

# WHATS NEW IN NUTRITION?

## Wisconsin Nutrition Education Program (WNEP)

Grace Gee & Toni Britton, Educators

1313 Belknap St., Courthouse, Room 107, Superior, WI 54880

Phone: (715) 395-1546; Fax: (715) 395-1399



### “Screen Time”

Just one hour of “Screen Time” (TV, computer, video games) a day racks up to 152 days (a little over 40% of a full year) in 10 years.

The American Academy of Pediatrics estimates that the average child during their screen time sees over 40,000 commercials every year. A recent Institute of Medicine report warns that food ads lead children to ask for and eat high-calorie, low-nutrient food products, often replacing more nutritious food choices.



What can we do?

- Set a limit for “Screen Time”
- Limit the number of screens in your home.
- Put TV/computers in common areas of your home and not in bedrooms.
- Adults can set an example for children as well as find ideas for active play and hobbies.
- Teach children that commercials encourage you to buy foods and things you do not need.
- To complain about advertising aimed at children, please put your complaint in writing. Be specific about where and when you saw or heard the advertising. If it is a printed ad, please send the original ad (or a copy) with your letter. Address your complaint to:  
Children's Advertising Review Unit  
70 West 36th Street  
New York, NY 10018
- Send the same letter to your congressmen and senators.

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## Beans – A Good Deal

Beans can help stretch your food dollars. They are a great source of protein, just like meat.

Cooking meals with plenty of beans and a small amount of meat for flavor will save both your money and your health!

If you don't eat beans now, start slow. Add a few at a time on a daily basis.

- Eat chili with kidney or pinto beans
- Add some beans or lentils to your favorite canned soup or soup recipe
- Try split pea, lentil or bean soups
- Eat baked beans
- Add refried beans to your tacos
- Add Garbanzo or kidney beans to a lettuce or a pasta salad
- Mix rice and beans
- Try a bean dip for raw vegetables
- Add beans or lentils to your favorite spaghetti sauce



For bean recipes try these internet sites:

<http://www.americanbean.org/>

<http://www.calbeans.com/>



## BEEF AND BEAN CHILI

- ½ pound lean ground beef
- ½ cup chopped onion
- 2 cans (15 ounces each) chopped tomatoes
- 2 cups pinto or red beans
- 1 cup water
- 1 cup uncooked macaroni
- 1 teaspoon chili powder

- 1** Cook ground beef and onions in a skillet until meat is browned. Drain off any extra fat.
- 2** Add tomatoes (with liquid), beans, water, macaroni and chili powder to beef.
- 3** Simmer for about 30 minutes or until macaroni is tender. Stir occasionally. Add a little more water while cooking if needed.

6 servings (1 cup) – 219 calories, 6 grams fat, 25% calories from fat, and 6 grams fiber in a serving.

### Spice up your chili

Add any of the following:

- Red pepper
- Cayenne pepper
- Black pepper
- More Chili powder



## BUSY DAY BEAN HOT DISH

(8 Servings)

- 1 pound ground beef, turkey, or venison
- 1 large chopped onion or 2 tablespoons dried onion
- ¼ cup brown sugar
- ½ cup catsup
- 2 tablespoons vinegar
- ½ - ½ teaspoon black pepper
- 2 cups cooked kidney beans or 1-15 ounce can
- 1- 15 ounce can pork and beans
- 2 cups cooked or 1- 15 ounce can great northern beans, lima beans or butter beans.

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### Optional ingredients:

- ½ teaspoon chili powder
  - 2 tablespoons prepared mustard
  - 2 tablespoons molasses
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1. Cook and brown ground meat and onions. Drain fat.
2. Add remaining ingredients and mix.
3. Place in a greased 3 quart casserole dish and bake until hot and bubbling, about 45 – 60 minutes in a 350 degree oven. Or cover and cook on low in a crock pot for 6 – 8 hours.
4. Refrigerate leftovers in a covered shallow container and use in 1 – 2 days or freeze for later use.