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HEALTHY CHOICES

FOR HEALTHY FAMILIES

LET'S EAT FOR THE HEALTH OF IT: EAT THE RIGHT AMOUNT OF CALORIES FOR YOU

Everyone has a personal calorie limit. Staying within yours can help you get to or keep a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

■ Enjoy your food, but eat less.

- Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.
- Think before you eat... is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.

■ Cook more often at home, where you are in control of what's in your food.

■ When eating out, choose lower-calorie menu options.

- Check posted calorie amounts.
- Choose dishes that include vegetables, fruits, and/or whole grains.



- Order a smaller portion or share when eating out.

■ Write down what you eat to keep track of how much you eat.

Source: USDA MyPlate

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BASIC BUDGET BITES

Use these tips *after* grocery shopping:

- Store food right away in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food, such as meat, poultry, or fish, split it into meal-size packages, label the food, and freeze for later use.
- Use foods with the earliest use by dates first.

Source: USDA Eat Right When Money's Tight

PARENT'S POW-WOW

They learn from watching you. Eat fruits and veggies and your kids will too. How can I help my child eat more fruits and vegetables?

- **Eat together.** Let your child see you enjoying fruits and vegetables at meals and snacks.
- **Take it with you.** Show your child how whole fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges, or bananas in your bag for quick snacks.
- **Share the adventure.** Try new fruits and vegetables together.
- **Fix them together.** Teach your child to tear lettuce or add veggie toppings to pizza.

Source: USDA Child Feeding Tips



FOOD FACTS WHOLE GRAINS

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are split into two subgroups, whole grains and refined grains. Whole grains are made of the entire grain kernel – the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Try these tips to make half your grains whole grains:

- **Make simple switches.** Substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.
- **Be a smart shopper.** The color of a food is not a sign that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are often not 100% whole-grain products, and may not have any whole grain.
- **Whole grains can be healthy snacks.** Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

Source: USDA MyPlate



COOKING WITH KIDS

COOKIE CUTTER APPETIZERS

- **1 whole wheat tortilla**
- **2 tablespoons low-fat cream cheese**
- **½ teaspoon garlic powder**
- **1 cup vegetables (recommended: broccoli, carrots, red pepper, green onions), chopped**

1. Preheat oven to 350 degrees.
2. Cut out multiple shapes from one whole-wheat tortilla using cookie cutters.
3. Spray a cookie sheet with non-stick cooking spray.
4. Place cut out tortilla shapes onto cookie sheet.
5. Bake in oven for 12-15 minutes or until golden brown.

6. While tortillas are baking, mix cream cheese with garlic powder. Set aside.
7. Once tortilla cut outs are finished baking, let cool.
8. Spread the cream cheese mixture onto each cut out shape and decorate with mixed vegetables.

Number of servings: 1

Nutrition facts per serving: 192 calories, 5 g total fat, 3 g saturated fat, 374 mg sodium, 31 g carbohydrate, 5 g dietary fiber, 7 g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

HOPPIN' JOHN

(SAUSAGE, BLACK-EYED PEAS, AND RICE)

- **½ cup instant, uncooked brown rice**
- **1 teaspoon canola oil**
- **3 ounces low-fat smoked turkey sausage ring, quartered lengthwise and cut into ¼ inch pieces**
- **½ medium red bell pepper, chopped**
- **1 medium jalapeño pepper, seeded and finely chopped**
- **1 can no salt added black eyed peas, rinsed and drained**
- **½ cup water**
- **1 teaspoon salt**

1. Prepare the rice using the package directions, omitting the salt and butter.
2. Meanwhile, in a medium non-stick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 3 minutes or until richly browned,

stirring often.

3. Stir in the bell pepper and jalapeño pepper. Cook for 1 minute.
4. Stir in the peas, water, and salt. Cook for 2 minutes, or until the mixture is thickened slightly but some liquid remains. Remove from the heat.
5. Let stand, covered, for 5 minutes so the flavors blend. Stir in the rice. Transfer to a serving bowl.

Number of servings: 4

Nutrition facts per serving: 190 calories, 4.5 g total fat, 1 g saturated fat, 340 mg sodium, 30 g carbohydrate, 4 g dietary fiber, 9 g protein

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS: STORE FOOD SAFELY



Follow these simple tips to keep food safe when storing:

- 1.** Always refrigerate perishable food within 2 hours — 1 hour when the temperature is above 90 degrees Fahrenheit.
- 2.** Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days.
- 3.** Cook beef, veal, lamb, or pork within 3 to 5 days.
- 4.** To keep quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is designed for the freezer.

Source: USDA



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