



THE MARKET BASKET

July/August 2011



Expanded Food and Nutrition Education Program



Hi Friends: Ah summer..hope you are enjoying it in whatever you may be doing. Did you know that "My Pyramid" is out and the NEW "My Plate" is in? Look over to the right to read a brief synopsis of this new icon. Be sure to read a review of "Food Safety" info on page 3. Check your knowledge on that topic with the quiz on that page. Til September, enjoy your summer & as a reminder if you want to receive this newsletter via email just email me at the email Below.....

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SUMMER HEALTHY RECIPES

The New "My Plate replaces "My Pyramid"



With so many food options available to consumers, it is often difficult to determine the best foods to put on our plates when building a healthy meal. My Plate is an uncomplicated symbol to help remind people to think about their food choices in order to lead healthier lifestyles. This effort is about more than just giving information, it is a matter of making people understand there are options and practical ways to apply them to their daily lives.

My Plate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone. My Plate illustrates the five food groups using a familiar mealtime visual, a place setting.

In addition to the graphic, there are also some very common sense nutritional guidelines, which are listed below:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.

Drink water instead of sugary drinks

We will be discussing "My Plate" in more detail in coming issues.



Have a Soda-Free Summer



Soft-drink companies make plenty of flavors and schemes trying to get people hooked. Billions of dollars are spent trying to get us to “Enjoy Coke” or “Do the Dew.” Maybe they are tricking us to think we *need* soda in our lives—when really it is robbing our wallets and our health.

The ANTI-Fruits of our Labor:

- ◆ Soda is full of sugar and can add to weight gain and cavities.
- ◆ At 100 calories per can, our guts are hit big and still feel empty.
- ◆ Calories from soda don’t have nutrients.
- ◆ The cost of a family of four drinking a bottle of soda each day can equal the amount of money for a tank of gas in only a week.

The Good News:

- ◆ Weight control and health can improve when drinking less soda.
- ◆ Cut back on 100 calories or more a day by skipping even one soda.

Drinking Tip:

One measuring cup (used for baking) is 8 ounces. Pour water into a clean measuring cup. Drink it, counting the number of swallows it takes to drink all the water in the cup. Each day, drink eight cups of water and know you are getting enough by remembering how many swallows it takes for each cup.



Other Healthy Drinks to Choose:

- ◆ Low-fat or nonfat milk
- ◆ 100% fruit or vegetable juice
- ◆ Unsweetened teas
- ◆ Low-calorie and low-sugar drinks and smoothies



Be Food Safe, Not Sick, This Summer



Food Safety Quiz:

Who is at greatest risk of contracting a food borne illness?

- a. children
 - b. pregnant women
 - c. the elderly
 - d. the chronically ill
 - e. individuals on antibiotics or antacids
 - f. all of the above
- (answer: F)

Shopping Tip:

Buy individually packaged foods and condiments for picnics and outings to minimize the spread of bacteria.



The summer is a great time to enjoy cooking and eating outdoors. In fact, summer would just not be as fun without burgers on the grill, campfire hot dogs, funnel cakes, and elephant ears at the fair. The good news is that you can still enjoy your favorite summer foods and minimize your risk of food borne illness by following some simple and easy tips:

- ♦ Make sure to wash your hands, simply using a water jug, some soap, and paper towels, or a moist towelette will minimize your risk.
- ♦ Do not eat food that has set out longer than 1 hour, especially in temperatures over 90 degrees.
- ♦ Make sure uncooked meat goes straight from the fridge or cooler to the grill and that it is cooked thoroughly.
- ♦ Make sure to rinse fruits and vegetables before eating.
- ♦ Use your cooler to transport perishable foods and keep it in the air- conditioned passenger part of your car

Healthy Summer Recipes

Ballpark Style Grilled Sausages and Peppers:

Ingredients:

Italian Seasoning (ground) 1 tsp.
Italian Sausage or meatless sausages for vegetarians 4 each
Red Pepper 1 each
Green pepper 1 each
Medium onion 1 each
Sub Rolls (Whole-Wheat preferably) 4 each
Newman's light Italian dressing 2 Tbls.



Get your grill fired up

Wash then slice vegetables into strips or small squares
Make an tinfoil pouch and put the vegetables in it, add the Italian dressing

Get the Italian sausages ready by parboiling in a pan on the stove with a little water and the Italian Seasoning. Parboil for 15 minutes

Put the veggie tinfoil pouch on the grill and add the sausages to the grill
Grill for 15 minutes or until vegetable are tender and the meat is brown on all sides
(check with a fork)

When cooked put them on your rolls and enjoy!

Bean and Cheese Nachos:

Black Beans 16 fluid oz.
Monterey Jack Cheese 5 Tbls
Salsa 1/2 cup
Baked Tortilla Chips 1 bag



- 1.Spread the refried beans on a plate. Sprinkle the cheese and salsa over the top.
- 2.Cover loosely with plastic.
- 3.Microwave for about 2 minutes. Let cool before removing the plastic.
- 4.Serve chips for dipping.

Try adding different toppings such as chopped olives or an avocado for variety.



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