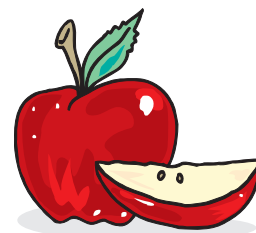


# Healthy Choices for Healthy Families

*This material was funded by USDA's Food Stamp Program through  
the Kentucky Cabinet for Health and Family Services.*



## Introduction

Summer is here, and the really hot weather is about to roll in. Be prepared this summer with sunscreen for you and your family. Enjoy family activities outdoors together such as swimming, mowing the grass, or just walking together. Staying active and eating the right foods and right amount of foods will help keep your body healthy. Even if we overeat the right foods, we can gain weight. So the key is portion control. Learn portion sizes of each of the food groups.

	A Portion Equals . . .
<b>Grains</b>	1 slice of bread 1 cup ready-to-eat cereal ½ cup cooked rice, cooked pasta or cooked cereal
<b>Vegetables</b>	1 cup raw or cooked vegetables 2 cups raw leafy greens
<b>Fruits</b>	1 cup 100% fruit juice ½ cup dried fruit 1 medium fruit
<b>Milk</b>	1 cup milk 1 cup yogurt 1 ½ ounces natural cheese 2 ounces processed cheese
<b>Meat &amp; Beans</b>	1 ounce meat, poultry or fish ¼ cup cooked dry beans 1 egg 1 tablespoon peanut butter ½ ounce nuts or seeds

## Parents' Pow-Wow

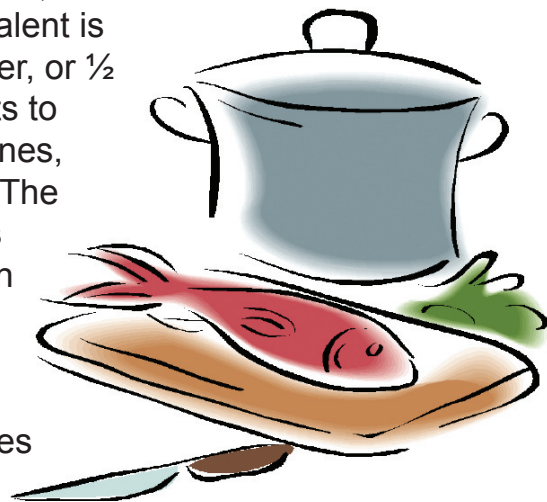
Have you been to a farmers' market yet this year? There is probably one in your community. Try to find out the hours that it is open. This is a great way to get fresh- from-the-farm produce. And because it is freshly harvested, it has many of the valuable nutrients that our bodies need. This is an easy way to stock up your freezer for the upcoming winter months. Fresh fruits and vegetables that are in season now will taste especially good in the winter months. Try a new fruit or vegetable that your family is not familiar with. Ask the farmer how to prepare it. Who knows, you might develop a taste for a new favorite food.



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## Senior Section

Let's learn more about the meat group. Foods made with meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Most meat and poultry choices should be lean or low-fat. Fish, nuts and seeds contain healthy oils, so choose these foods more often than meat or poultry. Most people over 50 need 5 to 5 ½ ounce equivalents each day from the meat and beans group. A cooked piece of meat, about the size of a deck of playing cards, equals 3 ounces of meat. One ounce equivalent is ¼ cup cooked dry beans, 1 egg, 1 tablespoon peanut butter, or ½ ounce of nuts or seeds. This group supplies many nutrients to our bodies. The proteins function as building blocks for bones, muscles, cartilage, skin and blood. They provide calories. The iron is used to carry oxygen in the blood. Even though this is a very important group, we must be careful. Diets high in saturated fats raise "bad" cholesterol levels in the blood. This in turn, can increase the risk for heart disease. This is why it is important to choose a variety of foods even within each group. Don't choose meat everyday. Sometimes choose fish, nuts and seeds in meals.



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## Kids' Corner

What does calcium do for your body? It helps build strong bones and teeth. We all need strong bones and teeth so that we can run and play outdoors and so that we can eat good, tasty food. What foods help provide calcium? Of course, you know that milk provides lots of calcium. Other foods from the milk group that are important are yogurt and cheese. Have you tried flavored fruit yogurt? Be sure to stir the yogurt well to mix the flavor together. What other foods contain calcium? Did you know that some foods are fortified with calcium. That means calcium has been added to these foods. Look at your cereal box or orange juice container. Is the cereal or orange juice fortified with calcium? Salmon and greens also have calcium in them. Remember calcium is important for our bodies.



### Newsletter quiz for kids:

What helps to build strong bones and teeth? \_\_\_\_\_

(Answer on next page)

# Basic Budget Bites



Do you plan menus in advance or do you wait 10 minutes before it is time to eat to decide what to have? Menu planning saves time, money and energy. It is not an easy task. Plan a menu for your family for an entire day. Then add enough menus so that you have a week's worth of meals. Use these menus to plan your trip to the grocery store. With planning your menus ahead, you can make one or two trips to the grocery, rather than a trip every day. You are saving on gas, too. Also, by planning your meals in advance, you can double up on some ingredients. Plan a roast for one meal, then the next day you can shred the leftover roast and add barbeque sauce for BBQ sandwiches. Keep these menus from each week. After a few weeks, you will have a month's worth of recipes. Use these recipes the next month with a few changes. Remember to follow MyPyramid.



## Try this recipe:

### Blueberry Treat

- 1 pint (2 cups) blueberries
- 1 cup crisp rice cereal
- 1 cup light whipped topping

1. Wash blueberries. Drain.
2. Put  $\frac{1}{4}$  cup cereal in each dessert dish.  
Add  $\frac{1}{2}$  cup blueberries.
3. Top each dish with  $\frac{1}{4}$  cup whipped topping.
4. Serve immediately.

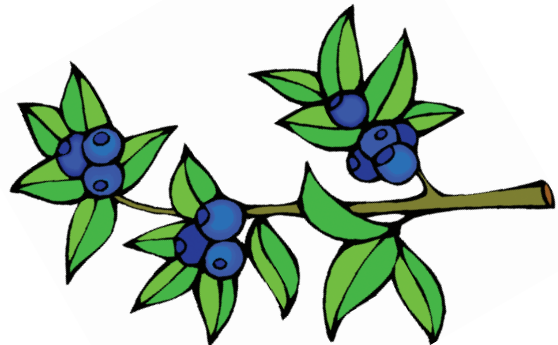
Makes 4 servings

**Nutrition Facts per serving:** 110 calories;  
1g protein; 22g total carbohydrates;  
2.5g total fat; 0mg cholesterol;  
65mg sodium

**Menu Idea:** Grilled Chicken, Whole Wheat Roll, Potato Salad, Carrot Sticks, Lemonade, Blueberry Treat

**June Best Buys:** Chicken, Strawberries, Dairy Products

**July Best Buys:** Green Beans, Blueberries, Squash, Peaches



**Kids' Corner Answer:** Calcium

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The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY).

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# Local Events

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## Is My Child's Appetite Normal?

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Overfeeding and withholding food may end up in weight gain. Surprised? It's obvious that eating too much can make people gain weight. But underfeeding can have the same result. Your child might overeat later when there's another chance to eat.

The same thing can happen to grownups. For example, skipping breakfast can lead to overeating at lunch. It's okay for you to leave food on the plate, too, or to start with a smaller portion. You can do it!

More kids are developing diabetes at an early age and are overweight. You don't

want that to happen. Deal with it now. Help your child learn to eat normally to keep a healthy weight as he or she grows.

If you overeat, your child may, too – if not now, then later. Your child learns how to eat by watching you.

Keep your own portions sensible. Start with a small portion; only eat more if you're hungry. Eat when you're hungry, not just bored or stressed. Slow down to eat the right amounts.

When you take care of yourself, you take care of your child, too!

### Helping Your Child Eat the Right Amount

- Offer small portions. Let the child ask for more.
- Allow enough time. This may give your child a chance to feel full.
- Take food away when your child stops eating.
- Avoid extremes of withholding food when your child is hungry. Offer a small snack.



If you are interested in nutrition classes contact the Extension office.

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