



THE MARKET BASKET

May/June 2010



Expanded Food and Nutrition Education Program



Hi Friends:

I now have a “Blog”; to follow it look On our Website & click on EFNEP in the column on the left, the blog is in the middle column (click on Polk County EFNEP) or you can go on The Ledger’s Polk Voice online edition & the blog is listed in the right hand column under blogs. Well Summer is here, “Happy Mother’s Day” to all you Mothers out there. This issue has “Eating out tips, a review on the “grain group” & why Fitness is so important. Til’ next issue...

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Fitness For Your Better Health

There is just no way to get around it: physical activity is good for you! Regular physical activity that is performed three to five days a week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. Regular physical activity improves health in the following ways:



Reduces the risk of dying prematurely
Reduces the risk of dying from heart disease
Reduces the risk of developing diabetes or high blood pressure.



Helps control weight and appetite
Helps build and maintain healthy bones, muscles, and joints
Helps improve balance in older adults
Promotes psychological well-being.

Helps reduce blood pressure in people who have high blood pressure
Reduces the risk of developing colon cancer
Reduces feelings of depression and anxiety
Physical activity doesn't need to be strenuous to provide health benefits. People who are inactive or sedentary can significantly improve their health by everyday, moderate activity. Any activities that makes your heart beat faster, equivalent to brisk walking, are considered moderate. For the best health benefits activities should be done 30 minutes or more most days (at least 5 times a week). Here are some activities that are moderate:

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|----------------------------|------------------------------|-------------------------------|
| <i>Raking leaves</i> | <i>Digging in the garden</i> | <i>Waxing the car</i> |
| <i>Walking the dog</i> | <i>Mowing the lawn</i> | <i>Mopping</i> |
| <i>floorsDancing</i> | <i>Pushing a stroller</i> | <i>Washing Windows</i> |
| <i>Swimming</i> | <i>Hiking</i> | <i>Riding a bike</i> |
| <i>Energetic vacuuming</i> | <i>Making Beds</i> | <i>Playing with your kids</i> |



Eating Out Tips . .



Eating out has become a way of life for many. In 1977-78, Americans ate 16% of their meals and snacks away from home. This figure rose to 27% in 1995. Eating out means eating meals at restaurants and cafeterias as well as the food from “drive-through” restaurants, convenience stores, and vending machines. If you eat out one meal (breakfast, lunch or dinner) everyday or several times a week, you will need to watch your food choices carefully.

Foods Eaten Away From Home

Portion sizes at restaurants may be larger than what you would eat at home.

Foods often have more fat, sugar and sodium.

Foods may have fewer vitamins, minerals and fiber.

Foods eaten out may have more hidden calories than foods you make yourself.

Foods from restaurants and vending machines cost more than food you purchase and prepare yourself.

Tips for traveling away from home.

Travel with people who share your love of health and fitness.

Carry fresh or dried fruit for snacks.

Bring water to drink.

If driving, stop and walk often.

At restaurants, learn to read menus and avoid high-fat food choices.

Choose broiled meats with no sauces.

Choose fresh, baked or roasted vegetables.

Choose fresh fruit for dessert.

Choose frozen yogurt with fruit for dessert.

Choose whole grain foods (rolls, bread, side dishes, etc.).

Drink water or nonfat milk.

Make special requests at restaurants.

Ask how a dish is prepared.

Request substitutions. Ask for a vegetable in place of fries.

Ask that the salad dressings and condiments (butter, sour cream, guacamole, etc.) be served on the side so you can control how much you add.

Tips for making “Fast Food” dining a healthier experience.

Breaded, fried fish, and chicken sandwiches will have more calories and fat than a plain hamburger. Remove some of the breading or ask if they serve a grilled chicken sandwich.

Avoid mayonnaise, “secret” sauces, cheese, and bacon on your sandwiches.

Replace fries with a plain baked potato, side salad or other side dish.

Choose low fat milk or water instead of a milkshake or a carbonated beverage.



Make half your grains, whole grains

Formerly called the Bread, Cereal, Rice and Pasta Group, this group contains any food made from a grain product. Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Eat at least three servings of whole-grain cereals, breads, crackers, pasta, or brown rice every day. Eat about 6 ounces (six servings) of grain products every day. Make half of those servings whole grain.

A serving of grain is --

- 1 slice of bread (1 oz.)
- 1 small muffin (1 oz)
- 1 oz. dry pasta or rice
- 1½ cup cooked rice, pasta, or cooked cereal
- 1 cup ready-to-eat cereal flakes
- 6-inch flour tortilla (1 oz.)
- 1 small muffin (1 oz.)



Whole-grain foods are good sources of fiber. For example, a half-cup serving of ready-to-eat bran cereal has 8 grams of fiber. A healthy adult should have about 14 grams of fiber for every 1000 calories eaten each day.

Identify whole-grain products by reading the ingredients listing on the food label. You cannot identify whole grains by the color of the food. The whole grain should be listed first in the ingredients listing. If you eat only whole grains, some of those choices should be folate-fortified, such as ready-to-eat breakfast cereals fortified with folic acid.

Add flavor to grains without adding fat. Cook grains (such as brown rice, barley, bulgur) in broth or tomato juice. Add garlic, onions, celery, carrots, or mushrooms to rice or pasta. Season grains with herbs and spices such as curry powder, cumin, thyme or mace

Recipes:

Whole Grain Pita Pizza

2 round 6-7" whole wheat pitas
6 oz spaghetti sauce (about 1/4 of a typical jar)
3 oz part-skim shredded mozzarella cheese
1 cup chopped vegetables (onions, peppers, mushrooms, spinach, olives – your choice) drizzle olive oil



- 1) Preheat oven to 350°F. Spread half the sauce on each pita round. If you're using chopped fresh spinach, add it now, before the cheese, so it won't dry out too much.
- 2) Top with cheese, divided between the two pizzas, and then vegetables. Drizzle with oil.
- 3) Bake at 350°F for 15 minutes on a pizza pan or cookie sheet. Much healthier than store or restaurant pizza because you have a whole-grain crust, plenty of vegetables and a reasonable amount of cheese. Add small bits of Italian chicken or turkey sausage if you like. Kids love to decorate their own pizzas

Healthier Chocolate Chip Cookies

1/2 sticks butter
3/4 cup Splenda or sugar
1/2 cup brown sugar & 1 tsp vanilla
2 large eggs (or 1/2 cup Egg-beaters)
1 tsp baking soda & 1 1/2 cup whole wheat flour
1/4 cup unbleached all-purpose flour
1/4 cup wheat bran & 1/4 cup flax meal
1 1/2 cups semi-sweet chocolate chips
1 1/2 cups walnuts, chopped



- 1) Preheat oven to 375°F.
- 2) With an electric mixer, cream together butter and sugars, then add vanilla and eggs.
- 3) In a separate bowl, combine the soda, flours, bran and flax meal. You can use 2 1/4 cups whole wheat flour in place of the mix of flours, bran and flax meal.
- 4) Gradually add flour mixture to mixing bowl; mix well.
- 5) Add nuts and chocolate chips and mix well.
- 6) Drop by rounded spoonfuls on a cookie sheet and bake for 8-10 minutes at 375°F.



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