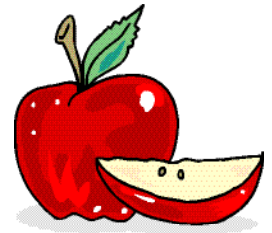


Healthy Choices for Healthy Families

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



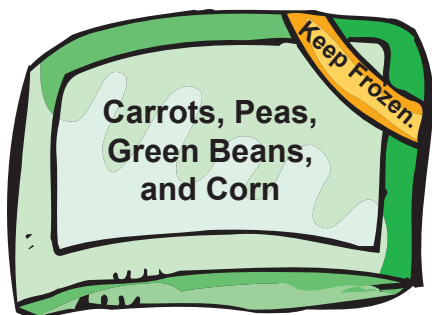
Fruits and vegetables provide our bodies with needed vitamins and minerals. Some vitamins and minerals cannot be stored in our bodies, so we need to eat them daily. This is also why we should eat different foods each day. Our bodies need a variety of foods to keep them working properly. If we don't eat right, our bodies suffer. Then we may have health problems. Consider this month as a time to choose the right foods and be healthier. One good choice is fruits and vegetables. Visit this website for more information: www.fruitsandveggiesmorematters.org. Remember....Fruits & Veggies — More Matters™.

Parents' Pow-Wow

How many servings of fruits and vegetables does your family eat each day? You may not know the answer to this when family members do not eat all the meals at home. But you can help your family eat the proper way when they are at home. Make sure there are fruits and veggies at every meal. Try new foods with foods you know your family already likes. Try a wide variety of foods. Potatoes, carrots, apples, and oranges are all good foods and have great vitamins and minerals. Add new fruits and veggies to the "old" to increase variety. And it cannot be said too often, set the right example. Children need to see adults try new foods if they want their children to eat them.

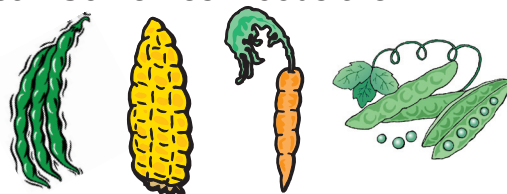


Basic Budget Bites



Fruits and veggies come in different forms. Compare the price of foods when they are fresh, frozen, canned, or even dried. The way the food is preserved can change the texture of the food. Compare the prices for each way. Choose the food based on the price and taste of the food in the form that your family will eat. Some choices will change throughout the year. Some fresh foods are

enjoyed and priced right during the summer and fall growing season. Other times of the year, you may have to purchase that same food canned or frozen. Fresh is always best, so take advantage of the freshest food you can.



Food Facts

Take Charge of Your Health

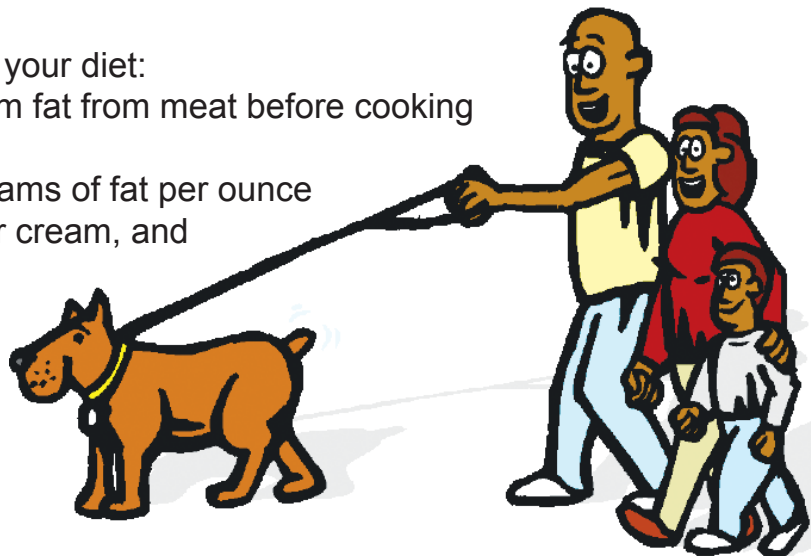
When it comes to your health, you have the ability to make a big difference. The lifestyle choices you make every day have the power to help you prevent many conditions. If you already have an illness such as diabetes or heart disease, don't worry. There's a great deal you can do to prevent problems.

There are three lifestyle changes you can make right now to cut your risk of getting diseases such as diabetes, heart disease, high blood pressure, and some cancers.

1. Eat well. Use MyPyramid to guide your daily food choices. Choose an array of foods each day that includes fruits, veggies, and whole grains.
2. Be physically active. Take part in some kind of physical activity most days of the week. Check with your doctor and start slowly.
3. Manage your weight. Lose weight if you are overweight. Research shows that losing as little as 5 to 10 pounds can help decrease your blood pressure and reduce your risk of serious disease.

Here are some practical ways to change your diet:

- Remove the skin from chicken and trim fat from meat before cooking
- Use skim or 1% milk
- Select cheese with no more than 3 grams of fat per ounce
- Choose low-fat or non-fat yogurt, sour cream, and cream cheese
- Choose liquid vegetable oils that are high in unsaturated fats (canola, corn, olive, and safflower oil)



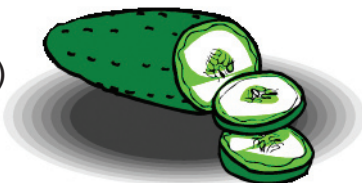
Cooking with Kids

Try this recipe with help from an adult.

Makes 4 servings

A Simple Mexican Salad

2 cucumbers
2 oranges
1 lemon or lime (the juice)
½ teaspoon chili powder
½ teaspoon salt

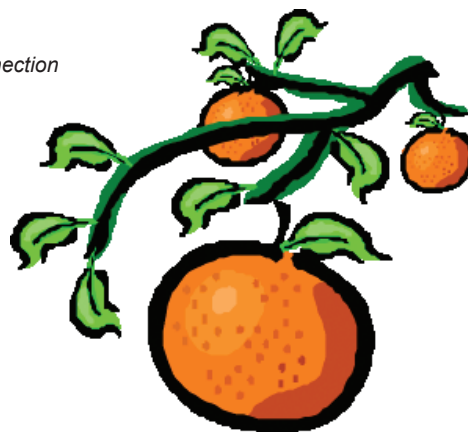


Nutrition Facts per serving:

50 calories, 0g total fat, 0mg cholesterol,
300mg sodium, 3g dietary fiber, 8g sugar,
1g protein

Source:
USDA Nutrition Connection

1. Wash the cucumbers, oranges, and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumbers and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.



Try this recipe:

Brunswick Stew

1 tablespoon vegetable oil
1 medium onion, chopped
2 cups low-sodium chicken broth
2 cups cooked, diced, and boned chicken or turkey
2 cups canned or cooked tomatoes
2 cups canned or cooked lima beans
2 cups canned or cooked whole kernel corn

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.

Nutrition Facts per serving:

200 calories, 5g total fat, 30mg cholesterol,
470mg sodium, 5g dietary fiber, 4g sugar,
16g protein.

Source:
USDA Nutrition Connection

Makes 8 (1 cup) servings



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).
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).

Copyright © 2008 University of Kentucky and its licensors. All rights reserved.

Local Events

Together....Let's Try New Foods

Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.

- ***Offer a new food first, before foods your child eats already.*** Kids usually are more willing to try new foods when they are hungry.
- ***Have your child choose a new food as you shop.*** Trying new foods is more fun for kids when they pick them.
- ***Do a taste test.*** Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste — and not whether your child likes or dislikes it. No “yucks”!
- ***Go for at least “one bite”.*** But stay away from forcing your child to taste. Keep food trying positive.
- ***Try new foods, too.*** Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you don't like the food.
- ***Prepare new foods in different ways.*** Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.
- ***Try and try again.*** Many kids need to try a new food 5 to 10 times before they like it. It's normal for kids to be cautious at first.
- ***Relax.*** Your child doesn't need to like every food. Everyone (you, too) has different food favorites.

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

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

| | |
|-------|--|
| <hr/> | |
|-------|--|