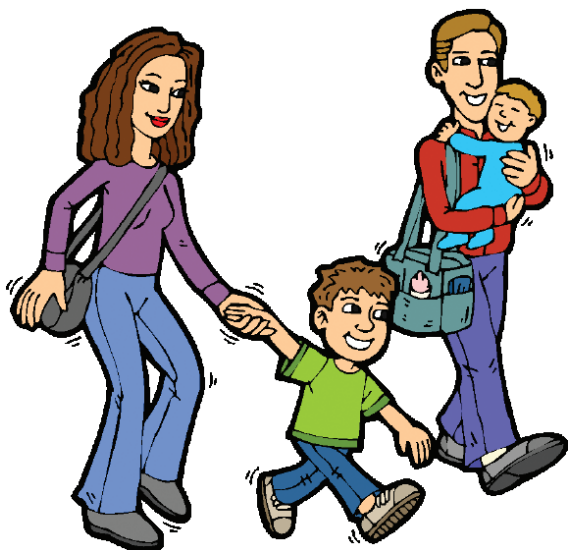
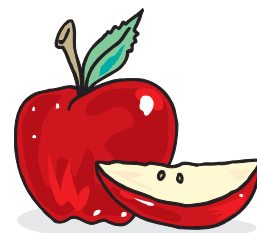


Healthy Choices for Healthy Families

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

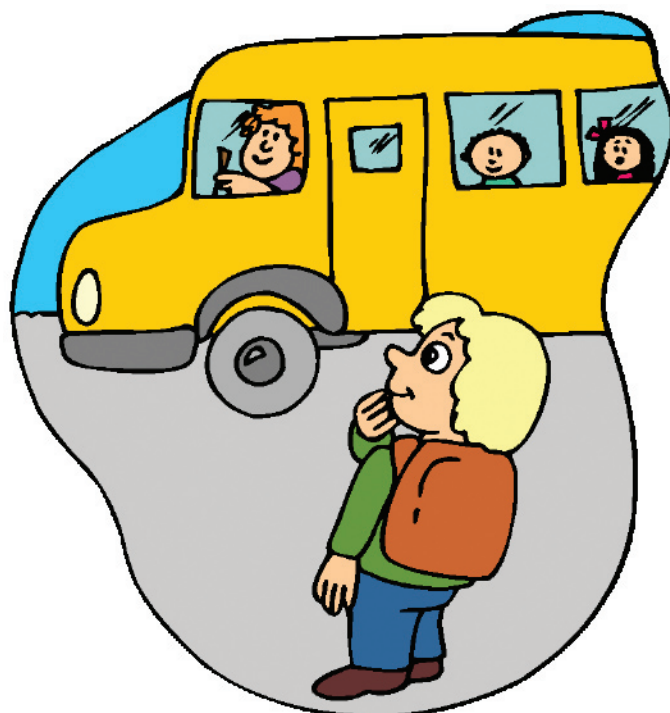


Introduction

It is still summer, but hopefully cooler days are on the way. As the weather becomes more comfortable, let's get outside more. This is a great time of year to take family walks. During the walk you can discuss new school activities, look at flowers before they are gone for the summer and listen to birds chirp. Whatever you do, get outside and exercise. The more you move, the more calories you will burn. Remember moving also helps to reduce stress and will help you feel better.

Parents' Pow-Wow

Back-to-school time has arrived. Do what you can to help your children succeed in school. Help with homework, help exercise, and help them eat properly. A healthy diet increases a student's chance of success. When your child gets home from school, he may be ready for a snack. Make it a healthy snack. Choose snacks that are low in fat and calories, but high in vitamins and minerals. Invite her to eat carrot sticks, celery sticks, an apple, a banana or string cheese. You play an important part in your child's nutrition. Take that role seriously and keep your child in mind when you plan meals and snacks.



Senior Section

Fats and Oils

MyPyramid has a small yellow band to show fats and oils, meaning that they do play a part in a healthy diet. Consume fatty foods in moderation to enjoy them without the guilt.

High fat foods tend to be high in calories, but provide little or no vitamins, minerals, or nutrients that the body needs. By learning to identify sources of fats and oils, you will be better able to make healthier food choices. Here are some tips that will help you lower fats and oils in your diet:

- Eat more fresh fruits, vegetables and whole grain products.
 - By replacing fatty and sugary foods with more fresh fruits and vegetables and grains, you will cut down on calories. Fill up on fruit and vegetables.
- Drink a lot of water.
 - We should drink between six to eight glasses of water every day. Water is important to replace losses; we lose about 2 quarts every day. But it will also help you to feel full.
- Read food labels.
 - Food labels are now easier to read and will tell you how many grams of fat and total carbohydrates, including sugar, are in each serving.
 - Choose foods that are baked, roasted, broiled, grilled, poached, steamed, or boiled rather than foods that are fried, creamed, or sautéed.
 - Keep low-fat, low-sugar snacks on hand instead of high fat and sugary foods. You can't eat what you don't have.

-Adapted from Colorado State University, Cooperative Extension, Department of Food Science & Human Nutrition



Kids' Corner

How many red fruits and vegetables can you name? You can probably think of strawberries, radishes and tomatoes off the top of your head. Think a little harder. Did you come up with cherries, cranberries, raspberries, watermelon or beets? These are all important fruits and vegetables. Eating different colors of fruits and vegetables helps our bodies get important vitamins and minerals that we need. Vitamins and minerals help our body to develop properly and stay healthy. So enjoy those brightly colored red (and other colors) fruits and vegetables and try to eat a rainbow a day.



Newsletter quiz for kids:

Eating a rainbow a day will help us stay _____.

(Answer on next page)

Basic Budget Bites



If you don't keep your food stored properly, your food dollar is wasted. Is your refrigerator set below 40° F? Check it with a refrigerator thermometer. Refrigerate perishable food and leftovers within two hours of purchase or preparation (one hour in hot weather). For rapid cooling, put leftovers in clean, shallow containers. Wrap or cover food to prevent loss of moisture and flavor. Store raw meat and poultry on the bottom shelf of the refrigerator. This will prevent juices from dripping on other foods. Keep the refrigerator clean. An open box of baking soda will help prevent odors.

Freezer temperature should be below 0°F. Package food in moisture-proof wrap such as aluminum foil, freezer paper or bags or plastic freezer cartons. Leave 1" air space at top of containers to prevent breakage from expansion. Label food with contents and date. Get perishable foods from the store to the home freezer as quickly as possible.



-Retrieved from <http://www.ext.vt.edu/pubs/nutrition/348-006/348-006.html> on 7/12/06

Try this recipe:

Broccoli and Corn Bake

- 1 can (15 ounce) cream-style corn
- 1 package (10 ounce) frozen broccoli, cooked
- 1 beaten egg
- ½ cup crushed saltine cracker crumbs
- ¼ cup melted margarine

Topping:

- 6 crushed saltine crackers
- 1 tablespoon melted margarine

1. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1 ½ quart casserole dish.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350 degrees for 40 minutes.

Makes 6 servings

Nutrition Facts per serving: 200 calories; 4g protein; 21g carbohydrate; 11g total fat; 35 mg cholesterol; 430mg sodium

Source: USDA Nutrition Connection

Menu Idea: Baked Pork Chops, Broccoli and Corn Bake, Sliced Tomatoes, Dinner Roll, Fresh Peaches, Low-fat Milk

August Best Buys: Corn, Watermelon, Tomatoes, Peaches

September Best Buys: Cabbage, Grapes, Pears

Kids' Corner Answer: Healthy

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USDA is an equal opportunity provider and employer.

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

Eating Out

Does your family eat fast food often? If so, try to be smart about fast food choices. Here's why.

Most fast food meals and snacks are:

- High in fat, calories, and sodium
- Low in fiber, calcium, and other nutrients
- Short on fruits, vegetables or calcium-rich foods (like milk)

Buying super-size fast foods may not be a good deal!

Instead, big portions may:

- Overwhelm young children, who have small appetites
- Provide more than your family needs
- Encourage people to eat until they feel stuffed, not just satisfied
- Set the stage for overeating and weight problems. With big portions, children lose their natural ability to follow hunger signals and their appetite.

If you eat out, follow these tips:

Choose smaller portions – look for small and regular-sized foods

Choose more bone-building calcium – drink milk with fast food

Choose less added sugars – skip soda; order milk, water or 100% juice

Choose more fruits and vegetables – get a salad or baked potato, not fries

Choose less fat – order regular-size burgers, burritos and tacos, not deluxe-size

-Adapted from Nibbles For Health, USDA, Food and Nutrition Service



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

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