



**Expanded Food and  
Nutrition Education  
Program**

### **The Market Basket**



**September/October 2007**

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**ARE YOU A BREAKFAST  
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HAVING A HEALTHIER  
HALLOWEEN  
HEALTHY HALLOWEEN  
RECIPES**

#### **Nutrition Tips:**

**Healthy eating starts with healthy food shopping. You can avoid all the packaged and processed foods in the middle by shopping at the peripheral of the store - where you'll find fresh produce, meat, and dairy**

**Which one has more calories - Juice or Milk?  
Surprisingly, a glass of juice contains more calories than a glass of 1 percent milk. While juice contains mostly sugar and some vitamins, milk has more nutrients such as protein, calcium, potassium and Vitamin D.**

### **Are you a Breakfast Eater?**

**School is back in session and with that in mind It's a good time to review the importance of eating Breakfast and discuss some ideas for a quick healthy Breakfast since our world is such a fast paced society now. Besides the usual that Breakfast provides energy, and nutrients for your body it also helps adults and children do better with their normal daily activities that comes everyday. Breakfast skippers are more apt to want to sleep at their desks and not do much of anything at all.**

**Some easy to fix and healthy breakfast ideas;**

- Ready to eat cereal with milk and fruit;**
- Peanut Butter on whole-wheat toast;**
- Whole-wheat Bagel with cheese;**
- Toasted Waffle with fruit;**
- Combine a soft pretzel, string cheese & fruit;**
- Toss fruit with low-fat milk in a Blender;**
- Breakfast Bar (Read the label);**
- Serve a fruit salad with yogurt dip;**
- Make a Breakfast Burrito (add ingredients That your child loves);**
- Leftover Healthy Pizza (Veggie, low-fat meat);**



## **Stretch your Food Dollars with Beans:**

**Beans or legumes have been an important part of the human diet for thousands of years. They are not only tasty, easy to prepare and inexpensive but are good for your health. There are many benefits of bean consumption;**

**Diabetes: Beans control blood glucose level in diabetics because of their high fiber content and low glycemic index.**

**Heart Disease: Many research studies indicate people who consumed beans**

**at least four times per week, were found to have a 22 percent lower risk of heart disease than individuals who consumed beans less than once per week. This result is contributed to the fact beans contain low saturated fat and no cholesterol.**

**Cancer: According to studies conducted by the U.S Department of Agriculture,**

**richly colored dried beans such as small red beans and red kidney beans give a high degree of antioxidant protection which helps reduce the risk of many cancers.**

**One and one-half cups of beans provide the same amount of iron as three ounces**

**of meat with the exception the iron in beans is harder for our body to digest. It is very easy to improve the absorption of the iron in beans by including vitamin C foods with your meal such as tomatoes, lemon, peppers, spinach, etc. It also is**

**very important to avoid drinking caffeine during the meal if you want to obtain more iron from your food.**

**Some people avoid eating beans because of the intestinal gas they may produce. The reason behind this is our body is missing an enzyme required to break down complex sugar found in beans. The bacteria in our lower intestinal tract break**

**down these sugars, giving off hydrogen and carbon dioxide which forms the intestinal gas.**

**Many solutions can prevent this problem.**

- Soak beans for at least eight hours, replacing the water every few hours; then cook them slowly.**
- Spices like cumin may help reduce gas formation.**
- Consider buying Beano, a product containing an enzyme that helps break down gas-producing substances in beans.**



## **Having a Healthier Halloween for your Children:**

Halloween brings out the kid in all of us. It's fun to get dressed up in a costume and parade around the neighborhood or go to a party. Treats are a part of the fun. However, treats don't have to be sticky, gooey candy

### **Treats to Give:**

When gathering the treats you will offer this year think about some possible low- calorie, low-fat options. Here are some ideas to get you started:

**Cheese and cracker packages**  
**Sugar-free gum**  
**Cheese sticks**  
**Juice box packages**  
**Small packages of nuts or raisins**  
**Package of instant cocoa mix**  
**Peanuts in the shell**

You could also consider giving some non-food treats such as stickers, balloons, crayons, pencils, colored chalk, erasers, whistles, baseball cards, rubber spiders or worms. A friend of mine used to give nickels, in today's economy that may need to be dimes. Make sure children eat a meal or snack before going trick-or-treating so they won't be tempted to dig into their bag of goodies before they get home. When children get home, check the treats and keep only treats which are unopened. Be sure to inspect fruits and homemade goods for anything suspicious. It's better to eat trick-or-treat candy over several days as a substitute for dessert or a few pieces along with a healthy snack.

### **Halloween Party:**

Having a party for your children and a few friends can reduce safety concerns. Some nutritious treats for your party could include popcorn, apples, grapes, bananas, unshelled peanuts, and not-too-sweet cookies.

Kids could help with making the treats like "Pizza Faces." Let kids arrange sliced olives, green peppers, mushrooms, pepperoni, and other things on English muffins brushed with tomato sauce. Top with grated cheese for "hair" and heat in the microwave or oven until the cheese melts.

## Healthy Halloween Recipes:

### **JACK-O-LANTERN PIZZAS;**

Make mini-pizzas from your favorite recipe. Top with shredded cheese and let children make jack-o-lantern faces with bits of cut-up black or green olives. Bake as usual. Or, pat purchased refrigerator biscuits into 4-inch circles and top with pizza sauce, shredded cheese and olive eyes, etc. as described above. Bake on a greased baking sheet in an oven that's been preheated to 350 degrees F. Bake for 12 to 15 minutes or until crust is lightly browned.

### **WITCHES' BREW:**

**Idea One:** Serve orange juice topped with a small scoop of orange sherbet, vanilla frozen yogurt.

**Idea Two:** Serve apple juice topped with a small scoop of orange sherbet, vanilla or vanilla frozen yogurt.

**Idea Three:** Add a few drops of green food coloring to milk. If desired, top with a small scoop of lime sherbet, or vanilla frozen yogurt.

### **Healthy Whole Grain Power Treats:**

**3 cups (half 10-ounce bag) miniature marshmallows**

**1 1/2 Tbsp. unsalted butter, 2 cups puffed whole-grain cereal**

**1/2 cup whole grain flake cereal**

**1/2 cup pecans, chopped, or salted roasted soy nuts**

**1/2 cup raisins**

Coat a 9-inch square baking dish with cooking spray. Line pan with plastic wrap, letting edges hang over sides of pan. Coat plastic with cooking spray. Coat a wooden mixing spoon. In large saucepan over medium heat, cook marshmallows and butter until they are melted and start to color, about 3 minutes, stirring constantly. Take pot off heat. Using coated spatula, stir in two cereals, nuts and raisins until dry ingredients are well coated with marshmallow mixture. Turn mixture into prepared pan. Using wet hands, smooth and press mixture into an even layer. (You can also lightly spray your hands with cooking spray to do this.). Set aside to cool. Cut into Bars or rectangles about the size of a small candy or power bar.



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