WHATS NEW IN NUTRITION?

Wisconsin Nutrition Education Program (WNEP)

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Lighten Up by Eating Smart and Moving More

Most families want a healthy household and many Americans are concerned about weight and health. According the Center for Disease Control and Prevention, overweight and obese people are at a higher risk for coronary heart disease, stroke, type 2 diabetes, certain cancers, high blood pressure, and osteoarthritis. Maintaining healthy weight or preventing weight gain can improve our health.

Here are some ways to move towards a healthy lifestyle and lighten up!

- **Make smart choices from every food group.** At the grocery store, look for fruits and vegetables, whole grains, low-fat milk products, and lean proteins. Your body needs a wide variety of nutrient-rich foods.

- **Get the most nutrition from your calories.** The biggest problem for many people is high-fat, high-sugar snack foods, candies, and soft drinks. Eat smarter by choosing smaller portions of these foods. You can make a big difference in calorie intake, and not feel like you have to give these foods up entirely.

- **Balance food and physical activity.** What you eat is just one part of the energy balance equation. The other is your physical activity. Many of us take in more calories than we spend on daily activities. The minimum for good health is 30 minutes of moderate to vigorous physical activity each day. To reach a healthy weight you may need to be active longer or participate in more intense activities. Try adding a 15-20 minute walk at lunch, or find a friend to swim, dance or do aerobics with you.

Remember, preventing weight gain or stopping recent weight gain can improve your health right now. Even small weight losses (5 to 10 percent of body weight) can improve your health. Adopting a healthy lifestyle—eating smart and moving more—can improve your health even if you don't lose any weight at all.

In this newsletter, you will find tips to help you lighten up recipes.

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Let's all lighten up!

Altering Recipes for Good Health

Modifying recipes to limit amounts of fat, sugar, and salt, and adding more fiber can have health benefits. Generally you can **reduce sugar** in a recipe by one-third, **fat** in a recipe by one-third, and **salt** in a recipe by one-half (or omit it entirely) without even noticing it. In addition, you can substitute half of the all purpose flour in a recipe with **whole grain and bran flours**. For whole milk, sour cream, or other dairy products, substitute reduced fat versions. For two eggs, you can use one egg and two egg whites, or four egg whites. By making a few substitutions and changes, you can still prepare your favorite recipes and reduce calories, fat and cholesterol.

Source: Altering Recipes for Good Health, Texas Cooperative Extension

Label Logic

The Nutrition Facts label can help you select healthy foods. It provides nutrition information for a single serving of food and shows howfoods can fit into your daily diet.

Use the **"5-20" Rule** to compare nutrients in similar foods. The Percent Daily Values (% DV) 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: 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: fiber, vitamins A & C, calcium, and iron.


Nutrition Facts

For more information on reading Nutrition Facts labels, check out:

http://www.fda.gov/downloads/Food/LabelingNutrition/ConsumerInformation/

Easy Stuffed Pasta Shells

1 10-ounce package frozen chopped spinach, thawed
1 12-ounce carton low fat cottage cheese
1½ cups (6 ounces) shredded part-skim mozzarella cheese (save ½ cup for topping)
1½ teaspoons dried oregano
¼ teaspoon black pepper
1 26-ounce jar lite tomato basil pasta sauce
1 cup water
1 8-ounce package uncooked large pasta shells

1. Preheat oven to 375ºF. Lightly coat a 13x9x2-inch baking pan with cooking spray; set aside.
2. Drain spinach by placing in a sieve set over the sink, or in a bowl and pressing with a spoon to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
3. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano and pepper to the spinach. Stir to mix thoroughly.
4. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir to mix.
5. Spoon about 3 Tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over sauce. Pour remaining sauce over top.
6. Sprinkle the remaining ½ cup mozzarella cheese evenly over sauce.
7. Cover tightly with foil. Bake 1 hour or until shells are tender. Let stand 10 minutes before serving.

Source: Iowa State University Extension