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HEALTHY CHOICES

FOR HEALTHY FAMILIES

Topic: Avoid oversized portions

► Have you noticed the size of a bagel lately? What about a cookie? Foods seem to have grown, and no one noticed. These oversized portions are part of the problem today with obesity. We continue to eat what we are given without realizing what size the portion really is. One serving of a 1.5 ounce bagel is 120 calories and 1 gram of fat. What you are normally served is a large, 4-ounce bagel that is 320 calories and 3 grams of fat. One serving of a cookie is one ounce and contains 140 calories and 4 grams of fat. What you are normally served is a 5-ounce cookie containing 700 calories and 20 grams of fat. No wonder we need to consider each bite we take.



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INSIDE:

- Making smart choices when eating out
- Recipe: Fiesta Mix
- Recipe: Black-Eyed Peas
- Reach your physical activity goals
- Local events

Parent's Pow-Wow

► Help your children learn how to read nutrition labels. People who eat an entire container of a food don't realize what they are eating. They are double or tripling the number of calories and grams of fat. Help your family members understand what the size of one portion looks like. Use a deck of cards to equal 3 ounces of cooked meat. A tennis ball is about the size of a medium piece of fresh fruit. One cup of raw vegetables is about the size of a light bulb. Try to think about these sizes as you fill your plate with food.

Basic Budget Bites

- Only purchase foods that you can use before they spoil or go out of date.
- To save money, cook your food at home and enjoy your family gathered at the table.
- Milk by the gallon usually costs less.
- Choose bright colored, pleasant smelling fresh produce that is free from cuts or spots.

Food Facts: Making smart choices when eating out

► Can high-fat, high-sodium foods be avoided when eating out?

Yes, with some careful ordering, even eating out can be healthy. Some restaurants offer menu items that are low in fat, cholesterol, and sodium. In addition, if the menu makes any sort of health claim, such as low fat, the restaurant is required by the FDA to have nutrition information on hand. Ask your server for a copy of that information before ordering.

Even if a restaurant doesn't have specific menu items that are low fat, ask your server if substitutions can be made or if components can be left off.

- Ask for condiments such as salad dressing and mayo to be served on the side. That way you can use only what you need.
- Ask if menu items that are fried can be baked instead.
- Ask for plain bread or bread sticks instead of garlic bread.
- Stay away from alfredo or cream sauces — order marinara instead.
- Ask for a to-go box for half of your meal to help prevent you from overeating.



Cooking with Kids: Fiesta Mix

- 1 cup cereal with fruit
- 1 cup “chex” type bran cereal
- 1 cup O-shaped cereal
- ¼ cup raisins
- ¼ cup peanuts
- ¼ cup shredded coconut

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Nutrition Facts per serving: 210 calories, 9 g total fat, 4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 3 g dietary fiber, 11 g sugars, 5 g protein

Yield: 4 servings

Source: USDA Recipe Finder

Recipe: Quick and Healthy Black-Eyed Peas

- 4 slices chopped turkey bacon
- 2 pounds black-eyed peas, frozen
- 2 cups water
- ¼ teaspoon black pepper
- 1 tablespoon sugar

1. Place a pot over medium high heat and cook bacon for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and cook until the peas are tender, about 30 minutes.
4. Serve hot.

Nutrition Facts per serving: 160 calories; 5 g total fat; 1 g saturated fat; 0 g trans fat; 15 mg cholesterol; 260 mg sodium; 21 g total carbohydrate; 5 g dietary fiber; 4 g sugars, 10 g protein.

Yield: 6 servings

Source: USDA Recipe Finder



Local Events

See yourself here:

Break through your limits – move more

► See yourself reach your goals. Many of us want to be more active. We feel good after activity but sometimes struggle to find the time. Finding the time may not be as difficult as you think.

- Set a weekly physical activity goal.
- Make a commitment.
- Plan the time.

See yourself where you want to be and commit to getting there – you'll be glad you did.

Adapted from Eat Smart, Move More NC



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