

Food News For Parents



184 NW College Loop, Madison, FL 32340 Phone: (850) 973-4138 Fax: (850) 973-2000



January, 2017

Dear Parents:

This month, our Family Nutrition Program will be teaching your child about the fruit group. Fruits bring a wide range of color to our meals. Along with color, comes vitamins and antioxidants which keep the body's cells in good condition. A diet rich in plant foods, both fruits and vegetables, is strongly recommended by nutrition experts. We should eat 2-3 different fruits each day.

Sincerely,

Michelle Stout
Extension Program Assistant
Family Nutrition Program

Diann Douglas
Extension Agent IV
Family and Consumer Sciences

MAKE A RESOLUTION TO EAT BETTER IN 2017

Serving healthy foods to your family is easier than you think. Commit to making a change each month and stick to it. You may want to follow our nutrition topics and add a new food to your meals. For a start, make the recipe in each newsletter. Try these suggestions to get started:

- Cut back on fried foods and bake more often.
- Watch your portion size when eating out or at home.
- Fill half of your plate with fruits and vegetables.
- Make 1/2 your grains "whole grains".
- Replace sugary drinks with water and low-fat

milk.

- Choose lean cuts of meat and trim visible fat before cooking.
- If you must order fast food, order small sizes and share your fries with a friend or skip the fries and substitute a side salad.
- Pack your lunch several times a week, so you control the ingredients and portions.

Happy Eating!

SHOPPING TIPS TO SAVE FOOD DOLLARS

Groceries can be costly, but with planning, you can keep your grocery bills from draining your wallet.

- \$ Keep paper and pencil in the kitchen to list foods you need.
- \$ Plan meals to use seasonal foods—right now, citrus fruits like oranges and grapefruit are in season and are better prices; during the summer months peaches and watermelons are in season.
- \$ Check out dollar stores. Canned fruits can be purchased at a bargain.
- \$ Shop only once a week. The more trips to the store, the more money you spend. It's hard to purchase only a few items on any trip to the grocery store.
- \$ Don't go down every aisle when you shop.
- \$ Shop early when the store is not crowded. You will get through the store faster and spend less.
- \$ Smaller-sized fruits and vegetables may be

cheaper than larger ones.

- \$ Instead of buying canned fruits and vegetables in larger pieces, buy these foods canned in smaller pieces. For example, pineapple chunks and diced tomatoes usually cost less than pineapple rings and whole tomatoes.
- \$ When buying canned fruits, select fruit packed in 100% juice rather than syrup.



IDEAS TO GET MORE FRUIT INTO YOUR MEALS

Fruits are low in sodium and calories and provide dietary fiber, vitamin C, potassium and folic acid in our diets. Many people think fruits are too expensive to eat every day, but they are a nutritional bargain. Whether fresh, frozen or dried, they are part of a healthy meal plan. Here are some ideas to help you serve a variety in your diet.

Snacks

- Spread apple slices with peanut butter for a snack. ¼ apple is a child size serving.
- Mix dried fruit with cereal, add broken pretzels for a trail mix.
- Cut up seasonal fruit and store in the refrigerator.
- Serve fresh fruit in season. Apple slices, orange wedges, watermelon chunks taste good and are refreshing.

Breakfast

- Top cereal with banana slices, peaches or blueberries.
- Drink a 6oz glass of orange juice.
- Make a smoothie with milk, 100% juice and fruit. (find a recipe or create your own)

Main Dish

- Try main dishes that use fruit as an ingredient such as chicken with apricots.
- Make grilled kabobs. Alternate 3” cubes of pork, beef or chicken with your choice of fruit such as pineapple or peaches. Serve with rice and you’ve got a meal.
- Add fruit to coleslaw. Try mandarin oranges, apples or grapes.

Source: MyPlate, Alabama Extension, Snap recipes

HOW MUCH FRUIT DOES A CHILD NEED EACH DAY?

Children 4-8 years old need 1-½ cup each day.

Offer ½ servings 3 times a day like ½ cup sliced fruit, ½ cup 100% juice, ½ banana or 4-5 strawberries.

RECIPES OF THE MONTH

Apple Oatmeal Muffins

Serving Size: 6 servings

Ingredients:

- ½ cup milk, non-fat
- ½ cup applesauce
- ½ cup flour, all-purpose
- ½ cup quick-cooking oats (uncooked)
- ¼ cup sugar
- ½ tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 apple (tart, cored & chopped)

Instructions:

1. Preheat oven to 400°F. Place 6 cupcake holders in baking tin.
2. In a mixing bowl, add milk and applesauce. Stir until blended.
3. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix). Gently stir in the chopped apples.
4. Spoon into cupcake holders. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
5. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Costs:

Total Cost: \$1.19

Serving Cost: \$0.20

Nutrition Facts

Serving Size 1 muffin

Servings Per Container

Calories 120

Total Fat 1g

Saturated Fat 0g

Cholesterol 0mg

Sodium 133g

Total Carbohydrate 26g

Dietary Fiber 2g

Sugars 13g

Protein 3g

Vitamin A 13mg • Vitamin C 1mg

Calcium 101mg • Iron 1mg

*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

Sources:

ONIE Project—Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

USDA Gov

<http://www.whatscooking.fns.usda.gov/recipes>

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.