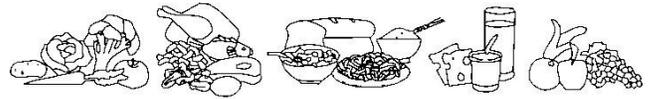


Food \$ense



Wisconsin Nutrition Education Program

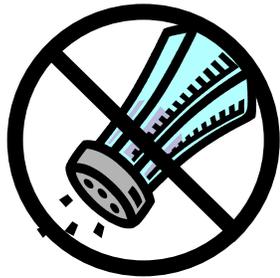
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Shake the Salt Habit

Americans have a taste for salt! The chemical name of salt is sodium chloride, so the words *sodium* and *salt* are often used in place of each other.

The Dietary Guidelines recommend 2,300 milligrams (mg) of sodium or less a day (about 1 teaspoon of salt) for most adults. Adults age 51 and older, African Americans of any age, and people with high blood pressure, diabetes, or kidney disease should reduce their sodium intake to 1,500 mg—a little over 1/2 teaspoon a day!

On average, the higher a person's sodium intake, the higher the person's blood pressure. Calorie intake is also linked to sodium intake. Therefore, reducing calorie intake can help reduce salt intake, thus helping to reduce blood pressure.

Most Americans get more sodium than is recommended. Here are some tips to reduce salt in our diets:

- Eat more fresh foods. Most of the sodium Americans eat is found in processed food.
- Cook more often at home, where you can limit the amount of salt added and use spices and herbs instead.
- Eat a vegetable or fruit at every meal.
- Adjust your taste buds by cutting back on salt little by little.
- Read Nutrition Facts labels and ingredient lists to find foods lower in sodium.
- Pay attention to condiments and use items like soy sauce, ketchup, pickles and seasoning packets in small amounts.

Source: *USDA Dietary Guidelines*

Cheesy Pasta with Summer Veggies

An easy, light, refreshing dish!

4 cups sliced, assorted vegetables
1 cup grape or fresh tomatoes, chopped
8 ounces whole-wheat pasta (rotini, bow tie)
1 1/2 Tablespoons vegetable or olive oil
2 medium garlic cloves, minced or
1/4 teaspoon garlic powder
1/2 cup onion, chopped
1 teaspoon dried Italian seasoning
1/4 teaspoon salt
1/8 teaspoon black pepper
1/4 cup shredded parmesan cheese
1/2 cup shredded mozzarella cheese

1. Cook pasta. Drain; save 1/4 cup of water.
2. Heat oil in a large skillet. Add garlic and onion to skillet, heat about 1 to 2 minutes or until soft.
3. Add uncooked, hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm.
4. Add cooked, drained pasta to the vegetables. Add a little of the water from the pasta, if needed.
5. Add cheeses to mixture. Makes 6 servings.



Source: *Iowa State University Spend Smart Eat Smart*

Fresh & Safe Produce

Spring is the start of fresh produce season. Harmful bacteria that may be in the soil or water where produce grows may come in contact with the fruits and vegetables and contaminate them. Produce may also become contaminated after it is harvested during preparation or storage.

Eating contaminated fresh produce can lead to foodborne illness, but it's easy to help protect your family from illness by handling produce properly.

- **Wash all produce before eating.** Wash fruits and vegetables under running water just before eating, cutting or cooking. Even if you plan to peel the produce before eating, it is still important to wash it first.
- **Do NOT use soap, detergent or bleach to clean produce.** Scrub firm produce, such as melons or potatoes, with a clean veggie brush. Drying produce with a paper towel may further reduce bacteria that may be present.

What about pre-washed produce? Many pre-cut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. These products can usually be used without further washing.

Source: *Food Safety & Health*

FOOD STAMPS GROW GARDENS!



**SNAP EBT benefits (food stamps)
may be used to purchase
food-producing plants and seeds.**

For info: www.SNAPgardens.org or call 888-963-SNAP
To volunteer, visit www.SNAPgardens.org/volunteer

**Are you looking for affordable opportunities
for active play for your family?**

Get Active in Grant County is a reference book of free and very inexpensive ways to be active in our county. People of all ages will enjoy the variety of listings to choose from such as over 60 parks, places to swim, hike, ride bikes, watch birds, play tennis, fish and much more.

Stop at our office for a copy or go to <http://grant.uwex.edu/>.

Salad in a Bag

A simple and quick way to prepare a salad!



- 1 cup lettuce per person
 - 1/2 cup of vegetables per person such as: broccoli, black beans, kidney beans, garbanzo beans, shredded carrot, peas, cabbage, cauliflower, celery, cucumbers, green beans, onions, tomatoes, zucchini, asparagus, red, yellow or green peppers, mushrooms
 - 1-2 Tablespoons salad dressing per person
1. Use a one-gallon sized sealable bag for a family sized salad or a one-quart sized bag for individual salads.
 2. Place 1 cup lettuce per person in the gallon bag or 1 cup in each quart bag.
 3. If making individual salads in quart bags, add 1/2 cup of veggies to each bag. If making a family sized salad in gallon bag, add 1/2 cup of veggies per person.
 4. Add salad dressing. Seal bag shut and shake to distribute the dressing over all the ingredients.

Source: *Iowa State University Spend Smart Eat Smart*

5-20 Nutrition Facts Label Guide

Use the *5-20 Rule* as a quick guide to label reading. The *5-20 Guide* doesn't define a food as good or bad. Instead, it can show how the food fits into your daily diet.

- **5% Daily Value (DV) or less is low** - for nutrients you want to get less of, choose foods with a low % DV.
 - ⇒ Nutrients to get less of are saturated fat, trans fat, cholesterol, and sodium.
- **20% Daily Value (DV) or more is high** - for nutrients you want to get more of, choose foods with a high % DV.
 - ⇒ Nutrients to get more of are fiber, vitamins A & C, calcium and iron.

Look at the Nutrition Facts label below. Is the sodium in this food item 5% or below the Daily Value?

Chicken Noodle Soup	
Nutrition Facts	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890mg	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

No, the chicken soup label above is well above the 5% or less Daily Value for a nutrient we need to limit.

Source: American Dietetic Association



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Submit your question to Sue Keeney at fyi.uwex.edu/foodsense/ask-sue-keeney/.

Dear Sue,

My family has a history of heart disease, so I'm trying to limit the sodium in my diet. The problem is my food has no flavor! Is it possible that food can taste good without salt?

Noah Taste

Dear Noah,

Yes, it is possible! Using spices and herbs are great ways to add flavor to food. If you do not use spices and herbs often, it may take some experimenting.

When beginning, start with 1/4 teaspoon of most ground spices or dried herbs for 4 servings, 1 pound of meat or 1 pint of sauce. When using garlic powder, cayenne or red pepper flakes, add in smaller amounts.

The chart below shows which spices and herbs are commonly used with certain foods. This is a great place to start your experimenting.

Beef	bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Chicken	ginger, marjoram, oregano, paprika, rosemary, sage, tarragon, thyme
Pork	garlic, onion, sage, pepper, oregano
Fish	curry powder, dill, dry mustard, marjoram, paprika, pepper
Greens	onion, pepper
Summer Squash	cloves, curry powder, marjoram, nutmeg, rosemary
Tomatoes	basil, bay leaf, dill marjoram, onion, oregano, parsley

Enjoy!

Sue

Source: *Nutrition for the Young at Heart*, Michigan State University Extension

Farmers' Market Nutrition Program

One way to limit your sodium intake is to eat fresh fruits and vegetables. The **Farmers' Market Nutrition Program (FMNP)** is a federally funded program available to help young families and older adults purchase fresh, unprepared foods at farmers' markets and roadside stands.

WIC (Women, Infants and Children) provides FMNP coupons to women and children that qualify for WIC program benefits.

The Senior FMNP is for people 60 years of age or older with incomes less than 185 percent of the Federal Poverty Income Guidelines.

FMNP coupons can be used in both programs from June 1 until October 31 at any participating location.

If you would like more information about the WIC or Senior FMNP, contact your local WIC program or your local Aging Resource Center.

Source: *United States Department of Agriculture*



Kids in the Kitchen...

Healthy Snacks for Kids

Snacks should be healthy and help kids meet their daily nutritional needs. They should also be tasty (so your kids will want to eat them) and they should be affordable.

A nutritious snack provides a food from at least one food group, and, at the same time, is not excessively high in fat, sugar or salt. Have fun with your child (or grandchild) and be creative about snack time. Some healthy snack ideas are:

- Graham crackers with low-fat yogurt.
- Carrot sticks with fat-free bean dip or low-fat ranch dressing.
- Trail mix with whole-grain cereal, dried fruit, sunflower seeds or nuts.

Use your imagination to come up with fun, nutritious snack ideas with your kids. With your help, they also will learn kitchen and food safety skills and develop lifelong good eating habits.

Source: *UW-Extension Family Living Programs*

MyPlate Tip
Choose foods
lower in sodium.



GOAL: How will you use Nutrition Facts labels to check the amount of sodium in the foods you buy?

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), FoodShare Wisconsin, UW-Extension and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 1-888-794-5780 (toll free) or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in Grant County, contact:

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