



HEALTHY CHOICES FOR HEALTHY FAMILIES

EVERYTHING YOU EAT AND DRINK MATTERS CUT DOWN ON ADDED SUGARS

To build a healthy eating style and stay within your calorie needs, choose foods and drinks with fewer added sugars. Just like it sounds, added sugars aren't in foods naturally — they're added.

Most of us eat and drink too many added sugars from these foods:

- Beverages, such as regular soft drinks, energy or sports drinks, fruit drinks and sweetened coffee and tea
- Candy
- Cakes
- Cookies and brownies
- Pies and cobblers
- Sweet rolls, pastries and donuts
- Ice cream and dairy desserts
- Sugars, jams, syrups and sweet toppings

You can limit your intake of added sugars by:

- Drinking water, unsweetened tea or coffee or other calorie-free drinks instead of sodas or other sweetened beverages
- Choosing drinks, such as low-fat or fat-free milk and 100 percent fruit juice,



that will boost dairy group and fruit group intake

- Choosing fruit as a naturally sweet dessert or sweet snack instead of foods with added sugars
- Making sweet desserts and snacks, such as cookies, cakes, pies and ice cream, a once-in-a-while treat and choosing a small portion when you enjoy them
- Choosing packaged foods that have fewer or no added sugars, such as plain yogurt, unsweetened applesauce or frozen fruit with no added sugar or syrup

Source: USDA MyPlate

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BASIC BUDGET BITES

Whole grains don't have to cost more. In fact, many of your favorite grains are offered as whole grains for the same price. You can also look for store brands, such as store brand cereals. Try a few and see which ones compare well on taste. Whole grains keep you full for longer – so you may not need to cook or serve as much to start with!

Source: Share Our Strength's Cooking Matters®

PARENT'S POW-WOW

Let them learn by serving themselves. Kids will learn many useful life lessons when you let them serve themselves at meal time.

- They learn to make choices about which foods and how much to put on their plates.
- They learn to be more tuned in to when they are hungry and when they are full.
- They further build their fine motor skills and hand-eye coordination.
- They learn to share, take turns and be responsible for their choices.

To make serving themselves easy, use small bowls so your kids can see the food. Use serving forks and spoons they can hold well. Hold serving bowls for them to make it easier to scoop up the food. Be patient. Your kids are learning, so be ready to wipe up a few spills. Cheer and praise your children when they serve themselves.

Source: USDA Core Nutrition Messages



FOOD FACTS GRAINS

Make half your grains whole grains. Grains include whole-grains and refined, enriched grains. Choose whole grains more often.

Tips to help you eat whole grains as snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try 100 percent whole-grain snack crackers.
- Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

Source: USDA MyPlate



COOKING WITH KIDS

RICE DESSERT

- **1 cup cooked brown rice, chilled**
- **1 cup low-fat yogurt, plain or vanilla**
- **1 cup unsweetened applesauce**
- **¼ cup raisins**
- **1 (8 ounce) can crushed pineapple in juice**

- 1.** Drain and set aside ¼ cup of pineapple.
- 2.** In a medium bowl, mix all other ingredients together.
- 3.** Serve in small dishes. Top with leftover crushed pineapple.

Number of servings: 6

Serving size: 5 ounces

Nutrition Facts per serving:
120 calories; 1g total fat; 0.5g saturated fat; 0g trans fat; 5mg cholesterol; 35mg sodium; 26g carbohydrate; 2g fiber; 3g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

TURKEY BARBEQUE

- **1 pound ground turkey**
- **1 teaspoon vegetable oil**
- **1 medium onion, chopped**
- **½ cup ketchup**
- **½ cup water**
- **2 tablespoons vinegar**
- **2 tablespoons brown sugar**
- **1½ teaspoons Worcestershire sauce**
- **½ teaspoon chili powder**
- **1 (12 count) package whole-wheat slider buns or (6 count) package regular whole wheat buns**

- 1.** In a large skillet, over medium heat, cook ground turkey, oil and onion for 10 minutes or until turkey is done.
- 2.** Drain off any liquids.

- 3.** Stir in ketchup, water, vinegar, brown sugar, Worcestershire sauce and chili powder.
- 4.** Bring to a boil. Reduce heat, cover and simmer 30 minutes.
- 5.** Serve on whole-wheat slider buns.

Number of servings: 6

Serving size: 2 sliders or 1 regular sandwich

Nutrition Facts per serving: 200 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 15g carbohydrate; 1g fiber; 15g protein.

Source: 2014 Nutrition Education Program Calendar



LOCAL EVENTS

SMART TIPS

DIFFERENT TYPES OF PHYSICAL ACTIVITY

Different types of physical activity include endurance, strength building, flexibility and balance. All four types are key for making and keeping a good routine.

• **Endurance:** This may also be called cardio/aerobic activity. These activities can get your heart beating a little faster and increase breathing. When you have endurance, you are able to walk, run, bike, climb stairs and dance with more ease.

• **Strength Building:** Strength building motions work your muscles. Adding strength building to your routine lessens your chance of getting hurt and even helps with everyday tasks. You do not need weights to do these activities. Items around your home, such as canned goods or filled water bottles can act as weights.

• **Flexibility:** This is also known as stretching. Flexibility is a key part of a physical activity routine because it

allows you to have more movement and range of motion. Stretch at the end of your physical activity when your muscles are warm.

• **Balance:** Balance is vital for almost all activities. These movements are good because they help lower risk for falls. Activities such as tai chi, yoga and Pilates are good for balance.

Remember that all four types of physical activity are important.



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