



Expanded Food and Nutrition Education Program

The Market Basket



May/June 2009

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5 QUICK & HEALTHY FOODS TO
HAVE IN YOUR PANTRY

MAY IS NATIONAL HIGH BLOOD
PRESSURE MONTH

RECIPES

Questions:

Q. How can I help my child eat more fruits & Vegetables?

A. Eat Together;
Let your child see you enjoying fruits & Vegetables at meals & snacks.

Show your child how whole fruit is a great snack to eat at the park or in the shopping mall, put them in your bag to bring for a quick snack. Try new fruits & Vegetables together. Teach your child how to tear lettuce or add vegetable toppings to pizza.

Dear Friends:

I hope this newsletter finds everyone doing well. Its almost time for School Vacation so enjoy your time off for all you Teachers & Students. Last month we had a Nutrition Quiz (see below) this issue has the answers-(Highlighted in red) so check your answers from the previous issue. Be sure to be nice to all those Moms out there as Mother's Day is May 10th! Til next issue;

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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

5 Quick & Healthy Foods to Keep in your Pantry:



Keeping a well-stocked pantry is the best way to ensure you'll get healthy meals at home on days you don't feel like cooking from scratch. Instead of stocking your pantry and freezer with boxed macaroni & cheese, instant ramen noodles, and frozen TV dinners, stock up on some easy-to-prepare - yet healthy - staples in your home.

Canned Tomatoes:

Are canned foods inferior? Not necessarily, and certainly not in the case of the tomato. Research shows that [lycopene](#), a potent prostate-health-friendly antioxidant, is better absorbed by the body when tomatoes are processed. That's because lycopene is bound to the tomato's cell structure, so food processing facilitates the release of lycopene. We like crushed tomatoes because they have a texture that's a nice compromise between diced tomatoes and tomato sauce, so they're perfect to be used as pasta sauce for dinner pasta or salsa for the movie nights.

Trans-Fat Free Microwave Popcorn:

This fun and healthy munchie snack is one of our favorite staples for any party occasion! A standard three-cup serving of air-popped popcorn contains just 93 calories and less than 1.5 grams of fat. This low-calories snack is considered [whole grain](#), so it has some valuable [antioxidants](#) not found in fruits and vegetables. Microwave popcorn, however, is often sprayed with too much oil - including [trans-fat-laden](#) hydrogenated oil. Choose one that is low in fat and trans-fat free, like Orville Redenbacher's Organic Smart Pop Butter popcorn. Unfortunately, FDA labeling standards allow manufacturers to claim 0 grams when food actually contains 0.5 grams or less of trans fat per serving. So check the label and make sure that it does not contain any hydrogenated oil on the ingredient list.

Whole-Wheat Frozen Waffles:

You may already have a box or two of [breakfast cereal](#) in your pantry, so this time we opt to recommend a hot breakfast alternative that is easy to prepare. There are many frozen waffles out there, but there aren't many that are made with nutrient-packed [whole wheat](#) flour. Nature's Path whole-wheat Optimum Power Waffles do, and they also contain extra beneficial ingredients such as heart-smart [soy protein](#) and [flaxseed](#). Not only are these waffles trans-fat free, they're also dairy- and egg-free - so they're a healthy breakfast/snack option for the vegan diet.

Whole-Grain Crackers:

You may wonder why we're including yet another whole-grain product on the list. The answer is simple. Not many of us eat wild rice, bulgar, quinoa and whole wheat pasta every day. It's simply easier to eat whole-grain snacks in order to help reach the [recommended 3 daily servings of whole grains](#). We are happy that food manufacturers have introduced a variety of whole-grain crackers in the past 2 years. We particularly like the Original Triscuit for its incredibly short and simple ingredient list (only 4 ingredients compared to some that have 8 - 10 lines of small-printed ingredients). Make it a healthy snack by dressing these crackers with some [protein](#) such as peanut butter, hummus, or low-fat cheese!

Frozen Vegetables:

[Frozen vegetables](#) are no less nutritious than fresh vegetables. Within hours of being picked, they are blanched or steamed and then frozen. Indeed, in 1998, the FDA confirmed that frozen produce provides the same essential nutrients and health benefits as fresh. Over the years, frozen vegetables have evolved far beyond the boring diced carrots, green peas, and corn niblets. Spend some time in the frozen produce aisle and check out the various options of boxed and bagged frozen vegetables. Some of them - like Green Giant boxed Szechuan Vegetables - even come packaged with sauce, so it's easy to make tasty, healthy meals in minutes.

May is “National High Blood Pressure” Month

A healthy lifestyle helps to prevent high blood pressure. These are some healthy lifestyle habits that can help you prevent and control high blood pressure:

maintaining a healthy weight
being physically active
following a healthy eating plan
choosing and preparing foods with less salt and sodium



If you drink alcoholic beverages, do so in moderation and limit alcohol intake. Some people should not have alcohol at all, including pregnant or lactating, underage, or people who have problems.

Most of us take in more salt and sodium than we need. The current recommendation is that the amount that we take in should be less than 2,400 milligrams a day. This means that the total amount of sodium in our daily food should be less than the equivalent of one teaspoon of table salt. For those who have high blood pressure, the doctor may advise you to eat even less salt and sodium. So what can you do to reduce the salt and sodium in your diet? You can follow these tips for shopping, preparing and serving healthy meals and snacks:

- Learn to read the food label. Look at the serving size. Consider the milligrams of sodium and the percent daily value. Think about the amount that you will usually use. Is it more or less than the serving size given on the package? Can this food fit into your healthy eating plan?

When you shop for food, choose the types and amounts of foods that will help you manage the amount of sodium in your healthy eating plan. • Buy fresh vegetables or when you buy frozen or canned vegetables, choose the plain ones and choose those that have no added salt.

- Choose fresh poultry, fish, and lean meat, instead of canned or processed types.
- Choose herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Buy less instant or flavored rice, pasta, and cereal mixes. These usually have more sodium and salt. When you cut back on these you could also have another bonus.

That is you will probably save money on your grocery bill, because these products often cost more than the plain versions. • Choose less frozen dinners, pizzas, packaged mixes, canned soups or broths, and salad dressings. These foods often have a lot of sodium.

- When you do choose convenience foods, choose those that are lower in sodium.
- When available, buy low- or reduced-sodium, or no salt added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium. When you prepare and serve foods, try these steps for meals with less salt and sodium: • Use less salt at the table and in cooking.

Cook rice, pasta, and hot cereals without adding salt. • Cook with low-salt ingredients; Use more spices and herbs. • Try salt-free blends of spices and herbs in cooking and at the table. • Rinse salt from canned foods. For example, you can rinse canned tuna to remove some sodium.

- Use fewer sauces, mixes, and instant products.
- Limit smoked, cured, or processed beef, pork, or poultry.



Recipes:

Banana-Split Oatmeal;

1/3 cup dry oatmeal

1/8 t. salt

3/4 c. hot water

1/2 sliced banana

1/2 c frozen yogurt, non-fat

In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.

2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute.

Stir again. 3. Microwave an additional 30-60 seconds on high power until the cereal reaches the

desired thickness. Stir again. 4. Top with banana slices and frozen yogurt. TIP: The banana split

oatmeal can also be a snack by itself.



Bean Enchiladas;

3 1/2 cups cooked pinto beans or 2-15 ounce low sodium cans

1/2 cup cheese, reduced fat Monterey Jack

1 Tablespoon chili powder

8 - 6 inch flour tortillas salsa (optional)



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1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.

2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm. 3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture. 4. Roll tortillas to enclose mixture. 5. Spray a 9"x13" baking dish with non-stick cooking spray 6. Place enchiladas, seam side down, into baking dish. 7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through. 8. Serve warm with salsa.



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