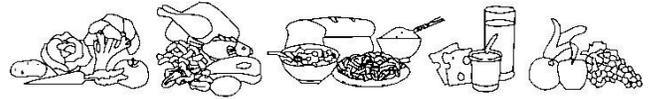


Food \$ense



Wisconsin Nutrition Education Program

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<http://fyi.uwex.edu/foodsense/>



Enjoy Your Food, But Eat Less

We make choices every day about what we and our families will eat and drink, and about how active we are.

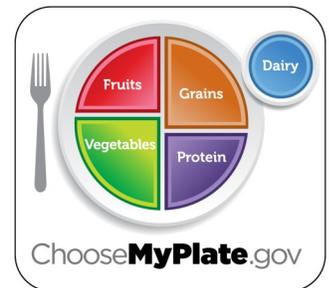
All around us we hear messages that encourage overeating or discourage us from being active. These messages and our choices have helped to cause a dramatic increase in the number of overweight and obese people. Extra weight can lead to increased health problems.

Your health and your weight are connected. According to the Centers for Disease Control and Prevention, if people are overweight or obese, they have a higher risk for heart disease, stroke, type 2 diabetes, high blood pressure, sleep apnea, and breathing problems.

To reverse this trend, we need to develop healthy eating habits. Healthy eating includes eating foods from all food groups—fruits, vegetables, whole grains, low-fat dairy and lean protein.

Plan meals that include foods that will help your family meet their nutritional needs. Choose a calorie level that maintains a healthy weight for adults and appropriate weight gain in children.

ChooseMyPlate can help you choose a daily food and activity plan, track the food you eat, and learn food facts:
www.choosemyplate.gov

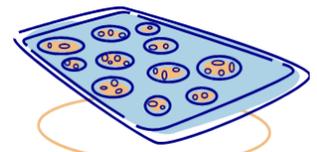


Oatmeal Cookies

These cookies are a source of whole grains, and low in fat, too!

3/4 cup sugar	1/4 cup canned applesauce	1/4 teaspoon baking soda
2 Tablespoons margarine	2 Tablespoons low-fat milk	1/4 teaspoon ground cinnamon
1 egg	1 cup all-purpose flour	1 cup + 2 Tablespoons quick oatmeal

1. Preheat oven to 350° and grease cookie sheets.
2. In a large bowl, mix sugar and margarine. Mix until well blended.
3. Add egg and mix well.
4. Add applesauce and milk and mix well.
5. Combine flour, baking soda and cinnamon in another bowl. Add to applesauce mixture and mix well.
6. Blend in oatmeal.
7. Drop by teaspoonfuls onto cookie sheet, about 2" apart.
8. Bake until lightly browned, about 13 to 15 minutes.
9. Remove from baking sheet while still warm. Cool on wire rack.



Makes 16 cookies—215 calories each.

Source: *USDA Healthy, Thrifty Meals*

Food \$ense is a cooperative effort of Columbia-Dodge, Crawford-Vernon, Grant, Iowa, Lafayette, Marquette, and Richland-Sauk Counties Wisconsin Nutrition Education Program (WNEP). WNEP is provided by University of Wisconsin-Extension, Cooperative Extension and Family Living Programs in partnership with Wisconsin Department of Workforce Development and USDA Food and Nutrition Service. UW-Extension provides equal opportunity in employment and programming, including Title IX and ADA.

Facts on Food Labels

Using labels to compare packaged foods can help you make smart choices from every food group. Here are some tips on how to read labels so you can enjoy your food, but eat less!

Start with Serving Size:

Look on the label for the serving size and number of servings in the package. Compare your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.



Check Out Total Calories and Fat:

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and saturated/solid and trans fat if you are watching your weight!

Let Percent Daily Values Be Your Guide:

Percent Daily Values (% DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs. 5% DV or less is low. Try to aim low in total fat, saturated fat, cholesterol and sodium. 20% DV

or more is high. Try to aim high in vitamins, minerals and fiber.

Check Ingredient List:

Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. The ingredient list is where you look for added sugars—sucrose, high-fructose corn syrup, corn syrup, dextrose, glucose, fructose, maltose, honey and molasses.

Source: *American Dietetic Association*

Fitness - Making It Count

Just 10 minutes! Physical activity doesn't have to take a lot of time. Here's how many calories a 150-pound person can burn in 10 minutes:

- Walking - 52 calories
- Walking upstairs - 175 calories
- Aerobics - 115 calories
- Running - 130 calories
- Vacuuming - 40 calories
- Playing with kids - 60 calories

Sitting only burns 12 calories in 10 minutes, so let's get up and move! Lots of 10 minute fitness breaks can make a big difference through the day.

Source: *Iowa State University Healthy & Homemade 2012 Calendar*

Winter Black Bean Soup

A hot & tasty source of fiber and protein for cold winter days!

- | | |
|---------------------------|--|
| 3 cups black beans | 1 teaspoon ground cumin (optional) |
| 2 teaspoons vegetable oil | 1 can (14.5-ounce) Mexican-style diced tomatoes |
| 1/2 cup onion, chopped | 1 cup water |
| 1 Tablespoon chili powder | 1 Tablespoon lime or lemon juice (optional) |
| | Non-fat yogurt or low-fat sour cream for garnish |

1. Spread dry beans on a baking sheet. Remove any small stones, dirt pieces, or withered beans. Rinse.
2. Place rinsed beans in large cooking pan. Cover with 9 cups cold water.
3. Soak overnight, uncovered. Rinse beans.
4. Cover beans with fresh cold water and bring to boil. Reduce heat and simmer until tender - about 2 hours.
5. Heat oil in large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2 to 3 minutes.
6. Add chili powder and cumin. Cook and stir for 1 minute.
7. Add tomatoes, beans and water. Bring to boil, reduce heat, and simmer for 10 minutes, covered.
8. Remove from heat and stir in lime or lemon juice, if desired.
9. Garnish with yogurt or sour cream before serving.



Makes 4 servings—230 calories each

Source: *Iowa State University Healthy & Homemade 2012 Calendar*

Keeping Leftovers Safe

Since restaurant portions have become larger, it is a great idea to only eat half of your meal and take the rest home to eat at another time. While this practice will help us enjoy our food, but eat less, we need to remember the following steps to keep our leftovers safe:

- **Refrigerate, freeze or reheat within 2 hours after cooking.** Remember to include the time it takes you to eat your meal and travel to get home into the 2 hours.
- **Wash your hands before handling food.** Use clean utensils and containers when storing.
- **Use small shallow containers (3 inches tall or less).** Don't stack containers; leave some air space around them to promote fast cooling.
- **Put the date on the leftovers before you refrigerate them.** This will help you remember how long you can keep the food.
- **Never keep leftovers for more than 4 days!**
- **Never taste leftovers that are of questionable age or safety.** If in doubt, throw it out!
- **Reheat leftovers in a microwave-safe dish.** Do not reheat foods in Styrofoam or carry-out containers. These containers can warp or melt and possibly transfer harmful chemicals into your food.
- **Reheat leftovers completely or until steamy hot.** Leftovers that are merely warmed and not heated throughout are more likely to cause food poisoning. Heat food to 165° and stir while reheating.



Enjoy your leftover meal and feel good about eating less, while eating safely.

Source: *Rutgers New Jersey Cooperative Extension*



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!

Dear Sue,

With all the goodies at work and the cookie-baking at home over the holidays, I feel like I've gained five pounds in the last few months. What can I do to get back on track?

Ada Lot

Dear Ada,

The good news is that you may have not gained as much weight as you think. Research shows most people only gain a pound or two during the winter months each year, but it can add up over time.

To get back on track, focus on balancing the food you eat with physical activity. Think about how you can adjust the portions on your plate to get more of what you need without too many calories.

A healthy meal starts with more fruits and vegetables, and smaller portions of protein and grains. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

Here are a few more tips to help:

- Use a smaller plate—this will help with portion control and will help you feel satisfied without overeating.
- Try new foods—keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale.
- 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.

Sue

Source: www.choosemyplate.gov/

Portion Distortion

Outrageous portions can be found everywhere. A convenience store mega-muffin can actually be four regular-sized servings in one package!

At restaurants and all-you-can-eat buffets, we want value for our money, so we often eat more than we need to get our money's worth.

At home, bigger plates and bowls encourage us to serve and eat larger amounts. We serve ourselves more from big containers. All these factors lead to bigger portions. Research shows that the larger the portion size, the more we eat.

How can we enjoy our food, but eat less, in a restaurant?

- Watch out for huge serving sizes that encourage us to eat more than we need.
- Titanic-sized portions are found not only at restaurants but also at convenience stores and movie theaters.
- Eat fast-food meals less often. They have lots of calories without many nutrients. They tend to be low in fruits, vegetables, dairy & grains.
- Choose smaller portions or get the larger size and share it.
- Slow down, use all your senses and enjoy every bite of food. See the food, feel the temperature, smell the aroma, hear the sounds, and enjoy the taste.
- Listen to your body – eat when you are hungry and stop eating when you are satisfied or when the food doesn't taste good anymore.

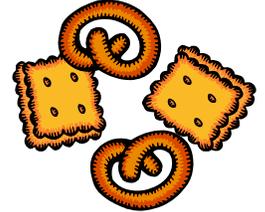
Source: *WIN the Rockies Portion Investigators*

Kids in the Kitchen...

100 Calorie (or less*) Snacks

Snacking can be part of healthy eating if your choice of foods provides nutrients along with calories. Having snacks ready for hungry kids will help them make good choices. Try filling individual zip-lock snack bags with:

- 35 pretzel sticks
- 1 cup Cheerios
- 25 baby carrots
- 10 almonds
- 1/4 cup raisins*
- 8 saltine crackers
- 1-ounce stick of string cheese*
- 39 whole grain Goldfish crackers
- 1 hard-cooked egg*
- 1 orange, peeled*



Be sure to refrigerate the eggs, cheese, peeled fruits and cut up veggies.

Source: *Clemson University Cooperative Extension*

GOAL: List one idea from this newsletter that you will do to enjoy your food, but eat less:

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 food stamps, call 608 723-2136 or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in Grant County, contact:



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