



# THE MARKET BASKET

March/April 2011



Expanded Food and  
Nutrition Education  
Program



## Drink Up!

Hi Friends:

*Happy Nutrition Month!! This issue has a lot of good Resources on the benefits of drinking water, beans and making healthier choices at Fast Food places. Enjoy this lovely spring!*

Til next issue,

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When reaching for something to drink, a good way to avoid excess calories is to quench your thirst first. Your body wants and needs water, so start by drinking a tall, cool glass of water. Then if you are still thirsty, switch to another beverage. By starting off with water, you are less likely to guzzle down a high-calorie drink.

Researchers at Pennsylvania State University and other clinical Centers have shown that beverages are not good at satisfying hunger, so we do not always notice the total amount of calories we are consuming. As a nation, we get over 20 percent of our daily calories from drinks. These same studies also show that when we drink more of a high calorie beverage we continue to eat just as much as we would normally. The overall result is that our caloric intake increases.

Coffee drinks and iced coffees are popular drinks but can be tricky when it comes to calories. If you make them yourself, and enjoy them unsweetened or with a small amount of low fat milk, they are low fat, low-calorie beverages. However, the iced and coffee drinks at coffee shops or in bottles can be loaded with fat and calories.

Just remember that the healthiest, cheapest, and most plentiful beverage choice is clean, cool water.



# Take Another Look At Beans

It's quite easy to walk right past the bean section at the grocery store. They sit on the grocery shelf, unadorned in their plain one-pound bags. And yet, when it comes to protein, fiber and cost, dried beans are hard to beat. Need more incentive to buy a bag of dried beans? Try this—they are also low in fat and very adaptable to all kinds of seasonings and ethnic flavors.



Here are a few tips to help you cook with dried beans:

- ◆ The freshest dried beans will have the best flavor and cook the fastest, but they will store for years.
- ◆ Never rinse or wet beans until you are ready to use them, otherwise they will sprout.
- ◆ To shorten cooking time, either soak beans in water overnight in the refrigerator or bring the beans to a boil in water for 2 minutes. Then remove them from the stove and allow the beans to soak, covered for one hour. Then continue cooking until soft.

The presence of salt and acid foods can prevent beans from softening, so wait to add salt, tomatoes, lemon juice or vinegar until the end of the cooking time.

Beans are a very economical protein food rich in nutrients, but for many people eating beans causes gas. The problem lies in the chemical structure of the sugar in beans (polysaccharides) that is also found in other foods like cabbage and onions. As the body breaks down the complex sugar compounds in the large intestine, gas is formed. Before you give up eating beans, there are some things that can help.

One product on the market called *Beano* contains an enzyme that breaks down the sugar molecules without the formation of gas. Sprinkling a few drops of the product on beans before eating relieves the gas problem for most people. Another less expensive option is to drain the liquid from canned beans before using them and then rinsing thoroughly. Although this removes some nutrients, it also prevents the formation of gas for many people. If you use dry beans, soak the beans for at least 8 hours and then rinse them thoroughly before cooking.

## CHALUPA:

1 pound dry pinto beans, uncooked	1 teaspoon salt
1 pound pork roast, uncooked	2 tablespoons chili powder
7 cups water	1 tablespoon cumin
½ medium onion, chopped	1 teaspoon oregano
2 cloves garlic, minced	1 can (4 ounces) chiles, chopped

Put all ingredients in a crock pot. Cover and simmer for about 5 hours or until roast falls apart and beans are tender. Uncover and cook another 30 minutes or longer until the mixture reaches desired thickness. Serve with any of the following toppings: chopped tomatoes, chopped avocado, chopped onion, shredded lettuce, grated cheddar cheese, taco sauce, hot sauce



## Fast Food/Making Healthy Choices:

Adults and kids love fast food. It's quick, convenient, filling and inexpensive. Unfortunately, it's also high in calories, sodium, fat and cholesterol and lacking in fresh fruits and vegetables and fiber. The good news? Many fast food chains are providing healthier options. Eat most of your meals at home, and encourage these strategies when you need to drive through:

- ◆ Select grilled or broiled meats and baked potatoes. A grilled chicken sandwich can have 2 1/2 teaspoons less fat than a breaded, fried sandwich. A baked potato has over a teaspoon less fat than a small serving of French fries.
- ◆ Pass up the fatty condiments. Order sandwiches without mayonnaise, cheese, bacon or sauces. Ketchup, mustard, pickles or additional vegetables can be used to add flavor without adding fat. Select orange juice, low fat milk, white or chocolate milk or water. A regular size fast food soda provides a similar number of calories, but few vitamins and minerals.
- ◆ Select fruit cups and side salads; order salads with low fat dressing. The calories and fat you pass up could be more than is found in a frozen yogurt or soft ice cream dessert.
- ◆ Choose whole-grain sandwich bread when available and load your sub with veggies.

You and your kids don't have to give up your favorite foods. If you really like fries, order a small and share. Eating smaller portions of carefully selected menu items can make a big difference in your long-term health



## Recipes:

### Chicken & Barley Soup:

2 pounds chicken  
(cuts like thighs, wings, backs)  
8 cups water  
½ cup quick-cooking barley  
½ pound carrots, grated  
1 small onion, diced  
2 teaspoons parsley  
1 teaspoon salt  
¼ teaspoon pepper



Combine chicken and water in large pan. Bring to boil. Reduce heat and simmer gently until meat falls off bones, about 1-2 hours. Remove from heat. Remove bones, leaving meat in broth. Add remaining ingredients (barley, carrots, onion, and seasonings) and cook for an additional 30 minutes.

### Crunchy Apples:

1 medium apple ½ cup peanut butter 1 cup crushed whole-grain cereal  
Have an adult cut an apple into wedges. Spread peanut butter on the cut sides of the apple and then roll in the cereal  
Enjoy the Crunch!



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