



THE MARKET BASKET

March/April 2012



Expanded Food and
Nutrition Education
Program



Hi Friends:

MARCH IS "NATIONAL NUTRITION MONTH", HAVE YOU KEPT ANY OF YOUR NEW YEARS RESOLUTIONS? THIS ISSUE COVERS INFORMATION ON "TRANS FATS" AND ENJOYING YOUR FOOD BUT EATING LESS OF IT, IT'S HEALTHIER. ENJOY YOUR SPRING & "HAPPY EASTER".

Joyce Tompkins

Polk County Extension Service
UF IFAS/ EFNEP
(863)519-8677 x114
To: j6256@ufl.edu

INSIDE THIS ISSUE:

- ◆ CELEBRATE NATIONAL NUTRITION MONTH
- ◆ TRANS FATS LINKED TO DISEASE, EXCESS WEIGHT
- ◆ ENJOY YOUR FOOD BUT EAT LESS
- ◆ RECIPES



Celebrate National Nutrition Month:

March is National Nutrition Month®. It is a great time for you and your family to try to make healthful choices each day. Here are some key messages from the 2010 Dietary Guidelines for Americans and My Plate. The letters (BCB) may help you remember the messages:

Build a healthy plate:

- ◆ Put fruits and vegetables on half your plate.
- ◆ Make at least half the grains you eat whole grains.
- ◆ Switch to fat-free or low-fat milk.
- ◆ Choose different types of protein foods like eggs, beans, nuts, and seeds.

Cut back on foods high in solid fats, added sugars, and salt:

- ◆ Limit foods that are high in solid fats like pizza, regular cheese, sausage, franks, bacon, and ribs.
- ◆ Choose drinks with little or no added sugars like 100% fruit juice.
- ◆ Choose low-sodium or "no salt added" prepared foods.

Balance calories and be active :

- ◆ Find out how many calories your body needs at www.ChooseMyPlate.gov
- ◆ Avoid oversized portions
- ◆ Pick activities that you like and do them for at least 10 minutes at a time. Adults need 2.5 hours of activity each week and youth need 60 minutes or more each day.



Trans Fats Linked to Disease, Excess Weight



Health advisors recommend eating as few *trans* fats as possible.

Why? Eating just two to seven grams of *trans* fats a day increases your risk of getting heart disease and of sudden death. Here is a new reason to avoid *trans* fats, and how to do it!

Compared to eating other types of fat, eating *trans* fats is linked to more weight gain. This news was reported last fall based on an eight-year study of women nurses. For every one percent of calories eaten as *trans* fats (about 2 grams, or 20 calories, on average each day), the women were two pounds heavier, compared to women who ate no *trans* fats. Earlier studies with men showed similar results: A one percent increase in calories from *trans* fats was associated with a half-inch increase in their waistline.

Choosing foods low in *trans* fats is easier now that the amount is listed on the Nutrition Facts label on food packages. But did you know that foods labeled as “zero grams *trans* fat” might contain small amounts of these fats? If each serving has less than 0.5 grams of *trans* fats, manufacturers can claim the food has “zero g per serving.” However, if you ate five servings of a food that has 0.4 g *trans* fat per serving, you would have eaten 2 grams of *trans* fat from that food, even though the label read “zero.”

What Can You Do?

Foods that are likely to contain *trans* fats include: (Deep-fried foods, bakery products, packaged snack foods, crackers, shortenings and Margarines).

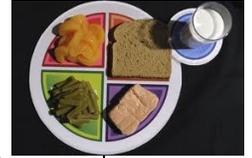
Here’s how you can tell whether a food contains *trans* fats: First, look at the Nutrition Facts label. If it shows “*Trans* Fat 0g,” then look at the ingredients. If it lists the word “hydrogenated,” the food will contain small amounts of *trans* fats in each serving. (*Trans* fats occur during a process when oils are hardened, called “hydrogenation.”) Choose to eat foods with as few *trans* fats and partially hydrogenated oils as possible. You’ll be a healthier and probably slimmer consumer for it!

| Nutrition Facts | |
|---------------------------|---------------|
| Serving Size 1 cup (200g) | |
| Amount Per Serving | |
| Calories 260 | |
| | % Daily Value |
| Fat 13g | 20% |
| Saturated Fat 3g | 6% |
| Trans Fat 2g | 4% |
| Cholesterol 20mg | 4% |
| Sodium 660 mg | 28% |
| Carbohydrate 31g | 10% |
| Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% | Vitamin C 2% |

Enjoy your food, but eat less



You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.



- ◆ **Get to know the foods you eat:** Use the Super Tracker (tool on MyPlate.gov) to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.
- ◆ **Take your Time:** Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.
- ◆ **Use a smaller plate:** Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
- ◆ **If you eat out, choose healthier options:** Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.
- ◆ **Satisfy your sweet tooth in a healthy way:** Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.
- ◆ **Choose to eat some foods more or less often:** Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.
- ◆ **Find out what you need:** Get your personalized plan by using the Super Tracker to identify your food group targets. Compare the foods you eat to the foods you need to eat
- ◆ **Sip smarter:** Drink water or other calorie-free beverages, 100% juice, or fat free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.
- ◆ **Compare foods:** Check out the Food-A-Pedia (web site) to look up and compare nutrition information for more than 8,000 foods.
- ◆ **Make treats “treats,” not everyday foods:** Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.





Nutrition Facts :

Each serving (1/2 cup)
provides 126 calories,
1 g fat, 29 g carbohydrate,
2 g protein,
0 mg cholesterol,
5 mg sodium and
1 g dietary fiber.

Apples 'n Rice (Makes 3 servings)

This whole grain rice dish with apples makes a delicious healthy dessert. It can also be served as a breakfast food or snack!

Ingredients

- 1/3 cup uncooked brown rice (or white rice, if desired)
- Apple juice
- 1 medium apple
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla

Directions

1. In a covered saucepan, prepare rice according to package directions, except use apple juice instead of water, and do not add salt.
2. When rice is done, remove saucepan from heat.
3. Wash apple under cold running water. Let drain. Core apple, but do not peel. Chop.
4. Serve apple, cinnamon and vanilla into rice mixture.
5. Serve. Cover and refrigerate leftovers within 2 hours.