

Food News For Parents



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Dear Parents:

Vegetables are the topic of this month's lesson. Your child will learn about all the nutrients that vegetables add to our meals. Some children don't like vegetables, so learning about different vegetables and how they grow helps increase their exposure to foods. And, experts say it may take 10 to 15 experiences with a food before a young child may be willing to try it.

Learning about vegetables and how they help us grow healthy is fun! Hope you find the information and recipe in this newsletter helpful.

Sincerely,

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VEGETABLES HAVE GREAT HEALTH BENEFITS

Vegetables are high in nutrients, like potassium, vitamin A, C and E. They also provide fiber and are low in calories. Eating vegetables on a daily basis helps reduce your risk for diabetes, heart disease and certain cancers.

We should eat at least three different vegetables each day. Children, ages 4-8 years should eat a total of 1½ cups of vegetables each day, adults should eat 2½ - 3 cups a day. Serve child size portions throughout the day to your child. For a young child, ¼ cup of vegetables is equal to one serving. All forms of vegetables count, serve them for lunch, snack and dinner, here are a few tips:

- Serve raw vegetables with a ranch dressing dip. Sliced carrots, cucumbers, zucchini, squash, and cherry

tomatoes are fun finger foods for snack or as part of a meal.

- Puree vegetables and add to spaghetti sauce, soups or sloppy joe mix, they will never know!
- Add frozen corn or green beans to a can of soup for extra nutrition.
- Set a good example by eating vegetables yourself.
- Young children often don't like the texture of cooked vegetables, try steaming broccoli or green beans so they still have a slight crunch.

HELP YOUR CHILD TRY NEW FOODS

Since young children are more comfortable with the same old routine and what's familiar; getting them to try new foods and expand their acceptance of a variety may be a challenge for parents. If your child is a good eater, consider yourself lucky, this is the exception to the rule. So, the question is; how do you get a child to eat their vegetables and other food that make up a balanced diet? New foods take time, they don't always like different foods right away. Here are a few tips that may help:

- Offer a small amount of a new food at the beginning of a meal when your child is hungry.
- Always serve a variety of food at each meal, so if your child doesn't like the vegetable that is served, there are still other foods to eat.
- Be a good role model, let your child see you eating new foods. Describe its smell and taste.
- Keep foods separate on a plate, mixed up foods are

not appealing to young children.

- If your child is a picky eater, don't make comments, just be consistent with serving foods and mealtime routines. Eventually, he/she will expand acceptance of different foods.
- Blanch (quick cooking for 2 minutes in boiling water) vegetables to make them easier to chew, chill and serve with a low-fat dressing or dip.
- Serve child size portions of food.

WAYS TO SAVE FOOD DOLLARS ON VEGETABLES

- Read the sale ads in the local paper and purchase vegetables on sale.
- Avoid buying single servings of vegetables, the cost is usually higher.
- Buy fresh vegetables in season. In our area, there are u-picks and road side stands.
- Stock your pantry with canned vegetables when the grocery stores have a sale. Look for buy one, get one free or for \$1 or less.
- Grow your own vegetable garden. It doesn't have to be big. Start small and make it a family project. Young children will enjoy picking vegetables from your yard.

RECIPE OF THE MONTH

Vegetable and Turkey Stir Fry

Yield: 4 servings

Ingredients:

1 Tablespoon vegetable oil

½ teaspoon salt

2 thin slices of ginger root (minced) or **½ teaspoon** ground ginger

1 garlic clove (peeled and minced)

16 ounces turkey (cooked, cut into ½ inch cubes)

½ teaspoon sugar

1½ packages vegetables, fresh or frozen (10 ounce package, chopped)

Water (optional)

Instructions:

1. Heat fry pan. Add oil and heat on high temperature.
2. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
4. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
5. Serve at once, or if you wish to add a gravy:
6. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds.
7. Refrigerate leftovers within 2 hours.

Cost:

Per Recipe: \$3.67

Per Serving: \$0.92

Nutrition Facts

Serving Size 1/4 recipe (196g)

Servings Per Container 4

Calories 220

Total Fat 4g

Saturated Fat 1g

Cholesterol 65mg

Sodium 360mg

Total Carbohydrate 17g

Dietary Fiber 3g

Sugars 1g

Protein 25g

Vitamin A n/a

• Vitamin C n/a

Calcium n/a

• Iron n/a

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2000	2500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9

• Carbohydrate 4

• Protein 4

Source: SNAP-Ed Connection Recipe Finder www.whatscooking.fns.usda.gov

Oregon State University Cooperative Extension Service, Pictorial Recipes, Lynn Myers Steele, 2000, Oregon Family Nutrition Program

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 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.