



# THE MARKET BASKET

March/April 2010



Expanded Food and  
Nutrition Education  
Program



Hi Friends:

March is “National Nutrition Month”! Do you eat your 5 servings or more of fruits & Vegetables everyday? These foods are so important for young & old alike for good health. Page 2 gives information on what's in these kinds of foods that help us stay healthy. Test your nutrition knowledge and check out the answers on page 4. I hope you have a great Easter and Spring everybody. Til' next issue...

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## INSIDE THIS ISSUE:

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## MARCH IS NATIONAL NUTRITION MONTH!

*Test your nutrition knowledge today, the answers to the following quiz can be found on page four.*

**1. Pick the food group that is a good source of fiber, vitamins and minerals, and can lower blood cholesterol levels and help reduce the risk of heart disease:**

- A. Grains
- B. Fruits
- C. Milk
- D. Oils

**2. What counts as one portion of vegetables?**

- A. Two cups of raw leafy greens
- B. One cup of raw or cooked vegetables
- C. One cup of vegetable juice
- D. All of the above

**3. Which of these foods are not part of the milk group?**

- A. Low fat or fat free milk
- B. Cheddar cheese
- C. Cream cheese
- D. Yogurt

**4. Pick the food that is a healthy choice from the meat and beans group:**

- A. A lean cut of beef
- B. Pinto beans
- C. Grilled, skinless chicken breasts
- D. All of the above

**5. For health benefits, physical activity should be moderate or vigorous and add up to thirty minutes a day. A good choice is:**

- A. Doing light household chores
- B. Gardening or yard work
- C. Reading a book
- D. All of the Above



Colorful fruits and vegetables play an important role in disease prevention. They are rich in vitamins and minerals, in addition to other plant substances (phytochemicals) that promote health. Take a look at the rainbow of foods! Make it a goal to add one new colorful fruit or vegetable to your diet every week. You'll discover wonderful flavors and textures while giving your body these nutritious foods.

## REDS

Foods like tomatoes, red and pink grapefruit, watermelon and guava are rich in lycopene, a photochemical that seems to reduce the risk for certain types of cancer. These foods are also rich in vitamin C.



## GREENS

Green vegetables look great and taste wonderful, and are packed with important nutrients. Spinach, collards, kale, and broccoli are rich in vitamin A, vitamin C, and folate, in addition to carotenoids that also protect body tissues. Foods in the cabbage (or cruciferous) family are known to be nutrient-packed. Eat up your cabbage, brussels sprouts, cauliflower, kale and turnips!



## ORANGES

Orange fruits and vegetables, like sweet potatoes, pumpkin, cantaloupe, mangoes, carrots and apricots, have beta carotene. Beta carotene turns into vitamin A in our body, and is known to be an antioxidant that may reduce the risk for some types of cancer and heart disease. Foods in this color group are also rich in vitamin C, vitamin E, and in some cases, folate.



## BLUES

Anthocyanins, a phytochemical, are responsible for the blue color in fruits and vegetables, and they may help defend against harmful carcinogens. Blueberries, in particular, are good sources of vitamin C, folic acid, fiber, and potassium.



## **Celebrate St. Patrick's Day eating your greens!**



March 17th is St. Patty's Day. Why not consider adding more green fruits and vegetables to your meals? Here are some tips to help you:

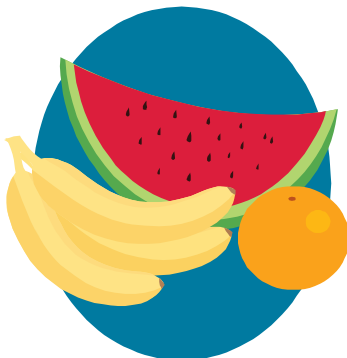
- ◇ **Make a big batch of split pea soup and freeze leftovers in individual portions.**
- ◇ **Enjoy an all green salad made with lettuce, cucumber, green bell pepper, green onion and avocado.**
- ◇ **Find new ways to serve broccoli add it to your favorite Waldorf salad or toss it into pasta dishes and soups.**
- ◇ **Add fresh chopped herbs to salads rice dishes, pasta dishes and soups.**
- ◇ **Toss steamed green beans with toasted sliced almonds and a little olive oil for a delicious vegetable side dish.**
- ◇ **Serve sliced kiwi for dessert. You can also add this colorful fruit to salads, cereal and smoothies.**

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## **Fresh fruits and veggies are so expensive... What can I do?**



- ◆ **Shop in season.** Fruits and veggies on sale or near the front of the store are almost always in season. In-season produce is less expensive and tastes the best!
- ◆ **Use coupons.** Coupons can be found in newspaper or magazine ads, on the back of grocery receipts, online and even on food packages. Use coupons on foods you would normally buy.
- ◆ **Check your produce.** Before you buy that bag of grapes or carton of strawberries, look it over.
  - ◆ Use produce right away. Use fresh fruits or veggies within a few days.
  - ◆ Enjoy frozen fruits and veggies. Frozen fruits and veggies are often less expensive and are just as healthy as fresh!
  - ◆ Use canned fruits and veggies. Look for fruits packed in 100% fruit juice. Rinse canned veggies under running water to remove some of the salt.
  - ◆ Explore your local farmer's market. Farmer's markets are a great place to buy fresh, Florida-grown fruits and veggies.



# Recipes:

## HOMEMADE CHICKEN NUGGETS

1 cup whole wheat flakes crushed

2 tablespoons flour

Spices to taste—parsley • paprika • garlic powder • onion powder

1 tablespoon vegetable oil



1. Cut chicken into bite-size chunks, place in zip top bag with enough buttermilk, yogurt, or milk to coat the pieces. This helps keep the chicken moist.
2. Combine crushed flakes, flour and spices in a large zip top bag and mix well. Drizzle in the oil and mix.
3. Add the chicken chunks to the flake mix, seal the bag, and shake well to coat all the pieces.
4. Spray cookie sheet lightly with oil and place the coated chicken chunks on the sheet.
5. Bake at 400° F for 20 minutes or until cooked through.

## FRUIT FILLED SHAMROCK CUPS

Use fruits available at your local market to make a “green” fruit cup. Some green fruits to try: kiwi, green grapes, green apples, green pears, and honeydew melon. Note: apples and pears may turn brown unless treated with orange juice or ascorbic acid (example: Fruit Fresh). Cut the fruit into bite size pieces. Combine in a bowl and fill each fruit cup with a scoop of fruit. Garnish with a mint leaf if available.



## PUDDING OR CREAM FILLED SHAMROCKS

Fill each shamrock with pistachio pudding or low-fat mint chip ice cream. If you don't care for those flavors, use green food color added to vanilla pudding or ice cream to create your green filled shamrocks.



## LUCKY PUDDING FOR KIDS

All you need is vanilla pudding mix and green food coloring. Prepare pudding according to package directions. Add a couple of drops of green food coloring. Allow children to stir. The pudding “magically” turns green!

**Answers from page one: 1. A; 2. D; 3. C; 4. D; 5. B.**



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