



## Expanded Food and Nutrition Education Program

## The Market Basket



March/April 2009

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### Questions:

**Q. What is a healthy diet?**

**A.** A “healthy diet” is one that provides enough of each essential nutrient, contains a variety of foods from all of the basic food groups, provides adequate energy to maintain a healthy weight, and does not contain excess fat, sugar, salt or alcohol. The consumer pamphlet, [Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans](#) provides guidelines that help promote health, and reduce the risk of chronic disease such as diabetes, cancer, and osteoporosis. Additional information on the Dietary Guidelines is available on the [HealthierUS.gov](http://HealthierUS.gov) [Dietary Guidelines for Americans 2005](#) webpage.

Dear Friends:



I hope this newsletter finds everyone doing well. Here we are again, its March & that means Nutrition Month, take the short quiz below & see how you score. Answers will be in the next issue out (May/June issue). It seems the economy is affecting everyone so I have added an article on Grocery Cart Makeovers in this newsletter . My classes are now including a lot on using coupons to get the most savings, I will be devoting more about them in a future issue. Easter food safety is something to always keep in mind so be sure to look over that article in this newsletter as well. Happy Easter!

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### **National Nutrition Month Quiz:**

According to consumer research, which factor tops nutrition as the number one reason why consumers buy one food over another?

- a. Packaging
- b. Preparation time
- c. Taste
- d. Cost

In addition to walnuts, which of the following is another rich source of omega-3 fatty acids?

- a. Peanuts
- b. Flaxseed
- c. Apple
- d. Broccoli

With thousands of food items to choose from at the supermarket, most Americans regularly consume a wide variety of foods.

True or False?

Americans tend to underestimate the amount of food they eat by what percent?

- a. 25 percent
- b. 40 percent
- c. 50 percent
- d. 75 percent

## Grocery Cart Makeover:



You enter the grocery store with the best of intentions: to buy healthy foods for yourself and your family. But it's easy to go through on autopilot--buying the same things over and over even when you suspect (or know) that your choices aren't good for you.

### Head straight to produce:

This should be stop number one if you want to serve healthier foods for your family. Fruits and vegetables fill you up with few calories." It will take a little digging, but adding these foods in meals exp; omelets, meatloaf, casseroles, as snacks, or grilled as a side dish. Go easy on high-cal avocados, due to the fat content even though it's a healthy fat. "One-eighth--or two slices--is a serving."

### Trim fat at the meat counter:

Pass on rib eyes and pick up much-leaner tenderloin fillets or flank steak. Kids love chicken made with Shake 'n Bake; if you remove the skin before cooking, you'll save over 4 g of fat and about 50 calories.

### Trade white for wheat:

For Kids you don't like wheat bread try Wonder's version, which looks white but is actually whole grain. "Kids won't know the difference." The whole grain is healthier, and the fiber will help you feel fuller longer. Whatever brand you buy, check the label: "Avoid those with more than 15 to 20 g of sugar or 200 calories per serving,".

Skip "diet" snacks: Peanut butter fat is actually heart healthy. If your family likes desserts, buy the low-fat versions for yourself if your watching your weight their less satisfying texture and taste may encourage munching. You may also want to try curbing cravings with fruit or small portions of the real thing (like one fresh bakery cookie).

### Your 4-Step Strategic Grocery Shopping Plan:

Whatever your diet goal—be it weight loss, having more energy, eating more nutrients, or keeping your heart healthy—follow these grocery shopping tips;

1. Fuel up before you go, Hunger is the number one reason women buy food they know they shouldn't. Have a 100- to 200-calorie snack containing some fat, protein, and carbohydrates about 30 minutes before you hit the store. A good choice: crackers with peanut butter and a piece of fruit.
2. Load good foods first, The initial items you put in your shopping cart should be those that meet your main dietary goals—that way if you run out of time or get impatient and leave quickly, you'll already have what you need most in your cart and ready for checkout. If your goal is fast, healthy dinners, pick up the ingredients for a stir-fry before moving on to cereals.
3. Always do quick labels check, Taking 5 seconds to read the nutrition information can save you hundreds of calories and dozens of grams of fat, Even if you've purchased it in the past, ingredients change, so it never hurts to look.
4. Shop for snacks last, If your cart is full, you'll be less likely to buy a half dozen varieties. And look for portion-controlled snacks in 100-calorie packs.

## Easter Egg Safety:

### Preparing

Keep fresh eggs refrigerated in the original carton until it's time to cook them. Eggs are a high protein food and are prone to rapid growth of the disease-causing bacteria, salmonella. Do not handle eggs excessively and wash your hands thoroughly when you do handle them. The shell of an egg is very porous and will permit bacteria to penetrate.

### Cooking

Place eggs in a single layer in a saucepan. Add enough water to cover the eggs by one inch. Cover the pan and bring the water to a boil. Remove the pan from heat and let sit, covered, 15 minutes for large eggs, 13 minutes for medium eggs and 10 minutes for small eggs. Run cold water over the eggs until they are completely cool. Boiled eggs should be refrigerated and eaten within a week.

### Coloring

If you plan to eat the dyed eggs, color them in water that is warmer than the eggs mixed with food coloring or food-grade egg dyes. Refrigerate colored eggs in the carton immediately after coloring them. Empty eggshells can be dyed and kept indefinitely. The contents can be used in any recipe that calls for mixed yolks and whites that will be cooked thoroughly. First, wash and dry the egg. Next, use a long needle to make a small hole at the small end of the egg and a large hole at the large end of the egg. Stick the needle deep into the egg to break the yolk. Empty the egg by shaking it, large end down, over a bowl or by using a baster to pull out the contents. Rinse the shell and stand it on end to dry.

### Peeling

Older eggs peel easier. So purchase your eggs for dyeing at least one week ahead, Research indicates that 2 to 4 tablespoons of salt per gallon of cooking water makes eggs easier to peel. This works best on un-oiled eggs. Eggs sold commercially have been oiled.

### Eating

Don't hide the same eggs you plan to eat. Plan to hide plastic eggs and decorate hard-boiled eggs for eating only! Don't eat cracked eggs or eggs that have been out of the refrigerator longer than two hours.



## Budget Recipes for Easter:

### Healthy Mustard Greens Soup Recipe

#### INGREDIENTS:

- 2 cloves chopped garlic
- 1 tsp chopped ginger
- 1 medium onion, chopped
- 2 tbsp olive oil
- 1 pkg. of mustard greens
- 2 cups prepared garbanzo beans
- 1 medium tomato
- 2 cups vegetable broth
- 1 cup water
- 1 tbsp peanut butter

1 TSP SOY SAUCE

#### DIRECTIONS

1. Sauté onions, garlic and ginger in oil over medium heat in soup pot
  2. Add greens, tomato, and beans and cook for 2-3 minutes
  3. Add soy sauce and stir in thoroughly
  4. Add broth, water and peanut butter and bring to boil
  5. Cover and simmer for 15 minutes
- Add salt, pepper and chili to taste

### Savory Potatoes

1 med. onion, chopped (1/2 c.)  
1 sm. garlic clove, crushed with 2 tbs. olive oil  
3/4 c. chopped parsley with freshly ground black pepper  
1 c. chicken broth  
6 med. potatoes

Sauté onion and garlic in olive oil until soft. Stir in parsley, pepper and broth. Remove from heat. Pare and thinly slice the potatoes. Layer the slices in broth in the skillet. Bring to a boil. Reduce heat, cover and simmer until potatoes are tender, about 20 min. With a slotted spoon, lift potatoes into a heated serving dish and pour cooking liquid over them. 8 servings.



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