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HEALTHY CHOICES FOR HEALTHY FAMILIES

FOCUS ON

FRUITS AND VEGETABLES



Start a garden — in the yard or a pot on the deck — for fresh, low cost, flavorful additions to meals. Herbs, cucumbers, peppers or tomatoes are good choices for beginners.

Plan and cook smart. Make and freeze vegetable soups, stews, or other dishes in advance. Add leftover vegetables to casseroles.

Fire up the grill! Use the grill to cook mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush them with oil to keep them from drying out. Grilled fruits such as peaches, pineapple, or mangos add great flavor to a cookout.

PARENT'S POW-WOW

Snacks can help children get the nutrients needed to grow and keep a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to please their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Save time by slicing veggies. Store sliced vegetables in the refrigerator and serve with dips such as hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped veggies, and low-fat shredded mozzarella and melt in the microwave. Grab a glass of milk. A cup of low-fat or fat-free milk is an easy way to drink a healthy snack.

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BASIC BUDGET BITES



- Convenience costs, so go back to the basics. Convenience foods such as frozen dinners, pre-cut veggies, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch yourself. Take the time to prepare your own and save!
- **Go easy on your wallet.** Certain foods are typically low-cost options all year round. Try beans for a less costly protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



FOOD FACTS

WATER: THE NUTRIENT

ater is one of the six vital nutrients needed for life. We cannot survive without water. Many people don't know the big part water plays in the body and diet.

Water should be your main drink choice. It is cheap and freely available. It not only serves to satisfy thirst, but it does so while adding no extra calories, fat, cholesterol, sodium or caffeine.

Benefits of Drinking Water

- Prevents dehydration
- Carries nutrients and oxygen to cells
- Lubricates body tissues
- Regulates body temperature
- Helps strengthen muscles
- Helps prevent constipation
- Gives the feeling of fullness when consumed before or during a meal

We lose water each day so it is

important to balance that loss with intake. The body has a plan in place to maintain water balance. Thirst is the trigger that reminds us that we need to take in more water.

As adults age they may go through a decrease in their thirst sensation. If this happens, you may not notice you are thirsty until it is too late. The body has already begun to dehydrate once a person realizes they are thirsty.

Another factor that causes dehydration for seniors is that the amount of body water decreases with age, which raises your risk of becoming dehydrated.

Remember that fluid intake is not limited to water only. Fluid can come in the form of juice, milk, or soup, too.

Source: LSU AgCenter





COOKING WITH KIDS

YOGURT POPS

- 6 ounces yogurt, fat-free, flavored or plain
- ¾ cup fruit juice
- 1. Put the yogurt and juice in a bowl.
- 2. Stir together well.
- **3.** Pour the mix into paper cups.
- **4.** Stick a popsicle stick in the center of the mix in the cup
- **5.** Place the yogurt pops in the freezer until they turn solid.

Yield: 4 servings

Nutrition Facts: 45 calories; 0 g total fat, 0 g saturated fat, 0 g trans fat; 0 mg cholesterol; 20 mg sodium; 10 g total carbohydrate; 0 g dietary fiber; 9 g sugars; 1 g protein.

Source: USDA Recipe Finder



RECIPE

FARMERS MARKET SALSA

- ½ cup corn (fresh cooked or frozen)
- 1 can black beans (15 ounce, drained and rinsed)
- 1 cup tomatoes (fresh diced)
- ½ cup onion (diced)
- ½ cup green pepper (diced)
- 2 tablespoons lime juice
- 2 garlic cloves (finely chopped)
- ½ cup picante sauce
- **1.** Combine all ingredients in a large bowl. Chill until serving time.

- **2.** Drain before serving.
- **3.** Serve with low-fat baked tortilla chips or fresh vegetables.

Yield: 8 servings

Nutrition Facts: 70 calories; 0 g total fat, 0 g saturated fat, 0 g trans fat; 0 mg cholesterol; 230 mg sodium; 13 g total carbohydrate; 3 g dietary fiber; 2 g sugars; 3 g protein

Source: USDA Recipe Finder

The Supplemental Nutrition Assistance Program (SNAP) 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). The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usdagov. Individualis who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information (e.g., Braille, large print, audiotape, etc.) please contact USDAs TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer. Copyright © 2014 University of Kentucky and its licensors. All rights



LOCAL EVENTS

SMART TIPS: MAKE ACTIVE CHOICES

- Take a walk (10 minutes)
- Choose the stairs instead of the elevator (5 minutes)
- Park farther away and walk (5 minutes)
- Dance with your children (10 minutes)
- Move More

Source: Eat Smart, Move More, NC



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