



THE MARKET BASKET

Sept/Oct 2012



Expanded Food and
Nutrition Education
Program



Hi Friends:

School is back in session so included in this issue are healthy lunchbox Ideas be sure to check them out! Also we have an activity for the kids and answers will be in our next issue. Keep in mind that your local Extension office has research based answers to your questions on everything from Agriculture, Gardening, farming to Nutrition. Til next issue have a great Fall!

Joyce Tompkins

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

INSIDE THIS ISSUE:

- 5 FOOD FALLACIES
- LUNCHBOX IDEAS FOR KIDS
- UNSCRAMBLE ACTIVITY
- RECIPES



5 Food Fallacies

Fallacy 1: Skipping breakfast can help you lose weight. If you do not eat breakfast you are more likely to over eat later in the day. Health research on this issue is clear and convincing and it shows that skipping breakfast is not a good strategy for losing weight. Your first meal of the day should include protein, carbohydrates and fat to give you energy, along with at least 5 grams of dietary fiber.

Fallacy 2: You have to starve if you want to weigh less. The trick is to load up on lower calorie foods while cutting back on the most caloric items. By selecting foods with fewer calories and the same weight as your usual food you can reduce calories without feeling hungry.

Fallacy 3: Energy bars can save pounds and boost stamina. An energy bar cannot provide enough nutrition to replace lunch.

Energy bars can provide you with some quick energy for an hour or two, but they are too small to be a meal replacement. Using one as a lunch substitute will leave you feeling starved later and you will probably over eat at dinner.

Fallacy 4: Drinks do add to your weight. A cream topped, grande, double chocolate chip frappuccino blended crème from one popular chain packs close to 500 calories. A 20 ounce bottle of sweetened tea can contain more than 200 calories. Try sparkling water with a squeeze of lemon or lime instead. Remember “Think your drink”.

Fallacy 5: All fat is bad for you. Some forms of fat are good for us and avoiding all fats would be a serious dietary mistake. Both monounsaturated fat (found in avocados, olive oil, walnuts and almonds) and polyunsaturated fat (found in corn, soybean and sunflower oil) can improve health by preventing buildup of harmful cholesterol.

Lunchbox Ideas for Kids

Going back to school means many things...new clothes, new teachers, new pens and pencils and it's time to start packing lunches again! Most of today's school lunches are filled with sodium and fat-packed chips, greasy pizza and sugar-filled sodas and juices. The typical back to school lunch consists of processed, refined foods that offer little nutritional value. Moms and dads everywhere are filling their kids' lunchboxes with unhealthy food that can slow them down and cause future health problems. However, when healthier school lunches are packed, they are often returned home uneaten. What can parents do about this? Are there healthy school lunches that actually taste good? The benefits of healthy school lunches simply cannot be underestimate. Healthy, nutritious foods give kids the energy they need to perform well in school, stay focused and grow physically. Here are some great examples of healthy school lunches ideas:

1. Healthy Pita Pizzas! Turn a classically unhealthy lunch favorite into a delicious, nutritious treat! This is one of the best healthy lunch box ideas because kids absolutely gobble it up. Spread marinara sauce on a whole pita, top with low-fat shredded mozzarella cheese and vegetables, such as olives, bell pepper strips, mushrooms, etc., and bake in the oven at 350 degrees Fahrenheit until the cheese is melted and golden brown.

2. Give them something to dip! Dipping foods is one of the fun ways that kids love to eat. Whether it's carrots into ranch or celery into peanut butter, kids love to dip their foods because it makes eating an interactive experience. Another great dish is to make fruit kebabs with a yogurt dipping sauce, which is healthy, tasty and beautiful. Fill your kids' healthy lunch boxes with dip-able items and they'll be coming back for more!

3. Make it pretty! This is one of most popular back to school lunch box ideas because it actually works! Boring, ugly food is not appetizing to adults, and it certainly isn't appetizing to children. Make healthy food fun and attractive by cutting out healthy sandwiches on whole wheat bread with fun cookie cutter shapes, or labeling whole wheat spaghetti noodles lean turkey meatballs as "Worms and Eyeballs", to make the whole experience a little more fun. When you're making healthy school lunches for kids, teenagers or any other age group on the planet, the key is to make the food interesting!

4. Switch it up! You probably would get tired of eating the same thing everyday for lunch, so don't expect your kids to be any different. If you pack the same peanut butter and honey on whole wheat sandwich each and every day, your kids are bound to get a little tired of seeing the same thing day after day. With so many healthy school lunches recipes available, it is nearly impossible to run out of ideas. Forget ho-hum sandwiches and bags of chips, make healthy food interesting by rotating the foods you pack. One day you can do a nice brown rice and veggie stir-fry and the next a low-fat cheese quesadilla on a whole wheat tortilla, or whatever your child prefers. The key is to avoid monotony.

5. Leftovers are your friends! The key to switching the rotation and keeping the foods exciting and healthy is to incorporate foods from your dinners. If you make healthy, low-fat pizza on whole wheat crust, make a lunch out of a slice or two and a small salad. Healthy, baked chicken and veggies can quickly become a chicken and veggie pasta or sandwich. Chili and cornbread one night can transform into chili with whole wheat macaroni noodles by lunch time! Use leftovers to save time and money.

**Can you unscramble the following vegetables
to help make out a grocery list?**

ahqsus _____

ihzcicun _____

osetpaot _____

tepseweotsoat _____

brmcsuceu _____

epsrpe _____

niosno _____

estaotmo _____

tngelgpa _____

gbabcae _____

trmwealnoe _____

rcno _____

Answers in next issue:



Sloppy Garden Joes

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound ground turkey or chicken
- 1 - 8 ounce can tomato sauce
- 1 - 15 ounce can whole tomatoes, crushed
- 1 - 8 ounce can mushrooms or 1/2 pound fresh chopped
- 1/4 cup barbecue sauce
- 6 whole-wheat buns, split in half to make 12



Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes.

Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally.

Uncover and cook for an additional 3 minutes or until thick. Serve open-faced on toasted or plain whole-wheat buns. Refrigerate leftovers within 2 hours.

Technicolor Vegetable Pizzas

- 3 cups frozen mixed vegetables with mushrooms
- 5 slices Italian bread (1 oz. slices; each ~ 1" thick and 5" long)
- 1 tablespoon olive oil
- 1/2 cup prepared pizza sauce
- 1 cup finely chopped tomato
- 1/2 cup very finely diced onion
- 1 tablespoon dried oregano leaves
- 1 teaspoon garlic powder
- 2 1/2 tablespoons grated Parmesan cheese



Pre-heat oven to 350° F and place oven rack in middle-high position. Microwave frozen vegetables, then pat dry. Brush all bread slices lightly with oil and spread each with ~ 1 1/2 tablespoons sauce. Combine all vegetables in a medium-sized bowl. Carefully spoon vegetable mixture equally onto bread slices. Sprinkle with oregano and garlic powder and then with cheese. Bake about 5-7 minutes, until bread is brown on the edges and all vegetables are piping hot. Serve immediately