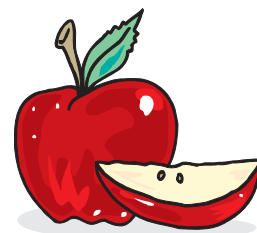


Healthy Choices for Healthy Families

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

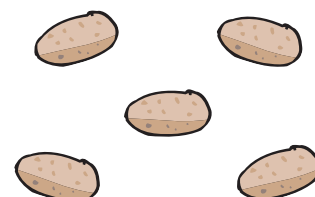
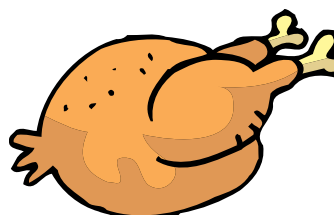
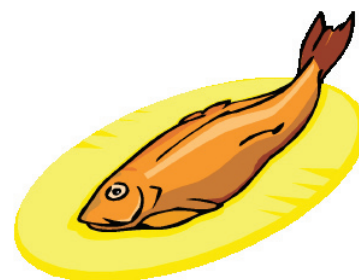
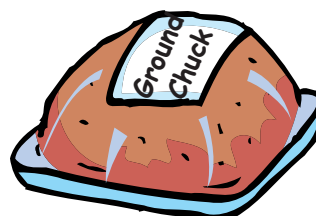


It is getting colder outside. You might have to start thinking about finding someplace inside to continue your walking and physical activity. Don't give up on walking every day just because you are inside a little more. Physical activity is important to our bodies. We need to be active every day. It is a lot easier to get out of shape than it is to stay active. Don't give in! Stay active every day. Move a little bit more when you do housework, march in place for several minutes, dance to music. Just keep moving!



Parents' Pow-Wow

How many servings of meat and beans do you eat each day? Some people believe that meat should be eaten three times a day. According to the website MyPyramid.gov, 5 to 6 ½ -ounce equivalents is what most people need. That averages to about two 3-ounce servings per day. You get to choose when to eat those servings. A piece of meat about the size of the palm of your hand (without the fingers) is about 3 ounces. One fourth cup cooked dry beans, one egg, or 1 tablespoon of peanut butter counts as a 1-ounce equivalent in the Meat and Beans group. Try to vary your choices with meat, poultry, fish, and beans.

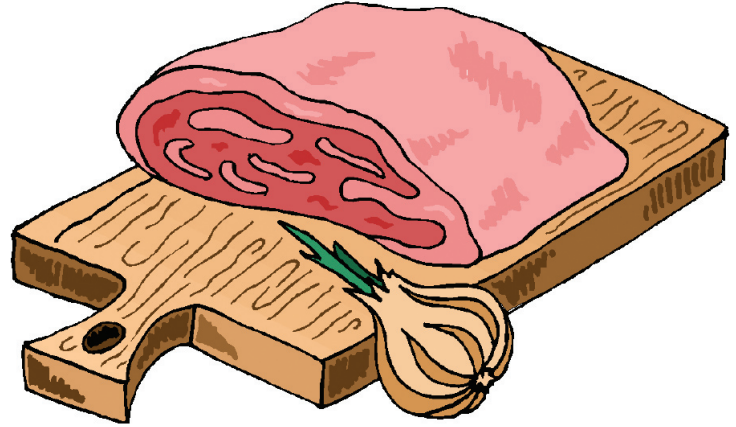


Basic Budget Bites



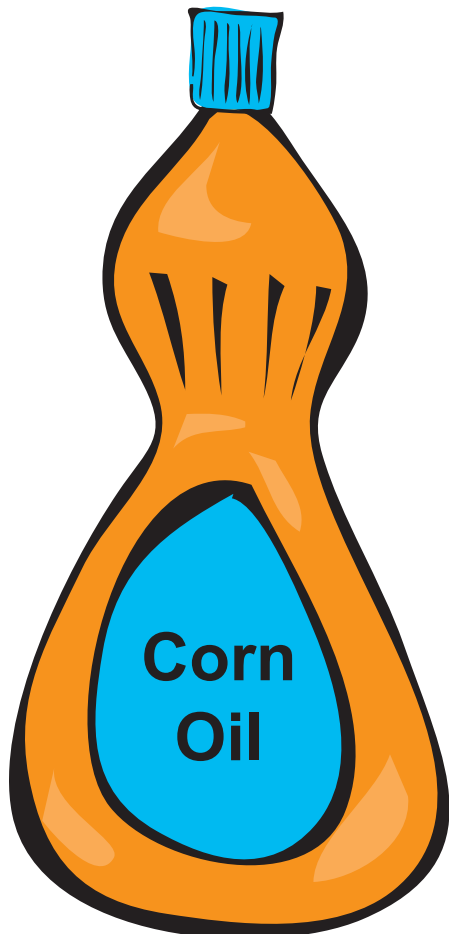
As your budget allows, make lean choices with meat.

- Choose lean beef cuts such as round steaks and roasts, top loin, top sirloin, and chuck shoulder and arm roasts.
- Choose lean pork cuts such as pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef. The label should say at least “90% lean.”
- 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.



Source: <http://www.MyPyramid.gov>

Food Facts



Cutting Through the Fat

- Polyunsaturated fat – lowers total blood cholesterol. It is found in fish, margarine, and vegetable oils such as corn and sunflower oil.
- Saturated fat – raises blood cholesterol. It is found in animal products and coconut, palm and palm kernel oils.
- Monounsaturated fat – research shows this type of fat may lower “bad” (LDL) cholesterol while raising “good” (HDL) cholesterol. It is found in olive oil and canola oil.

All fat adds calories to your diet. Limit your fat intake.

Source: Adapted from Colorado State University, Cooperative Extension, Department of Food Science and Human Nutrition

Cooking with Kids

Try this recipe with your kids:

Banana Smunchies

1 cup peanut butter
26 graham cracker squares
1 cup ripe bananas, mashed

1. Mash very ripe bananas into a smooth paste. Mix in peanut butter.
2. Chill well.
3. Drop 2 tablespoons onto one graham cracker, cover with second graham cracker.
4. Freeze until ready to use. Store in freezer in airtight container.

Makes 13 sandwiches. 8 g protein; 12.5 g fat; 27.5 g cholesterol

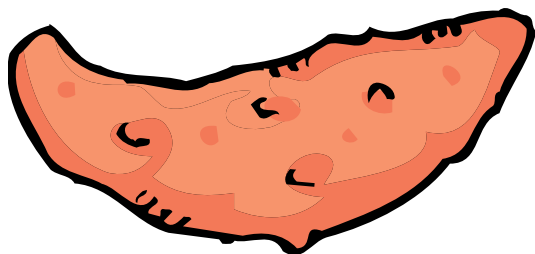
Source: Reprinted from Kentucky WIC Cookbook with permission from Nutrition Services Branch, Kentucky Department of Public Health



Try this recipe:

Maple Sweet Potatoes

2 large sweet potatoes
2 tablespoons non-fat yogurt
1 tablespoon maple syrup
1 tablespoon orange juice



1. Prick potato skins with fork. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave-safe serving bowl and microwave for 1 to 2 minutes to heat through.

Makes 2 servings.

Nutrition Facts per serving: 150 calories, 0g total fat, 0mg cholesterol, 80mg sodium, 13g sugar, 3g protein

Source: USDA Nutrition Connection

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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

Iron In Foods: Does My Child Get Enough?

Your child needs enough iron to:

- Support his or her rapid growth.
- Replace iron that the body uses up.
- Have enough energy to learn and play.



Iron-deficiency anemia is a common nutrition problem for young children. Checking for anemia should be part of your child's regular health exam. Everyone in your family needs iron from food to feel good and stay healthy. Women need it to replace the iron lost each month through menstrual flow. Include iron-rich foods in your family meals and snacks.

Good Sources of Iron

Offer these foods often.

- Lean meat
- Iron-enriched and whole-grain breads and cereals
- Cooked dried beans (black, kidney, lima, navy, pinto)
- Greens (collard, kale, mustard, spinach, turnip green)

Chicken, egg yolks, and dried fruit (raisins, apricots) have iron, too, but not as much.

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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