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HEALTHY CHOICES FOR HEALTHY FAMILIES

EVERYTHING YOU EAT AND DRINK MATTERS BETTER BEVERAGE CHOICES

What you drink is as vital as what you eat. Many beverages have added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

- **Drink water instead of sugary drinks.** Soda, energy or sports drinks, and other sweet drinks often have a lot of added sugar. Added sugars have more calories than you need.
- **Drink water with and between your meals.** Adults and children take in about 400 calories per day as drinks. Drinking water can help you watch your calories.
- **When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soy milk.** Each type of milk offers the same key nutrients such as calcium, vitamin D and potassium, but the number of calories change.
- **Make water, low-fat or fat-free milk or 100% juice an easy choice in your home.** Have ready-to-go



bottles filled with water or healthy drinks ready in the refrigerator.

- **Use the Nutrition Facts label to choose drinks at the grocery store.** The food label and ingredients list have facts about added sugars, saturated fat, sodium and calories to help you make better choices.

Source: USDA MyPlate

INSIDE

- Basic Budget Bites
- Parent's Pow-Wow
- Food Facts: Dairy
- Recipe: Peach Cooler
- Recipe: Harvest Corn Chowder
- Smart Tips
- Local Events

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BASIC BUDGET BITES

Compare unit prices to find the best deal. Larger packages of foods often have a lower unit price. In the dairy aisle, compare unit prices for a gallon versus a half-gallon of milk, a tub of yogurt versus single-size packages, or a larger versus smaller bag of cheese. Choose the item with the lower unit cost. Worried you won't use up the larger item before it goes bad? Dairy foods can be frozen for later use.

Source: Share Our Strength's Cooking Matters®

PARENT'S POW-WOW

Try these tips to help make the switch to low-fat milk easy for you and your family:

- **Take it slow.** If your young child or family is drinking whole milk, first change to reduced-fat (2%) milk for a few weeks, then switch to low-fat (1%) milk. Later, you can try fat-free milk.
- **Try low-fat yogurt.** If some family members don't like milk, try low-fat or fat-free yogurt.
- **Keep it fun.** Make snacks and meals together. Make smoothies by blending together low-fat (1%) milk, their favorite fruits or 100% fruit juice and fat-free yogurt.
- **Make it special.** On cold days, enjoy hot milk with cinnamon and a touch of vanilla extract.

Source: USDA Core Nutrition Messages

FOOD FACTS

DAIRY

Dairy includes milk, yogurt, cheese and calcium-fortified soy beverages (soymilk). Choose fat-free (skim) and low-fat (1%) dairy foods.

Consuming dairy products provides health benefits. They make your bones stronger. Foods in the dairy group have nutrients that are vital for health and care of your body. Calcium is used for building bones and teeth and in maintaining bone mass. Vitamin D's job in the body is to keep proper levels of calcium and phosphorous, which help to build and maintain bones. Diets rich in potassium may help to keep healthy blood pressure.

For those who choose not to drink or eat milk products

Some people can't drink milk because of lactose intolerance. If this is the case, choose lactose-free alternatives, such as cheese, yogurt, lactose-free milk, or calcium-fortified soymilk. You could also take the enzyme lactase before consuming milk.

If you avoid milk for other reasons, choose non-dairy calcium choices such as:

- Calcium-fortified juices
- Cereals
- Breads
- Rice milk
- Almond milk
- Calcium-fortified soymilk
- Canned fish (sardines, salmon with bones)
- Soybeans
- Other soy products (tofu made with calcium sulfate, soy yogurt, tempeh)
- Some leafy greens (collard and turnip greens, kale, bok choy)



Source: USDA MyPlate



COOKING WITH KIDS

PEACH COOLER

- **2 cups low-fat milk**
- **1 cup sliced fresh peaches or canned peaches, drained**
- **½ teaspoon lemon juice**
- **1 dash nutmeg**

- 1.** Put milk, peaches and lemon juice in a blender. Blend well.
- 2.** Sprinkle with nutmeg and serve cold.

Number of servings: 2

Serving size: half of recipe

Nutrition Facts per serving: 190 calories;
2.5g total fat; 1.5g saturated fat; 0g trans fat;
150mg sodium; 32g carbohydrate; 1g fiber; 9g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

HARVEST CORN CHOWDER

- **½ cup onion, chopped**
- **½ cup celery, chopped**
- **½ teaspoon thyme**
- **1 tablespoon margarine**
- **1 medium potato, peeled and diced**
- **2 cups low-fat milk**
- **1 (14.75 ounce) can low-sodium corn, drained**
- **1 (14.75 ounce) can low-sodium cream-style corn**

- 1.** In a medium sauce pan, cook onion, celery and thyme in margarine until tender.
- 2.** Add potato; cook and stir for 2 minutes.

- 3.** Add low-fat milk.
- 4.** Cover and simmer on low heat for 15 minutes or until potato is tender.
- 5.** Stir in both cans of corn; heat through.

Number of servings: 7

Serving size: 1 cup

Nutrition Facts per serving: 140 calories; 3g total fat; 0.5g saturated fat; 0g trans fat; 60mg sodium; 23g carbohydrate; 3g fiber; 5g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

STAY COOL!

In the heat of the summer, be safe when you are outdoors. Here are some ways to protect yourself.

- 1. Drink lots of fluid!** It is vital to drink lots of fluid when it is hot outside. Dehydration is one of the main reasons that people get ill from the heat. Make sure that you drink lots of water before, during and after your activity. If you are working out for a long time, you may want to think about drinking a sports drink.
- 2. Dress for the weather.** When the sun is shining and it is hot outside, make sure to wear lightweight and loose clothing. This can keep you cooler. Try not to

wear dark colors, which absorb heat. Last but not least - don't forget a hat!

- 3. Avoid the hottest parts of the day.** When it is very hot outside, the best times to be active are in the morning or in the evening. If you have to be out in the middle of the day, rest often and drink lots of fluid.

Being physically active is key all year round. During the summer months, make sure that you are being safe when you are active. Drink lots of fluid, wear light colored and loose clothes, and try not to be active in the middle of the day.

Source: Mayo Clinic <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167>



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