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HEALTHY CHOICES FOR HEALTHY FAMILIES

Topic: Fruits and vegetables

► Eating fruits and vegetables daily is a key to staying healthy. Plan to have fruits and vegetables in family meals. Plan the fruits and/or veggies, then add the protein and grains. Some vegetable-grain mixtures don't require more protein. When you do add meat or cheese, think of it as flavoring. Here are a few ideas:

- Stir-fried vegetables with rice and chicken or fish
- Vegetable lasagna
- Veggie chili with carrot and celery sticks
- Baked potato topped with broccoli and sprinkled with grated cheese

Why not try one of these ideas tonight?



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INSIDE:

- Saving money
- Healthy eating for diabetes
- Recipe: *Banana Pancakes with Apple Topping*
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- Juice or fruit drinks?
- Local events

Parent's Pow-Wow

► Have you been to your local farmers market? If not, give it a try. Check with your local Extension office to see when the farmers markets will open in your county. You will likely meet farmers that will have good ideas on how to use their produce. It is a fun place to take your children. Your children can begin to learn where their food comes from. You may learn different ways to prepare food. Check with your local Extension office for lots of recipes.

Basic Budget Bites: **Saving money**

► **Look at these tips for saving money with fruits and veggies:**

- Compare the cost of canned, frozen and fresh produce
- Choose bright colored, pleasant smelling fresh produce that is free from cuts or spots
- Don't buy dented cans or opened packages
- Wash fruits and vegetables before eating or cooking them
- Bananas, melons, peaches, plums, pears and tomatoes will ripen on your counter top
- Use "older" cans first

Food Facts: **Diabetes – A healthy eating approach**



► According to the American Diabetes Association, nearly 15 million people in the United States suffer from Type 2 Diabetes. This disease occurs when the body can no longer produce enough insulin or the body is unable to use the insulin it makes. Getting diabetes under control helps to prevent or delay long-term problems linked with the disease.

Although there is no cure for diabetes, it can be controlled with diet, exercise, and medications. One meal planning approach to controlling diabetes is the Plate Model. This method can be used by anyone not just diabetics.

Type 2 Diabetes Risk Factors:

- Age greater than 45 years
- Family history of diabetes
- Physical inactivity & obesity

The Plate Model

The Plate Model approach is designed so that proper food selection can be made without having to weigh or measure foods. It will help you eat a well balanced meal with more fruits and vegetables and less fat and cholesterol.

Here's how it works

1. Use a 9" plate.
2. Fill $\frac{1}{4}$ of the plate ($\frac{1}{2}$ " deep) with starchy foods such as potatoes, corn, peas, winter squash, pastas, rice or cooked dry beans. **Note:** $\frac{1}{2}$ " is about the thickness of your little finger.
3. Next, fill $\frac{1}{4}$ of the plate with a serving from the meat and bean group. The best choices are lean meats, fish, poultry, low-fat cheeses, or legumes prepared without oils or fats.
4. Fill the remaining $\frac{1}{2}$ of the plate with non-starchy vegetables such as tomatoes, carrots, broccoli, salad, etc. These foods don't convert quickly to glucose.
5. Side dishes include a serving of fruit (1 cup fresh or $\frac{1}{2}$ cup canned), and a serving of low-fat milk or yogurt (8-ounce).

If you follow the Plate Model, you could benefit by having better blood glucose control and a more nutritious diet.

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

Cooking with Kids: Banana Pancakes with Apple Topping

- 2 eggs
- 1 ½ cups low-fat milk
- 1 tablespoon honey**
- 3 tablespoons oil
- ¾ cup whole wheat flour
- ¾ cup all purpose flour
- 2 teaspoons baking powder
- 2 bananas

Apple Topping:

- 3 apples
- 3 tablespoons sugar
- 1 teaspoon cinnamon
- ¼ cup water



1. Beat eggs. Beat in milk, honey, and oil.
2. Add flours and baking powder.
3. Slice bananas and add to mixture.
4. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes.
5. Spoon ¼ cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
6. Cook until the tops are bubbly and the pancakes are dry around the edges.

Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm.

7. Repeat steps 5 and 6 until batter has been used, using more non-stick spray as needed.

Apple Topping:

1. Wash apples, remove cores, and slice thinly with peel still on.
2. Combine apples with the sugar, cinnamon and water.
3. Cook in skillet for 10 minutes and spoon over top of pancakes.

****Note:** Infants 12 months and under should NOT be given honey.

Nutrition Facts per serving: 330 calories, 10g fat, 1.5g saturated fat, 75mg cholesterol, 220mg sodium, 55g total carbohydrate, 9g protein

Serving Size: 1/6 of recipe

Yield: 6 servings

Source: USDA Nutrition Connection

Recipe: Frozen Yogurt Salad

- 2 cups sliced peaches or fruit of choice
- 2 cups plain yogurt
- 2 tablespoons sugar

1. Combine all ingredients.
2. Pour into six individual molds or muffin cups.
3. Cover and freeze for at least 4 hours.
4. Unmold and serve.

Nutrition Facts per serving: 110 calories, 1g total fat, 5mg cholesterol, 60mg sodium, 26g total carbohydrate, 4g protein

Serving size: 2/3 cup

Yield: 6 servings

Source: (1990) A Guide to Good Nutrition

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.

Go easy...

Because juice is handy, 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.

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

If you are interested in nutrition classes, contact your extension office.
