

June/July 2016
Volume 12, Issue 5

HEALTHY CHOICES

FOR HEALTHY FAMILIES

LET'S EAT FOR THE HEALTH OF IT

USE FOOD LABELS TO HELP YOU MAKE BETTER CHOICES



Most packaged foods have a Nutrition Facts label and an ingredients list. For a healthier you, use this tool to make smart food choices quick and easy.

Check for calories. Be sure to look at the serving size and how many servings you are really consuming. If you double the servings you eat, you double the calories.

Choose foods with lower calories, saturated fat, *trans* fat, and sodium.

Check for added sugars using the ingredients list. When a sugar is close to first on the ingredients list, the food is high in added sugars. Some names for added sugars include sucrose, glucose, high-fructose corn syrup, maple syrup, and fructose.

Source: USDA MyPlate

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





BASIC BUDGET BITES

BEST BUYS FOR FRUITS AND VEGETABLES

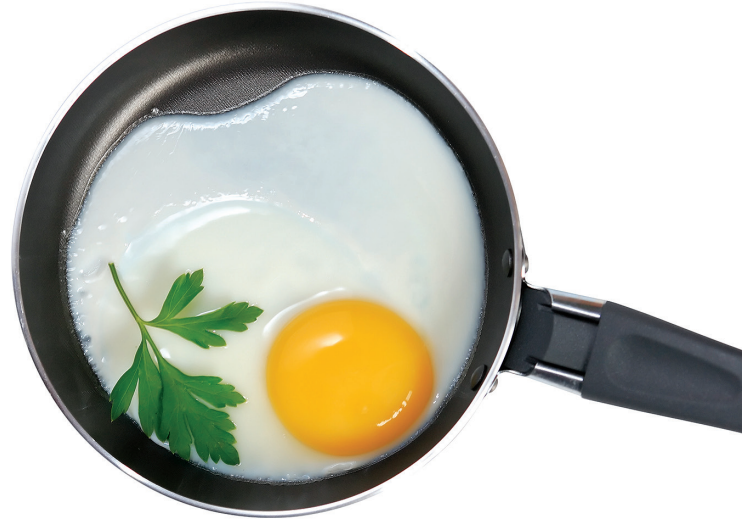
- **Buy fresh fruit in season.** It often costs less.
- **Frozen and canned fruits are available year round.** These can save you money and have similar nutrition values to fresh.
- **Buy large bags.** When buying frozen vegetables.
- **Look for “low sodium” or “no added salt.”** When choosing canned vegetables, find these on the label.

Source: USDA Eat Right When Money's Tight

PARENT'S POW-WOW

Think beyond a single meal. Keep in mind what your child eats over time. Meals and healthy snacks give children many chances every day to eat a variety of foods. If your child eats only a little or nothing at one meal, don't worry. He or she will make up for it with other meals and snacks to get what they need for good health over time.

Source: USDA Child Feeding Tips



FOOD FACTS PROTEIN

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein — but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

Try these tips for choosing a variety of protein:

- **Have an egg.** One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk has cholesterol and saturated fat, so have as many egg whites as you want.
- **Eat plant protein foods more often.** Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.
- **Keep it tasty and healthy.** Try grilling, broiling, roasting, or baking — they don't add extra fat. Some lean meats need slow, moist cooking to be tender — try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

**What counts as an ounce of protein? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.*

Source: USDA MyPlate



COOKING WITH KIDS

BEAN ENCHILADAS

- **3½ cups cooked pinto beans (or 2 15-ounce low-sodium cans)**
- **1 tablespoon chili powder**
- **8 6-inch flour tortillas**
- **½ cup reduced-fat Monterey Jack cheese**
- **Salsa (optional)**

1. Preheat oven to 350 degrees. Spray a 9"x13" baking dish with non-stick cooking spray.
2. Place beans in a large bowl and mash coarsely with a fork or potato masher;

3. stir in chili powder.
3. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
4. Divide bean mixture among tortillas and spread down center of tortilla.
5. Sprinkle cheese on bean mixture and roll tortillas to enclose.
6. Place enchiladas, seam-side down, into baking dish.

7. Cover with foil and bake for 20 minutes or until heated through.
8. Serve warm with salsa if desired.

Number of servings: 8

Nutrition Facts per serving:
220 calories, 4 g total fat, 1.5 g saturated fat, 280 mg sodium, 36 g carbohydrate, 8 g dietary fiber, 11 g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

CHICKEN MOLE

- **1 fryer chicken, cut into pieces (skin and fat removed)**
- **6¼ cups water, divided**
- **¼ cup chili powder**
- **1 teaspoon oregano**
- **1 teaspoon cocoa**
- **½ cup plus 2 tablespoons flour**
- **1 teaspoon ground black pepper**
- **1 teaspoon garlic powder**
- **1 tablespoon creamy peanut butter**

1. Place chicken in a large pot with ¼ cup water.
2. In a medium bowl, mix chili powder, oregano, cocoa, flour, pepper, and garlic powder along with 1 cup water. Add mixture to chicken in pot, mix well.
3. Add peanut butter and 5 cups of water to chicken in pot; mix well.
4. Bring to a boil. Reduce heat

to medium and cook for 10 to 15 minutes, until chicken is cooked through.

5. Stir and serve.

Number of servings: 4

Nutrition Facts per serving:
210 calories, 6 g total fat, 1.5 g saturated fat, 180 mg sodium, 14 g carbohydrate, 3 g dietary fiber, 26 g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

THREE METHODS FOR THAWING SAFELY

Follow these simple tips to keep food safe when thawing:

- 1. Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- 2. Cold water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- 3. Microwave:** Cook meat and poultry right after microwave thawing.

Source: USDA



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