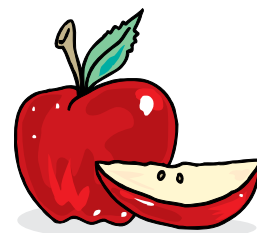


# Healthy Choices for Healthy Families

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



The weather is still cold outside. Stay warm by dressing in layers. This is a good time to eat nutritious foods such as soups and chili. Clean out your freezer by making vegetable soup. Try to stay as active as possible. Go outside and build a snowman. Clean out a closet to get ready for spring. As the weather improves, make plans to go for walks outdoors.

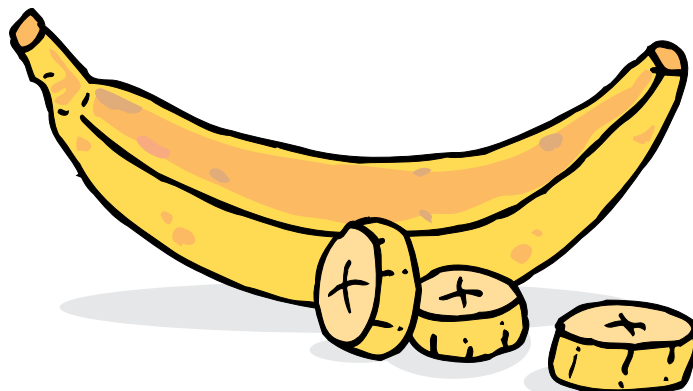


## Parents' Pow-Wow



Fruit contains a lot of vitamins and minerals that our body needs. Do your family a favor by keeping fruit handy for snacks. Keep a bowl of fruit on the table, on the counter, or in the refrigerator. Select fruits often with more potassium such as bananas, prunes, cantaloupe, honeydew melon, and orange juice. Choose different fruits so that your family can get a variety of nutrients and textures. Oranges and tangerines are juicy, apples are crunchy, and bananas are smooth and creamy. Add

crushed pineapple to coleslaw or add mandarin oranges and grapes to a tossed salad. Try low-fat vanilla yogurt as a dip for fruit. Make fruit kabobs by putting pineapple chunks, bananas, grapes and berries on a skewer or straw. Set a good example for your kids by eating plenty of fruit yourself.



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

# Basic Budget Bites



As your budget allows, make good choices with fruit.

- Buy fresh fruit in season when the fruit may cost less and be at their peak flavor
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand
- Choose packaged fruits that do not have added sugar
- Make most of your choices whole fruit, rather than juice, for the benefit of dietary fiber
- When choosing canned fruit, select fruit canned in 100% fruit juice or water rather than syrup
- Vary your fruit choices as fruits are different in nutrient content



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

## Food Facts

### Top 5 Reasons to Eat Fruit

1. They are low in fat. The added bulk will make you feel full so you are less inclined to overeat.



2. They taste great! Who can resist a fresh, juicy strawberry, orange, or peach?
3. They decrease your risk for cancer and heart disease.
4. They are 100 percent natural! Fruits and vegetables provide more nutrients and benefits than any vitamin and mineral supplement.
5. You are a role model! Be a positive example for your family and friends.

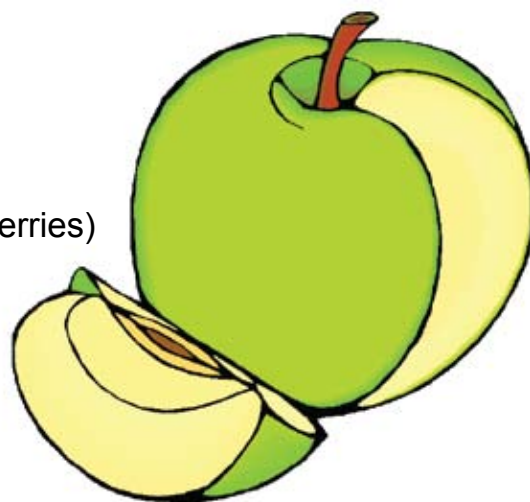
# Cooking with Kids

Try this recipe with your kids:

## Fruit Dippers

½ cup low-fat vanilla yogurt  
2 tablespoons chopped peanuts  
2 cups fruit (grapes, banana slices, apple wedges, strawberries)

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt-peanut mixture.



**Makes 4 servings.**

**Nutrition Facts:** 100 calories, 3g fat, 0mg cholesterol, 35mg sodium, 13g sugar, 3g protein

**Source:** USDA Nutrition Connection

## Try this recipe:

## Microwave Potato Corn Chowder

¼ cup margarine  
¼ cup all-purpose flour  
¼ teaspoon salt  
⅛ teaspoon pepper  
2 cups milk  
2 peeled and diced potatoes  
1 can (16 ounces) corn, drained



1. Melt margarine in glass bowl on high for 30 to 50 seconds.
2. Stir in flour, salt, and pepper until smooth.
3. Blend milk into flour-margarine mixture.
4. Cook on high for 6 to 8 minutes until thickened, stirring well each minute. Set aside.

5. In a separate microwave safe bowl cook two potatoes in 1 cup water. When potatoes are done, add potatoes and cooking water to white sauce.
6. Stir in can of corn. Cook 2 to 3 minutes or until steaming hot.

**Note:** Shredded cheese, crumbled bacon, chopped ham, or onion may be added.

**Makes 4 servings.**

**Nutrition Facts per serving:** 350 calories, 13g fat, 10mg cholesterol, 620mg sodium, 11g sugar, 9g 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

## Juice or Fruit Drinks?

### Why Fruit Juice?

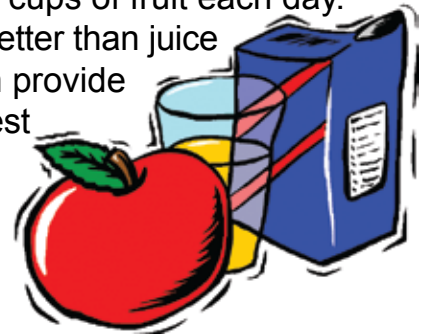
Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides:

- Vitamin C to help heal cuts and bruises, fight infection, and use iron from food
- Vitamin A in some juices for healthy eyes and skin
- Carbohydrates for energy. Sugar from fruit is the carbohydrate in 100% juice

Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

### How Much Juice?

Offer your child enough, but not too much. Children who are 2-3 years old need 1 cup of fruit each day. Children who are 4-8 years old need 1 to 1 ½ cups of fruit each day. Whole fruits are better than juice because they can provide some fiber. The rest of the fruit that is needed each day can be 100% fruit juice.



### Go Easy....

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

--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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