



Expanded Food and
Nutrition Education
Program

The Market Basket



Jan/Feb 2010

INSIDE THIS ISSUE: QUIZ:

KEEP YOUR RESOLUTIONS
HEALTHY THIS YEAR

FEBRUARY IS NATIONAL
SWEET
POTATO MONTH

Nutrition Quiz:

(Answers next issue)

This food group is our
body's best source of en-
ergy?

- A. Meat Group
- B. fats, oils and sweets
- C. breads and cereals
- D. milk and cheese

Which of these is NOT
considered a nutrient?

- A. vitamins
- B. minerals
- C. fiber
- D. fats

Which of these is added to the
food label because people
sometimes don't eat ENOUGH
of this?

- A. fat
- B. calcium
- C. sodium
- D. cholesterol

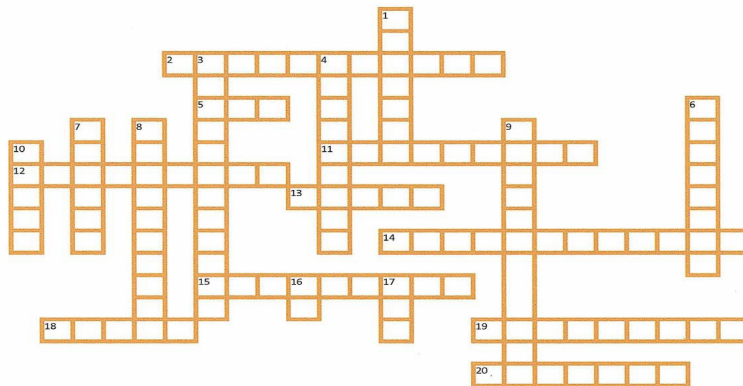
Dear Friends:

I hope you had a wonderful Christmas & New Years!
Everybody thinks about Resolutions this time of year so I've
included some Healthy ones to start off the New Year just
Right, check them out on pages 2&3. Sweet Potatoes are a
nutritious food to add to any meal, in this issue we are going
to discuss this Good for you vegetable and share some
recipes. Have a good Winter.

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ACROSS

- 2 The official vegetable of North Carolina
- 5 Management practice that uses pests against each other
- 11 When selecting this, a farmer should consider skin and flesh color
- 12 This variety of sweet potatoes is copper skinned and has orange flesh
- 13 Naturally occurring in sweet potatoes, this helps keep the digestive tract healthy
- 14 Sweet potatoes are chock full of this cancer fighting nutrient
- 15 Farmers apply this to their crops to help control weeds
- 18 This kind of soil always produces the best shaped and best looking sweet potatoes
- 19 This vitamin is an antioxidant and is good for your eyes
- 20 Small sweet potatoes separated out are used for this

DOWN

- 1 Sweet potatoes are virtually ... This means they won't make you gain a lot of weight
- 3 This variety of sweet potatoes is pink-skinned with cream colored flesh
- 4 This nutrient aids in muscle contraction and helps control blood pressure
- 6 This vitamin helps maintain healthy teeth and gums. It also helps in the absorption of iron
- 7 Process which heals cuts, bruises and skinned areas of sweet potatoes
- 8 Early maturing variety of sweet potatoes with red skin and orange flesh. It accounts for 60% of commercial acreage planted in NC
- 9 State that is the number one producer of sweet potatoes
- 10 Over half of the sweet potatoes grown in North Carolina are sold to this kind of store
- 16 This vitamin supports more body functions than any other vitamin
- 17 Helps move oxygen to all body cells

Down Answers: 1-Fat free; 2-sweet potatoes; 3-White Delight; 4-Potassium; 5-IPM; 6-Vitamin C; 7-Iron; 8-Beauregard; 9-North Carolina; 10-Chain; 11-Bea; 12-Red; 13-Fiber; 14-Beta Carotene; 15-Herbicide; 16-Sandy; 17-Vitamin A; 18-Cannin

KEEP YOUR RESOLUTIONS HEALTHY THIS YEAR!

Most of us vow to make resolutions each year and then break them almost instantly. The focus of this newsletter is to remind us to make Healthy Resolutions that can be kept. It's time to reflect on the changes we want, or often need, yet not to try everything at once. There's a temptation to list everything we've ever wanted to change about ourselves once the clock strikes midnight. You'll have better luck fulfilling one or two goals than you will with a list of many. You can always add new goals to your list later. Start with one thing at a time on a path to healthy living. The goal is to eat healthy and stay healthy for a lifetime. Begin each day by reminding yourself of your goal. Log your eating and your level of exercise daily. Make a list of everything that can get in the way of reaching your healthy living goal. Remember that we are not perfect and there will be relapses. We must prepare for those in advance as well so that we can regroup as quickly as possible.



HEALTHY SUBSTITUTIONS:

This year, make some simple recipe changes for healthier eating. We all have read numerous recipes that call for ingredients that we try not to keep in the house due to high calorie or fat content. We search for the substitution list and often can't locate one. Below is a handy one to keep in your kitchen

Instead of...	Try...
Whole Milk	Fat-free or 1% milk
Evaporated milk	Evaporated skim milk
Sour cream	Plain yogurt or low-fat sour cream
Heavy cream	Evaporated skim milk
Butter to grease pans	Non-stick cooking spray
Eggs	Egg whites
Ground Beef	Turkey ground meat
Half-and-half	Evaporated skim milk
Buttermilk	Nonfat yogurt
1/2 c oil for marinades and salad dressings	1/2 c. defatted chicken broth or 1/2 c. unsweetened juice
2 tbsp oil for sautéing	2 tbsp defatted broth, water, or pineapple juice

Continued on next page;

TIPS FOR DAILY HEALTHY EATING

Just a reminder – don't try everything at once. Review the list below and incorporate them into your lifestyle slowly by adding one each time you accomplish a goal. Follow the "My Pyramid", & choosing the recommended number of serving from all five groups.

Choose only lean meat or the white meat of poultry.

Eat fish twice a week.

Change your methods of cooking. Choose lean cooking techniques such as broiling, grilling, pan-broiling, poaching, or roasting.

Remember to roast and broil meats on a rack so fat drips away during cooking.

Discard drippings instead of making them into gravy.

Trim off fat from meat before cooking. Kitchen shears are great for this job.

Take off poultry skin before cooking.

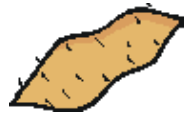
Visit a farmers market to buy fresh produce. You can even talk with the Grower to learn how to prepare your purchases.

Drink plenty of water. Not only is this healthy eating, but also it is great for your skin especially in the cooler weather. You can find additional sources of water in some common food such as lettuce, carrots, yogurt, grapefruit, and watermelon.

Choose only low-fat milk, or skim milk.

Use only monounsaturated or polyunsaturated oils.

Avoid eating in front of the television. This causes overeating.



February is National Sweet Potato Month;

Did you know that:

Sweet potatoes have four times the US Recommended Daily Allowance (USRDA) for beta-carotene when eaten with the skin on.

Sweet potatoes are a great source of vitamin E, and they are virtually fat free.

Just two thirds of a cup of sweet potatoes provides 100% of the USRDA for Vitamin E, without the unwanted fat.

Sweet potatoes provide many other essential nutrients including Vitamin B6, potassium and iron.

Sweet potatoes are a good source of dietary fiber which helps to promote a healthy digestive tract.

Creative Ways to Use Sweet Potatoes:

Try a slaw made with sweet potatoes. Substitute sweet potatoes for cabbage in your favorite 'Cole slaw' recipe. Try mashed sweet potatoes instead of pumpkin pie in your favorite holiday pie. Once you try it you'll be hooked. Sweet potato sticks cook quickly; they can be blended with chicken or beef in a fajita mixture. Sauté thin strips of sweet potatoes with peppers, garlic and chili powder to serve with enchiladas

Recipes:

Orange Glazed Sweet Potatoes

2 teaspoons grated orange rind 1/4 cup firmly packed brown sugar
3 tablespoons melted butter Pinch of salt
1/4 cup granulated sugar 6 medium sized sweet potatoes
1 cup orange juice peeled, boiled, cut in 1-inch cubes
1 tablespoon cornstarch

Preheat oven to 325 degrees F. In a medium sized saucepan, over medium heat, combine all the ingredients except the potatoes. Heat for 6 to 8 minutes until hot and slightly thickened. Place the potatoes in a greased 8-inch square glass baking dish and pour the orange juice mixture over them. Cover and bake 30 minutes, basting occasionally. Serves 6-8.

Sweet Potato Pancakes

1 1/3 cups light soy milk 1/2 cup whole wheat flour
2 teaspoons lemon juice 1/2 cup all purpose flour
1/2 cup quick oats 1 teaspoon baking powder
1 tablespoon Egg Replacer 1/2 teaspoon baking soda
1/2 teaspoon oil 1/2 teaspoon cinnamon
1 tablespoon maple syrup or honey 1/4 cup water
1/2 cup cooked sweet potatoes, pureed

In a large bowl, combine one cup soy milk and lemon juice. Add to oats and let stand for 15 minutes to soften. Whisk together egg replacer, oil and maple syrup.

Add mixture to pureed sweet potatoes and remaining 1/3 cup soy milk and softened oats. In a small bowl, combine flour, baking powder, baking soda and

cinnamon. Add to oat mixture. Add more soy milk if batter is too thick. Add water as needed if too thin. Lightly oil a griddle and preheat over medium heat. For each pancake, pour about 1/4 cup of batter on to griddle. When surface of



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