



Expanded Food and Nutrition Education Program

The Market Basket



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Have a Happy and Healthy New Year!

For the new year, make a resolution to choose healthy foods and enjoy an active lifestyle. Making the right choices can help you feel better today and stay healthy for tomorrow.

- ◇ Make smart choices from every food group. Eat a lot of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts in your healthy eating plan. Limit saturated fats, *trans* fats, cholesterol, salt and added sugars.
- ◇ Find your balance between food and physical activity. Be physically active for at least 30 minutes most days of the week. Children and teenagers should be physically active for 60 minutes every day, or most every day.
- ◇ Get the most nutrition out of your calories. Choose foods packed with vitamins, minerals, fiber, and other nutrients but are low in calories. Pick foods like fruits, vegetables, whole grains, and fat-free and low-fat milk and milk products more. Limit foods with added sugars and fats that are high in calories but provide little nutrition.



Foods To Choose!

Eat a variety of fruits: fresh, frozen, canned or dried! These choices are better than fruit juices for most of your fruit choices.

Eat more dark green vegetables, like broccoli and kale; eat more orange vegetables like carrots and sweet potatoes. Don't forget about beans and peas, like pinto beans, kidney beans, and black beans.

Every day, get at least 3 cups of low-fat or fat-free milk or an equal amount of yogurt and/or cheese (1 ½ ounces of cheese equals 1 cup of milk .)

Make half of your grains whole! Check the ingredients list for "whole" grains, such as whole wheat, or whole oats.

Go lean with meats and poultry and cook with little added fat. Bake it, broil it, or grill it!

—Food Safety Quick Tip—

Remember to always to clean hands, food-contact surfaces, fruits, and vegetables to keep your family safe from food borne illness.

To avoid spreading bacteria to other foods, meat and poultry ***SHOULD NOT*** be washed or rinsed.

Healthy Snack: Peanut Butter 'N Fruit-Wich

This is a healthy snack that parents and children can make and enjoy together!

Serving Size: 1 open-faced sandwich

Yield: 1 serving

Ingredients:

- 1 slice whole wheat bread
- 1 tablespoon peanut butter
- 1/4 thinly sliced apple or banana
- 2 Tablespoons sliced or grated carrot (optional)

Instructions:

1. Spread 1 tablespoon peanut butter on bread.
2. Place fruit slices on top.
3. Optional: Top with grated carrot.

Nutrition Facts

Serving Size Entire Recipe (78g)

Amount Per Serving

Calories 182 Calories from Fat 77

% Daily Value*

Total Fat 9g 14%

Saturated Fat 2g 9%

Trans Fat

Cholesterol 0mg 0%

Sodium 200mg 8%

Total Carbohydrate 19g 6%

Dietary Fiber 4g 15%

Sugars 7g

Protein 8g

Vitamin A 13% • Vitamin C 3%

Calcium 4% • Iron 19%

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

NutritionData.com

Note: Instead of whole wheat bread try crunchy graham crackers or roll up the filling in a soft tortilla. Instead of fresh fruit use canned, drained pineapple.

For additional information, please contact your local County Extension Office:

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