



Expanded Food and Nutrition Education Program

The Market Basket



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Why do you need to eat healthy foods?

**For energy to learn, play, and live.
To grow at a healthy rate.**

To help keep your blood sugar or glucose (GLOO-kos) levels in balance—not too high or too low.

To help you lose weight slowly if you need to.

To keep your body working properly.

To help you avoid other health problems caused by diabetes.

HOW DOES FOOD AFFECT YOUR BODY:

Food is the fuel that our bodies use for energy. The three main sources of fuel are Carbohydrates, protein, and fat. The body changes them into glucose for energy or stores them as fat. A car uses gas for energy—we use glucose. Eating a balance of foods that contain carbohydrate, protein and fat each day will help your blood glucose stay in balance and keep your weight where you want it to be.

Aim for good Carbohydrates, (Whole grain foods, Fresh fruits and vegetables from every color of the rainbow)

Choose less of the not so good Carbohydrates, (white bread, white rice, sweetened fruit drinks, sweets and desserts)

Choose lean Protein, (Meat and poultry without the skin or fat, fish, low-fat cheese, and eggs, dried-beans, soy products and nuts)

Choose fats that are good for the heart (low-fat mayonnaise, small portions of salad dressing, nuts, olives, avocados,

Choose less of the not so good fats (butter, stick margarine, regular mayonnaise, potato chips and French fries, meats with fat on them, bacon and lunch meats, cakes, cookies, and pies etc..)

PUTTING IT ALL TOGETHER;

Eat meals and snack about the same time each day.

Try not to skip meals.

Be physically active for at least 60 minutes a day.

Drink more water than soda or juice each day.

Learn more about foods and how much you need to eat each day.

Resolve to be Healthy in 2008:

You don't need to take out a second mortgage to obtain a healthy figure. Here are several hints to help you trim your waistline without slimming your pocketbook;

Step away from the gym! Why be stuck with an expensive, inconvenient membership when your workout can be fun, facile, and free? One great way to get exercise is by walking. Not only does walking burn calories and firm up muscle, it can also help lower your cholesterol, blood pressure, and heart attack risk. Lace up those sneakers and hit the pavement. Park farther from the door, get off the bus one stop early, or walk the dog an extra block

Kids are natural athletes, so take their cue. Join them for an afternoon of soccer or softball. Hold a race on the lawn to see who's the rotten egg. Remember Red Rover, Freeze Tag, or Red Light, Green Light? Recall some of your favorite childhood games and share them with your brood. Not only

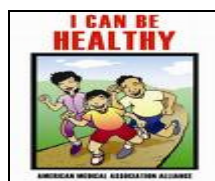
Visit the library, which is a treasure-trove of workout videos. Pick up a new one each week to keep your routine from getting stale. If weights are required, simply fill bottles with water or sand. And don't forget good old-fashioned weight bearing exercises like sit-ups, pull-ups, and push-ups.

We really don't need prepackaged diet foods! The healthiest foods can be the most affordable. Buy fruits and veggies when they're in season and save a bundle. Don't be afraid to try new produce either; you might find a new favorite. For off-season goods, look no further than the frozen food and canned good aisles. Just remember to shy away from those prepared with buttery sauces or heavy syrups. Stay as close to nature as possible.

Watch for sales on lean meats. When you see them, stock up. Family packs will often mean big savings as well. Divide them. If you have freezer space, buy an extra turkey to enjoy in the spring and pick up additional lean steaks when your grocer has Fourth of July specials.

Think outside the supermarket. Farmer's markets offer a heap of fresh produce at a fraction of the store's price. Watch for pick-your-own signs at local farms to reap savings and benefit from the exercise, too! Bread thrift outlets are sure to have healthful offerings. Dollar stores frequently carry breads and cereals as well. Be sure to look for "whole grain" on the label or you may end up with mere white bread colored to look like wheat. Bread freezes well, also.

Kick the can! Research now shows that diet soda drinkers. actually tend to gain weight. So make the can of cola an occasional treat and stick to water. A tall glass of ice water with a slice of lemon or wedge of lime provides a refreshing thirst-quencher at pennies a pop. Drinking cold water can actually speed your metabolism, and a cool mug-full can stave off the appetite It can help rid your body of toxins and stored fat, relieve fluid retention, and maintain muscle tone



Healthy on the Go:

Dining out has become a part of our fast-paced lifestyle, controlling what you eat is easier at home but you can eat out and enjoy delicious fast-food meals that are lower in calories, fat, and cholesterol by planning ahead. When ordering food don't be afraid to ask how it is prepared including what the standard condiments are that go with the item. Simple requests such as substituting mustard for mayonnaise or deletion of cheese can turn a not so good choice into a healthier one.

As a general rule of thumb, kids meals are better choices than regular meals. Kids meals tend to be smaller portion sizes and offer better choices of healthier side items. When it comes to Breakfast items, dry cereal, skim milk, and low-fat yogurt are good choices. Plan pancakes and scrambled eggs are also healthier choices when compared to donuts, biscuits and gravy, and giant breakfast sandwiches

In general, sandwiches prepared with fish, chicken or lean roast beef will be the lowest in calories and fat. Look for words like “grilled, baked, or broiled. Small or regular hamburgers that have no cheese or sauce are good choices also. Adding lettuce, tomato and onion and pickles makes it look bigger without all the additional calories. If available choose buns made with whole grains.

An occasional side serving of French fries can be part of a healthful diet but choose the smallest side portion which will give you 250 calories and 13 gms, of Fat. This is less than half the calories of a regular size order.

Salads sound healthful but watch out, they can be hiding high fat and calorie laden items. Most salad dressing packets offered at fast food restaurants contain 2 ounces of dressing (that's 4 tablespoons) and if it's the full fat version it will add 200-300 extra calories to your salad. If you add bacon bits, nuts, crispy rice noodles, croutons, and or sunflower seeds use them sparingly as they can add a lot more calories than you were planning on eating.

Baked Potatoes are a good choice if you top the potato with Vegetables and not cheese, butter or sour cream.

Watch out for the Beverages at fast-food places, a regular cola (32 ounces) can set you back 310 calories not to mention how much sugar is in the item. What nutritional value does a drink like this have? Stick to water, low-fat milk or non-sweet tea.

Avoid all you can eat buffets, this is an invitation to overeat for sure. Order instead the food to go and bring it home, studies have shown people eat less at home than at an establishment away from home.

These are just a few tips on ways to eat healthier on the road. Just remember you can get around the fast food places if you know what to ask and what to order.

Recipes:

Banana Nut Oatmeal

1 cup water

1/2 cup old fashioned oats

1/4 tsp. cinnamon

1 banana, peeled and chopped up

1 tsp. chopped pecans

1/2 cup skim milk

Bring water, oats, and cinnamon to a boil in a saucepan over high heat. Reduce heat to low and continue to cook 4-5 minutes, stirring constantly until oatmeal reaches desired consistency. Remove from heat. Stir in chopped bananas, cover and sit for 5 minutes before serving. Serve with chopped pecans and skim milk. Serves 1.



Chicken Slaw

1 cup cubed cooked chicken

1 cup coleslaw mix (grated carrots and cabbage)

1 celery rib chopped

1 diced hard cooked egg

2 tablespoons of salad dressing

1-1/2 tablespoons low-fat milk

1-1/2 tablespoons of lemon juice

1/2 teaspoon of brown sugar

Dash of celery salt & dash of paprika

In a small bowl, combine the cooked chicken, coleslaw mix, celery, and egg. In another bowl combine the salad dressing, milk, lemon juice, sugar and celery salt. Pour over chicken mixture and toss to coat. Sprinkle with paprika. Refrigerate until serving. Serves 2.



* Can also be made with leftover turkey, canned tuna, or salmon in place of the chicken.



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