



# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### EVERYTHING YOU EAT AND DRINK MATTERS START WITH SMALL CHANGES

**C**reate an eating style that can improve your health now and in the future by making small changes over time. Consider changes that reflect your personal preferences, culture and traditions. Each change is a “win” as you build positive habits. Use these tips to find little victories that work for you:

**Make half your plate fruits and veggies:**

- Add bananas, berries or raisins to your cereal
- Add fresh, frozen or canned veggies to recipes

**Make half your grains whole grains:**

- Choose whole-grain foods like oatmeal, whole-grain bread and popcorn
- Look for at least 3 grams per serving of fiber on labels

**Move to low-fat and fat-free dairy:**

- If you drink whole milk, gradually switch to lower fat versions to cut saturated fat and calories.
- Buy low-fat or fat-free cheese more often than regular cheese.



**Vary your protein routine:**

- Eat seafood in place of meat or poultry twice a week.
- One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices.

**Compare the saturated fat, sodium, and added sugars in your foods and drinks:**

- Read the Nutrition Facts labels to find products with less saturated fat and sodium.
- Use the ingredient list to find choices with fewer added sugars.

Source: USDA MyPlate

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## BASIC BUDGET BITES

Use healthy, affordable proteins such as beans, eggs and canned fish several times per week. Save big by using budget-friendly proteins more often. Replace half the ground meat in tacos with your favorite beans. Use canned tuna or salmon in your next casserole. Or top a salad with hardboiled eggs for protein power. If you're buying meat or poultry, check your store flyers before you shop.

Source: Share Our Strength's Cooking Matters®

## PARENT'S POW-WOW

**H**elp your child learn to love a variety of foods. Sometimes new foods take time. Kids don't always take to new foods right away. Offer new fruits and veggies many times, served in a variety of ways. Give your kids just a taste at first and be patient with them.

### **Kids learn to like new foods by:**

- Having them offered over and over
- Having them served with familiar foods
- Seeing friends, older kids, and grown-ups eating these foods
- Tasting them prepared in different ways
- Choosing foods to try themselves
- Starting with small amounts

Source: USDA Core Nutrition Messages



## FOOD FACTS PROTEIN FOODS

**G**o lean with protein. The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, center loin and ham. Choose lean ground beef. To be considered "lean," the product has to be at least 92% lean/8% fat. Buy skinless chicken parts or take off the skin before cooking. Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices. Choose lean turkey, roast beef, ham or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.

Source: USDA MyPlate



## COOKING WITH KIDS

# SURE TO PLEASE BAKED EGGS & CHEESE

- **1 tablespoon oil**
  - **6 eggs**
  - **½ cup non-fat milk**
  - **½ cup low-fat cheese, grated**
  - **1 teaspoon garlic powder**
  - **1½ teaspoons oregano**
- 1.** Preheat oven to 350 degrees F.
  - 2.** In a medium baking dish or

small cake pan, add oil and heat in the oven for a few minutes.

- 3.** In a medium bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
- 4.** Bake 20 minutes or until eggs are firm. Serve immediately.

**Number of servings:** 4  
**Serving size:** ¼ of dish

**Nutrition Facts per serving:**  
170 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 230mg sodium; 3g carbohydrate; 0g fiber; 15g protein.

Source: What's Cooking? USDA Mixing Bowl



## RECIPE

# PARMESAN FISH BAKE

- **¼ cup chopped onion**
- **1 tablespoon vegetable oil**
- **2 tablespoons all-purpose flour**
- **¼ teaspoon salt**
- **¾ cup skim milk**
- **¾ cup shredded carrots**
- **½ cup (2 ounces) shredded Parmesan cheese**
- **6 to 8 tablespoons lemon juice**
- **1 pound fish fillets**

- 1.** Preheat oven to 350 degrees F.
- 2.** Sauté the onion and oil in a skillet until the onions are translucent.
- 3.** Stir in the flour and salt.
- 4.** Add the milk. Cook and stir until thickened.

- 5.** Add carrots, cheese and lemon juice.
- 6.** Place the fish in a 7-by-11-inch baking dish.
- 7.** Pour the sauce over the fish.
- 8.** Bake for 25 minutes or to an internal temperature of 145 degrees F on a meat thermometer.

**Number of servings:** 4  
**Serving size:** ¼ of recipe

**Nutrition Facts per serving:**  
279 calories; 13g total fat; 3.5g saturated fat; 0g trans fat; 80mg cholesterol; 392mg sodium; 11g carbohydrate; 1g fiber; 28g protein.

Source: Living Well™ More Than a Cookbook, National Extension Association of Family and Consumer Sciences, 2010



# LOCAL EVENTS

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## SMART TIPS

### SPRING CLEANING ACTIVITIES ARE EXERCISE, TOO!

**D**id you know that spring cleaning can also be a great way to get a little physical activity? This year when you are cleaning your home, think about these activities as well:

- **Big Circles.** When cleaning windows, showers or walls, instead of making small circles, make large sweeping circles. This will work your arms and shoulders.
- **Take the Stairs.** Do you try to get everything in one trip when going up and down the stairs? Instead, make multiple trips for some extra

endurance activities. This will give your legs more of a workout.

- **Put on Some Music.** Whether you play music on a stereo or on a personal device, add a little dancing to your cleaning. Not only will a little music make you feel better while you are doing your chores, you may be able to add a few dance steps in there as well.

While spring cleaning will not get you ready to run a race, by adding some extra activities you will certainly burn more calories.



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

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