



The Market Basket

Ways to Save Money and Eat Healthier

EXPANDED FOODS AND NUTRITION EDUCATION PROGRAM

March 2006

Hi Everyone: March is National Nutrition Month, the key messages for the month are based on the Dietary Guidelines for Americans, 2005 recommendations: The food and physical activity choices made today – and everyday – affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle its important to get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. With all this in mind our topic for this newsletter is “Choose the most value for your Calorie Salary”. At the end will be some Nutritious desserts recipes. Until next Month, Healthy Eating!

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Choose the Most Value for your Calorie Salary:

The 2005 Dietary Guidelines for Americans place a stronger emphasis on decreasing calorie intake and increasing physical activity than past guidelines. Think of following the new 2005 Dietary Guidelines as spending your "calorie salary." Plan your calories the same as you might plan a major expense such as a car, house, vacation, etc... Spending beyond our financial budget leads to consequences, such as losing our house if we can't make the payments. Too many calories -- as few as 100 extra calories per day -- may lead to a weight gain of about 10 pounds per year!

Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2-1/2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level. Consume 3 or more one-ounce equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

When it comes to snacks Fight back when you have a snack attack with some of these snacks that offer about 100 calories. (NOTE: Very active people may need larger portions or a combination of these snacks.) 2-3 cups of popcorn (check label)

1 apple

1 orange

1/2 ounce of nuts

1 banana

1 8-oz. glass skim or 1% milk

6 to 8 oz. fat free yogurt, artificially sweetened

1 hard-cooked egg

**Small bowl cereal with 1/4 to 1/2 cup skim or
1% milk (check label for cereal portion size)**

1 pear

1 piece string cheese

**1 piece whole-wheat toast spread with 1 teaspoon
spread able fruit**

**1/2 to 1 cup fruit canned in light or extra light syrup
or its own juice (check label)**

1 bunch grapes

2 whole cups strawberries for 100 calories!

1 tube of yogurt

Small bowl of broth or tomato-based soup (check label)

Two cups air-popped popcorn

Zesty Fruit Salad

Makes 4 servings

"Fruits are one of the 'gems' in the nutrition world. It has long been known they are filled with vitamins, minerals and fiber. More recently they've been given 'diamond' status due to photochemical that appear to benefit health. This recipe combines fruits as well as another 'gem,' yogurt, to make it an easy, delicious and nutritious recipe to include often." -- Jill Jank

- 1 apple**
- 1 orange**
- 1 banana**
- 1 8-ounce carton "key lime" nonfat yogurt**

Cut fruit into bite-size pieces. Add yogurt. Stir.

Note: A variety of fruit combinations can be used. It is the key lime yogurt that gives a "fresh" and "zesty" flavor. If you like coconut, you might enjoy using "coconut cream pie" flavored yogurt along with a sprinkle of flaked coconut for another dressed-up fruit salad option.

Nutrients per serving: Calories: 100; Fat: 0; Fiber: 3 grams; Calcium: 10% DV; Vitamin C: 40% DV

Simple Soy Seven-Ingredient Sloppy Joes

Yield: 7 (1/2 cup) servings

"Simple Soy Seven-Ingredient Sloppy Joes are super anytime of the year and so easy to prepare. This is a favorite recipe of my family. I developed the recipe with four simple steps because my sister, Patty, likes recipes with five steps or less." -- Pam Edwards

- 1 tablespoon vegetable oil**
- 1/2 cup chopped onion**
- 12 ounce All-Vegetable Protein Soy Pre-Browned Crumbles**
- 1 (14.5 ounce) can tomato sauce**
- 1/2 cup ketchup**
- 1 tablespoons mustard**
- 1/2 teaspoon black pepper**

- 1. Heat the oil in a medium skillet and sauté the chopped onions until they are lightly browned. (This gives the Sloppy Joes a smoky flavor!)**
- 2. Place the all-vegetable protein (soy) pre-browned crumbles, tomato sauce, ketchup, mustard and black pepper in the sautéed onions and mix until all ingredients are well combined.**
- 3. Cook over medium heat for approximately 30 minutes, stirring frequently. This will allow the flavors to meld and wonderful aromas fill your home.**

Waldorf Salad (2 servings)

Yogurt makes a quick and easy salad dressing, and it adds extra calcium to your meal. Use a lowfat or nonfat yogurt to keep calories low.

**2 apples, washed, cored and chopped
2 to 4 tablespoons raisins
1 to 2 tablespoons chopped walnuts*
3 to 4 tablespoons vanilla-flavored yogurt
Cinnamon**

(*Toast walnuts if desired.)

Mix apples, raisins and walnuts together with the yogurt. Add cinnamon to taste. Chill in the refrigerator, covered, for about a half hour to allow flavors to blend.

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Vegetarian Taco Salad

An old favorite gets a healthy makeover in this colorful taco salad. The bright red and deep green colors tell you that it's chock full of antioxidant vitamins to help protect you against heart disease and cancer. Black beans boost the fiber content and reduced fat dairy products ensure that the salad stays low in fat. Best of all, time won't be a barrier to good health -- you won't have to search far for the ingredients and it whips together in 15 minutes or less.

**1 cup drained and rinsed canned black beans
1 cup torn romaine lettuce
1/2 cup diced tomato
1/4 cup shredded reduced-fat cheddar cheese
2 tablespoons diced chili peppers
2 tablespoons light sour cream
2 tablespoons chopped fresh cilantro leaves
1/2 cup salsa**

20 low-fat tortilla chips

- 1. Mix all ingredients except salsa and chips in a medium size bowl; toss to mix well.**
- 2. Add salsa and toss again. Serve on bed of tortilla chips.**

Makes 2 servings.