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HEALTHY CHOICES

FOR HEALTHY FAMILIES

FIND YOUR HEALTHY EATING STYLE AND KEEP IT FOR LIFE

What you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small steps to make healthier choices you can enjoy. Create your own healthy eating style with foods and beverages from each food group. Make sure that your choices are limited in sodium, saturated fat and added sugars.



Make half your plate fruits and veggies:
Focus on whole fruits.

Make half your plate fruits and veggies:
Vary your veggies.

Make half your grains whole grains.

Move to low-fat or fat-free milk or yogurt.

Vary your protein routine.

Drink and eat less sodium, saturated fat and added sugars.

Source: USDA MyPlate

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BASIC BUDGET BITES

Buy fruits and veggies in all their forms — fresh, frozen and canned. They are all healthy forms of produce. Canned and frozen fruits and veggies can save you time in the kitchen. They often come pre-chopped and pre-cooked (think diced tomatoes and cut green beans). Don't try this with fresh produce — pre-rinsed and pre-cut will almost always cost you more.

Source: Share Our Strength's Cooking Matters®

PARENT'S POW-WOW

There is no power like mom power. You are an influence in your children's lives. Help them form healthy eating habits for life. Offer them fat-free or low-fat (1%) milk and yogurt at meals and snacks. They are better for your health. They have the same nutrients as other milk with no saturated fat. Fat-free and low-fat milk also has fewer calories. And controlling calories helps manage body weight.



Source: USDA Core Nutrition Messages



FOOD FACTS FRUITS

Focus on whole fruits. Whole fruits include fresh, frozen, dried and canned. Choose whole fruits more often than 100 percent fruit juice.

Tips to help you eat fruits at meals:

- **At breakfast**, top your cereal with bananas or peaches. Add blueberries to pancakes. Drink 100 percent orange or grapefruit juice. Mix fresh fruit with plain fat-free or low-fat yogurt.
- **At lunch**, pack a tangerine, banana or grapes to eat. Choose fruits from a salad bar. Single packs of fruits like peaches or applesauce make it easy.
- **At dinner**, add crushed pineapple to coleslaw. Add orange sections or grapes in a tossed salad. Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes. Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- **For dessert**, have baked apples, pears or a fruit salad.

Source: USDA MyPlate



COOKING WITH KIDS

FROZEN FRUIT POPS

- **1 cup crushed pineapple**
- **1 cup low-fat yogurt**
- **¾ cup orange juice**

- 1.** In a medium bowl, mix all ingredients. Pour equal amount of mixture into four paper cups.
- 2.** Freeze until slushy, for about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.

- 3.** Freeze until hard, for at least 4 hours. Peel away the paper cup and serve.

Number of servings: 4

Serving size: 1 fruit pop

Nutrition facts per serving: 176 calories; 1g total fat; 0g saturated fat; 0g trans fat; 38mg sodium; 40g carbohydrate; 1g fiber; 4g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

MICROWAVE BAKED APPLES

- **4 large apples**
- **½ cup brown sugar**
- **1 teaspoon cinnamon**
- **wax paper**

- 1.** Wash apples and remove core.
- 2.** Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
- 3.** In a small dish, mix brown sugar and cinnamon. Spoon mixture into center of apples.

- 4.** Cover with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

Number of servings: 4

Serving size: 1 apple

Nutrition facts per serving: 200 calories; 0g total fat; 0g saturated fat; 0g trans fat; 10mg sodium; 53g carbohydrate; 5g fiber; 1g protein.

Source: What's Cooking? USDA Mixing Bowl



LOCAL EVENTS

SMART TIPS

HOW MUCH PHYSICAL ACTIVITY SHOULD YOU DO?

Have you ever thought about how much physical activity you should do? It is recommended that an able adult should do 150 minutes of physical activity every week. If that seems like a lot of activity to you, think of it this way — 30 minutes a day for 5 days a week.

You may think that 30 minutes of physical activity is a lot of activity to do. The good news is that you can get the same benefits with three

10-minute periods. If you have a break during the day, start by walking for 5 minutes in one direction and then the 5 minutes back. Just 3 times and you have reached your goal!

If you have not been regularly active, make sure to talk to your doctor. He or she can let you know if there are any safeguards you should take. Your doctor will also help you to reach your goal.

Source: <http://www.cdc.gov/physicalactivity/basics>



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