRESSING

- 1 *tablespoon vegetable oil*
- 2 *tablespoons vinegar*
- 1/3 *cup tomato or orange juice*
- 1/2 *teaspoon oregano*
- 1/2 *teaspoon basil*
- 1/4 *teaspoon black pepper*
- 1/4 *teaspoon salt*

1. Put all the ingredients in a jar or bottle with a lid.

2. Put on the lid. Shake well.

3. Chill in the fridge for at least 1 hour before serving.

**Number of servings:** 5

**Nutrition Facts per serving:** 35 calories, 3 g total fat, 0 g saturated fat, 115 mg sodium, 2 g carbohydrate, 0 g dietary fiber, 0 g protein.

Source: What's Cooking? USDA Mixing Bowl

## RECIPE

# STIR FRY VEGETABLES AND BEEF

- 1/2 *teaspoon ground ginger*
- 1/8 *teaspoon garlic powder*
- 1 *teaspoon soy sauce*
- 1/3 *cup water*
- 2 *tablespoons oil*
- 8 *ounces sliced beef*
- 1 *cup carrot, peeled and sliced*
- 1 *onion, chopped*
- 1 *bell pepper, chopped*
- 1 *package fresh mushrooms, sliced*
- 2 *cups broccoli*

1. Mix spices, soy sauce and water; set aside.

2. Heat oil in large frying pan and add meat when oil is hot; stir until brown.

3. Push meat to the side and

in the middle of the pan add carrots, onions and peppers. Cook them for one minute.

4. Add mushrooms and broccoli. Cook until they are tender.

5. Add liquid mixture and cook until bubbly.

6. Reduce heat, cover pan, and cook for two more minutes.

**Number of servings:** 4

**Nutrition Facts per serving:** 240 calories, 11 g total fat, 2 g saturated fat, 410 mg sodium, 15 g carbohydrate, 6 g dietary fiber, 23 g protein

Source: What's Cooking? USDA Mixing Bowl



# LOCAL EVENTS

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## SMART TIPS: USE THE BUDDY SYSTEM

**B**eing active is key for your health. Adults who stay active are less likely to have long-term health issues than adults who are not active. Staying active is any form of workout or movement of the body that uses energy. People of all ages, shapes, sizes, and skills can benefit from a physically active lifestyle.

Activities with friends or family are more fun than doing them alone. Join a walking group, go to fitness classes at a gym, or play with the kids outside. Build a support group – your buddies will encourage you to keep being active.

Source: USDA MyPlate



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

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