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HEALTHY CHOICES

FOR HEALTHY FAMILIES

LET'S EAT FOR THE HEALTH OF IT BE PHYSICALLY ACTIVE YOUR WAY

Pick moments that you like and start by doing what you can, at least 10 minutes at a time. It all adds up, and the health paybacks grow as you spend more time being active.

Note to parents:

What you eat and drink and your level of staying active are key for your own health and also for your children's health.

You are your children's main role model. Your children notice what you **do** more than what you say.

You can do a lot to help your children build healthy habits for life by supplying and eating healthy meals and snacks. Such as, don't just tell your children to eat their vegetables — **show** them that you eat and enjoy vegetables each day.

Source: USDA MyPlate



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BASIC BUDGET BITES

- Plan to make and eat foods you now have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Frozen, canned, or shelf-stable foods last longer.

Source: USDA Eat Right
When Money's Tight

PARENT'S POW-WOW

Feed their independent spirit at meal times. Each meal with preschoolers is a chance to help them grow and learn to make some choices on their own. Let them make their own food choices from the healthy foods you offer. Start early and you'll help them build healthy eating habits for life.

Source: USDA Child Feeding Tips



FOOD FACTS DAIRY

The Dairy Group is made up of milk, yogurt, cheese, and fortified soy milk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

Try these tips to help you eat and drink more fat-free or low-fat dairy foods:

- **“Skim” the fat.** Drink fat-free (skim) or low-fat (1%) milk. If you drink whole milk, slowly switch to lower fat versions. This change cuts calories but doesn't cut calcium or other basic nutrients.
- **Ingredient switches.** When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.
- **Can't drink milk?** If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soy milk. Check the Nutrition Facts label to be sure your soy milk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating many cups each day to meet calcium needs may be unrealistic.

* *What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.*

Source: USDA MyPlate



COOKING WITH KIDS

BANANA WALDORF

- **3 bananas, peeled and sliced**
- **1 apple, cored and sliced with peel on**
- **4 cups nonfat, vanilla yogurt**
- **1 pinch ground cinnamon**
- **2 tablespoons walnuts, chopped**

- 1.** In a large bowl, mix all ingredients together.
- 2.** Place in single serving dishes and chill until ready to serve, up to 1 hour.

Number of servings: 8

Nutrition Facts per serving: 170 calories, 1.5 g total fat, 0 g saturated fat, 5 mg cholesterol, 90 mg sodium, 33 g carbohydrate, 2 g dietary fiber, 7 g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

BROCCOLI ALFREDO

- **2 cups, plus 2 or 3 tablespoons skim or 1% milk (divided)**
- **1 teaspoon dried basil**
- **½ teaspoon garlic powder**
- **1 cup fat-free Parmesan cheese**
- **2 tablespoons cornstarch**
- **4 cups whole wheat pasta, cooked**
- **4 cups broccoli, cooked**
- **Black ground pepper**

- 1.** In a large saucepan, heat milk over medium heat. When hot, add basil, garlic powder, and cheese.

- 2.** Mix cornstarch with 2 or 3 tablespoons of milk and add to mixture in saucepan. Heat until thickened, stirring continuously.
- 3.** In a large bowl, mix pasta and broccoli. Add pepper to taste. Pour sauce over pasta and mix. Serve.

Number of servings: 4

Nutrition Facts per serving: 349 calories, 3 g total fat, 2 g saturated fat, 329 mg sodium, 62 g carbohydrate, 10 g dietary fiber, 22 g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

HAVE FUN AND START SLOW

Staying active shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

Source: USDA MyPlate



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