

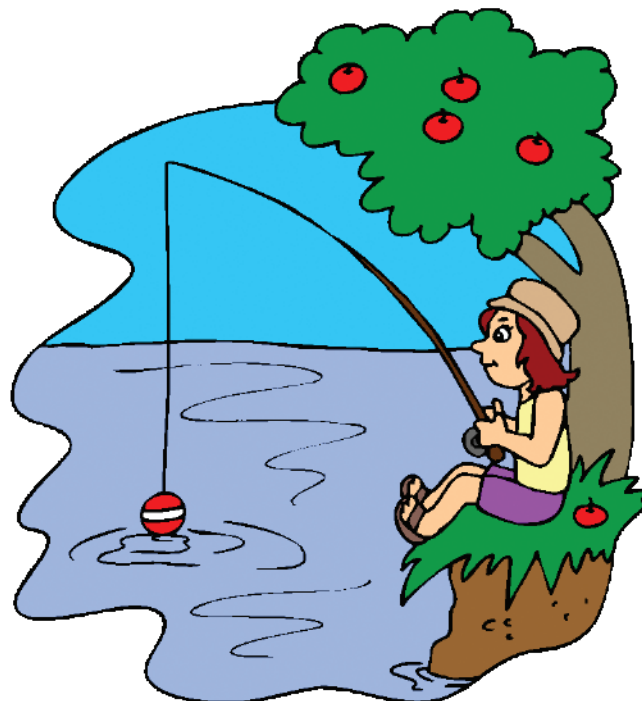
Healthy Choices for Healthy Families

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the Kentucky Cabinet for Health and Family Services.*

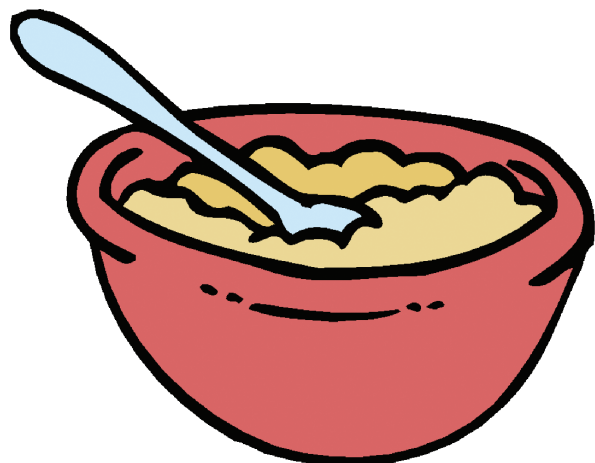


Hot summer days are still here.
Keep these tips in mind:

- Eat light, but get a variety of vitamins and minerals
- Remember the sunscreen when you do outdoor activities
- When the humidity is high, limit the time you are active
- Use early morning and late evening to be active
- Drink lots of water if you are outside so that you don't dehydrate



Parents' Pow-Wow



School will be starting soon. Routines will be changing. Get ready for some changes, but don't forget about getting a variety of nutrients and physical activity. If you are not in the habit of eating breakfast, try to make this a new goal. Many students do better in class if they start with breakfast. It is not hard to get a nutritious breakfast. Try to include at least three food groups. A bowl of non-sweetened cereal with milk topped with sliced bananas is a good start. Add a small glass of juice. Check into breakfast being served at school for your kids. Get a healthy start to each day.

Basic Budget Bites



We all like to save money on our food purchases.

Here are some tips for you to try:

- Plan meals ahead
- Check cabinets for needed food
- Stick to your shopping list
- Use coupons when you can
- Check store sale flyers for specials
- Be practical – are you going to use the food before it goes bad?
- Buy larger quantities of food items you eat often
- Store food correctly so it doesn't go bad before it should

Food Facts

Smart Shopping

In the past, some food producers made claims about their products to make them sound healthful, such as “light,” “ $\frac{2}{3}$ less fat,” or “80% fat-free.” Many times these products weren't lower in fat or sodium than other brands, and they cost more.

Things have changed. The Food and Drug Administration (FDA) now requires that foods be clearly and honestly labeled so that consumers can tell exactly what's in them. All food labels must use standardized serving sizes so that different brands can be accurately compared, and the Nutrition Facts label must be printed on the package.

Today, if a food producer wants to attach a health claim to a product, that product must meet certain criteria. Understanding the terms below will make you a smarter shopper and can help you choose foods that meet the Dietary Guidelines for Americans.

Free: an amount so small that it probably won't have any effect on your body, for example, “fat-free” or “calorie-free.”

Low: a small amount of or low source of calories, fat, or cholesterol.

Reduced: a product that has at least 25% less fat, calories, cholesterol, or sodium than a comparable food.

Light: a product that contains a third less calories or 50% less fat than the traditional version.

High: a product that has 20% or more of the Daily Value for a nutrient for example, “high in calcium” or “high in vitamin C.” Other terms that can be used are “excellent source of” or “rich in.”

Good Source: a product that contains 10-19% of the Daily Value for a nutrient. For example, “good source of fiber.”

Healthy: a product that is low in fat, saturated fat, and sodium and has at least 10% of the Daily Value of certain vitamins and minerals.

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

Cooking with Kids

Get a boost in the morning by preparing and eating a Fruity Breakfast Parfait. Use your favorite fruits and low-fat yogurt or pudding to create your own parfait.

Fruity Breakfast Parfait

2 cups pineapple chunks
1 cup frozen raspberries, thawed
1 cup low-fat vanilla yogurt
1 firm medium banana, peeled and sliced
 $\frac{1}{3}$ cup chopped dates (*optional*)
 $\frac{1}{4}$ cup sliced almonds, toasted (*optional*)

1. In tall glasses, layer pineapple, raspberries, yogurt, banana, and dates.

2. Sprinkle the top with almonds. Serve and enjoy.

Makes 4 servings.

Nutrition Facts per serving: 224 calories, 6g total fat, 3mg cholesterol, 42mg sodium, 6g protein

Source: Used with permission from www.dole5aday.com



Try this recipe:

This recipe is low-fat.

Dutch Green Beans

1 can (15 ounces) green beans
(or 3 cups fresh cooked green beans)
 $\frac{1}{2}$ cup bean liquid
 $\frac{1}{4}$ cup brown sugar
1 teaspoon cornstarch
 $\frac{1}{3}$ cup vinegar
1 small sliced onion

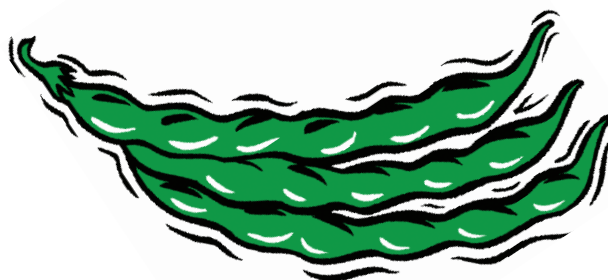
1. Drain the beans and save the liquid from the can in a small bowl.
2. Pour $\frac{1}{2}$ cup bean liquid into the saucepan.
3. Add the cornstarch to the bean liquid. Stir well.
4. Add the vinegar and brown sugar.

5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onion. Heat and serve.

Makes 4 servings

Nutrition Facts per serving: 80 calories, 0g total fat, 0mg cholesterol, 360mg sodium, 16g sugar, 1g 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

Watching My Child Grow!

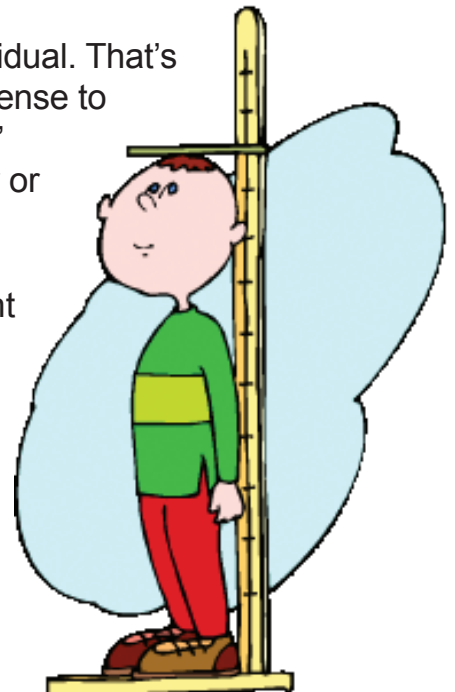
Zack, Lucy, Billy are all about the same age. But their heights and weights are so different. Lucy, whose parents are tall, weighed more and was longer at birth. Billy's parents and grandparents are short. He was born two weeks past his due date. Zack was born two months prematurely. Each child is perfectly normal!

As a parent, you probably wonder if your child's growth is normal. That's natural. And making sure is part of your responsibility.

No two children grow alike. In every way, your child is an individual. That's true for his or her body size and growth pattern, too. It makes no sense to compare your child's growth to your friends' children. If your child was born prematurely or a little late, that makes a difference, too.

Your child may grow like you. The way your child grows depends a certain amount on genes. As you watch your child grow, consider the ways your family members grew when they were kids. Also think about the types of food and activity choices usually made by each member of the family. Who is your child most similar to?

Source: Nibbles for Health, USDA, Food and Nutrition Service



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

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