



HEALTHY CHOICES

FOR HEALTHY FAMILIES

EVERYTHING YOU EAT AND DRINK MATTERS

FOCUS ON VARIETY, AMOUNT AND NUTRITION

Variety: Choose a range of foods and drinks from each food group to build healthy eating styles. When planning meals or snacks, choose from all the MyPlate food groups to meet your calorie and nutrient needs.

Amount: The amount of food you eat is one of the most vital parts of building a healthy eating style. Children and adults have many calorie and nutrition needs. How much you eat and drink can affect your weight and risk for heart disease, diabetes and cancer.

Nutrition: Healthy eating styles are based on choosing foods that have vitamins, minerals, fiber and other healthful nutrients or ingredients. Choose the amount of calories you need to keep a healthy weight. The most nutritious foods are veggies, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry. These foods have little or no saturated fat, sodium and added sugars.

Source: USDA MyPlate



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BASIC BUDGET BITES

At about 19 cents per serving, potatoes are the largest, cheapest source of potassium. They have even more potassium than a banana! Most Americans are not getting the recommended amount of potassium they need each day. Potassium can help lower blood pressure and may lower chances of kidney stones and bone loss.

Source: Share Our Strength's Cooking Matters®

PARENT'S POW-WOW

Start them while they're young. When you offer whole-grain foods to children when they are young, it helps them learn to love them. Start the day the whole grain way.

- **Cereal Mixer:** Mix two or three of their favorite whole-grain cereals. Talk about the shapes to help them learn to name them.
- **Oatmeal Topper:** Top it with their favorite fruit and spices.
- **Wake and Make Burrito:** Stuff a whole-grain tortilla with chopped veggies, scrambled eggs and low-fat cheese.

Source: USDA Core Nutrition Messages



FOOD FACTS VEGETABLES

Vary your veggies. Veggies are split into five subgroups. These groups are dark green, red and orange, legumes (beans and peas), starchy and other veggies. Choose from all subgroups.

Tips to make veggies more appealing:

- Many veggies taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by adding baby carrots, shredded red cabbage or spinach leaves. Check to see which veggies are in season.
- Add beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Decorate plates or serving dishes with sliced veggies.
- Keep a bowl of cut-up veggies in a see-through bowl in the refrigerator. Carrot and celery sticks are popular, but try red or green pepper strips, broccoli florets or cucumber slices.

Source: USDA MyPlate



COOKING WITH KIDS

FANTASTIC FRENCH TOAST

- **2 large eggs**
- **½ cup non-fat milk**
- **½ teaspoon vanilla extract**
- **6 slices whole wheat bread**

- 1.** Preheat griddle over medium heat or set an electric frying pan at 375 degrees F.
- 2.** In a pie pan or shallow bowl, add eggs, milk and vanilla. Beat with a fork until well mixed.
- 3.** Grease the griddle or pan with a thin layer of nonstick cooking spray oil.
- 4.** Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying

pan for about four minutes until golden brown. Turn the bread over and cook the other side for four more minutes.

- 5.** Serve plain or with other toppings: syrup, applesauce, fruit slices or jam.

Number of servings: 6

Serving size: 1 slice

Nutrition facts per serving: 100 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 161mg sodium; 13g carbohydrate; 2g fiber; 6g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

BAKED POTATOES PRIMAVERA

- **4 medium potatoes**
- **4 cups frozen mixed vegetables**
- **1¼ cups non-fat sour cream**
- **½ teaspoon dried oregano**
- **½ teaspoon dried basil**
- **Black pepper to taste**

- 1.** Pierce each potato many times with a fork. Microwave on high until tender, about 3-4 minutes per potato.
- 2.** Steam mixed veggies until hot.
- 3.** In a small bowl, mix the sour cream with the herbs and pepper.

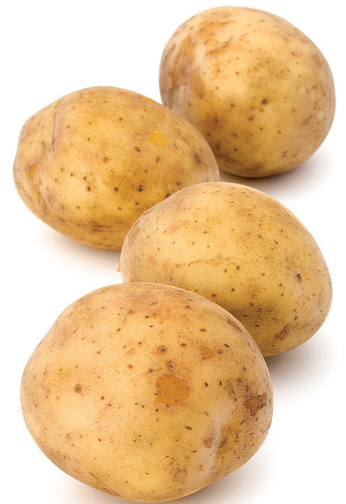
- 4.** Split the potatoes in the center and fill each potato with 1 cup steamed veggies. Top with sour cream and serve hot.

Number of servings: 4

Serving size: 1 potato

Nutrition facts per serving: 230 calories; 2g total fat; 1g saturated fat; 0g trans fat; 160mg sodium; 43g carbohydrate; 7g fiber; 11g protein.

Source: What's Cooking? USDA Mixing Bowl



LOCAL EVENTS

SMART TIPS

PREPARING FOR COLDER WEATHER

It is starting to get a little colder outside. Remember to continue physical activity during the winter months.

If there is no ice and you are still able to go outside, you will need to dress for the weather.

- **Wear layers:** Wearing layers will help keep you warm when it is cold outside. Try to avoid cotton clothes. If they get wet with sweat and/or snow, you will feel colder.
- **Don't forget gloves and hats:** these are vital, too. After you have been active for a little while, you can

take them off if you want. It is better to have them with you while you warm up and during cool down.

If you cannot go outside, try some of these activities:

- Housework (vacuuming, sweeping, etc.)
- Indoor walking at large store or superstore
- Stair climbing
- Dancing
- A workout DVD from your local library
- An exercise download

Source: www.heart.org



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