



Expanded Food and
Nutrition Education
Program

The Market Basket



May/June 2008

INSIDE THIS ISSUE:

Questions

Get Nutty for Nut Nutrition

June is "Dairy Month"

Recipes for
Mother's Day

Questions:

My children are picky
About what they eat, what
can I do?

The Key is to involve your
children in meal plan-
ning, shopping, prepar-
ing and serving meals.
Serve children a variety
of foods with different
textures,
flavors & aromas. Talk
about the different foods
on their plate and how it
helps their bodies to grow
& stay healthy. You can
also give each food a spe-
cial name or read a book
before eating the food.

Questions? Comments?

SEND EMAIL

To: j6256@ufl.edu

Dear Friends:

I hope you are all enjoying our great Florida weather.
Summer will be here before you know it. June is "Dairy
Month" so eat and drink up, it's good for your bones! I hope
You all have a great Summer Vacation and Moms enjoy your
"Mother's Day".

Enjoy!

Joyce Tompkins

Expanded Foods & Nutrition Education Program
Polk County Ext. Service/University of Florida IFAS
(863)519-8677 x114



Get Nutty for Nut Nutrition:

What's in a Nut?. Hum let's see, lots of good things!
Protein, Fiber, some vitamins & minerals in varying
amounts and fat but the good news is that it is a good
fat (Mono-Unsaturated fats) which means that they are
good for your heart and nuts do not contain
cholesterol.

If your watching your salt then the way to go is
definitely unsalted. Because they do contain fat and
therefore high in calories it's a good idea to eat them
In moderation, as a general rule of thumb, about a
palm full a day is a good amount to eat. The high fiber
content of nuts also helps reduce the risk of colon
cancer.

What's making the big news is that is nuts are a great
resource for anti-oxidants, and phyto-chemicals.
Though more research is needed to full understand the
Importance of phyto-chemicals in good health, they're
thought to help in reducing the risk of chronic diseases
such as cancer and heart disease. Keep in mind that
you can use nuts in a variety of ways;

Sprinkle them on cereal, yogurt, salads,
soups, pasta, casseroles and vegetables. To
increase flavor you may consider roasting





June is Dairy Month:

Eating three servings a day of dairy foods, in addition to regular physical activity, is an important way for the whole family to build stronger bones and reduce risk of osteoporosis. Nutrients in dairy foods including calcium, magnesium, phosphorus, potassium, protein and vitamin D work together to help build and protect bones. In fact, a report from the American Academy of Pediatrics states that eating calcium-rich foods such as **milk, cheese and yogurt** during childhood and adolescence will help build strong bones, which may reduce the risk of fractures and osteoporosis later in life.

Ideas for getting Dairy Foods in each meal:

Breakfast:

Combine 1 cup of low-fat milk or yogurt, fruit and ice cubes in a blender for a delicious smoothie
Prepare hot cereal with low-fat or fat-free milk instead of water or top pancakes with 6-8 ounces of yogurt and fruit instead of syrup
Add your favorite cereal to yogurt for a quick, on-the-go breakfast



Lunch:

Prepare chicken noodle soup using 1 cup of low-fat milk instead of water for a creamy, hearty meal
Add freshly shredded Mozzarella or Monterey Jack cheese to salads or stir flavored low-fat yogurt into fruit salads
Serve low-fat or fat-free flavored yogurt as a dip for cut-up fruit



Dinner:

Top spaghetti and marinara sauce with 1 ounce of shredded part-skim Mozzarella cheese
Mix 1 cup of plain yogurt with taco seasoning or ranch dressing mix for a delicious vegetable dip
Serve ice-cold low-fat or fat-free milk instead of soda (It's a great choice for the whole family!)



Snacks:

Mix 1 cup of plain yogurt with yellow or Dijon mustard for dipping pretzels and vegetables
Toss 2 tablespoons of freshly grated Parmesan cheese with fat-free microwave popcorn





Recipes for Mother's Day:



Strawberry French Toast

Let Mom sleep in on Mother's Day and help Dad with this easy delicious Breakfast Recipes.

Makes 8 servings:

8 slices of French toast (extra thick Texas toast bread)

5 eggs

3/4 cup low-fat milk

1 teaspoon vanilla extract

5 cups loose pack of frozen or fresh strawberries

2 cups sugar

1/2 teaspoon of cinnamon



Combine eggs, milk & vanilla. Dip each slice of bread into egg mix for about 30 Seconds on each side. Place bread slices on a baking sheet and let stand for about 10 minutes to absorb the eggs.

Grease a 13x9x2 glass baking dish. Spread the strawberries evenly throughout the bottom of the dish. In a small bowl, combine the sugar and cinnamon and sprinkle about 1/2 this mixture over the berries. Using a spatula place the bread on top of the strawberries. Sprinkle the remaining mixture on top of the bread slices. Bake at 450 degrees for about 15 min. or until bread is golden.

When serving ladle some of the strawberries and syrup over top of the bread. Top with a little low fat whipped topping if you like.



Strawberry Smoothie

1 1/2 cups of strawberries

1 sliced frozen ripe banana

1 cup Apple Juice

Optional; 1 1/2 cup frozen vanilla yogurt



Peel and slice the Banana if you haven't already done so. Put the remaining Ingredients into the Blender with Dads help. Blend and pour into a glass for Mom, if you want some as well double or triple the recipe. Mom will love it!

Mother's Day Fruit Salad:

Ingredients:

1 can prepared lemon pie filling
12 oz. frozen low fat whipped topping, thawed
1 - 15 oz. can tropical fruit salad, in its own juice, drained
1 - 15 oz. can pineapple tidbits, in its own juice, drained
2 - 11 oz. cans mandarin oranges, in its own juice, drained
2 cups fresh strawberries



Instructions:

Mix lemon pie filling and whipped topping together in a large bowl. Add fruit to mixture and chill in refrigerator from 4 hours to overnight. When ready to serve, top with fresh strawberries or fruit of your choice and whipped topping. Servings: 8 YUM!



Joyce Tompkins
Polk County Extension Service
1702 Hwy 17-south
PO Box 9005, Drawer HS03
Bartow, Florida 33831-9005
(863)519-8677 X114



In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.