

WHATS NEW IN NUTRITION?

Wisconsin Nutrition Education Program (WNEP)

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“Fresh Fruits and Vegetables are in Season!”

With summer and fall comes an increase in fresh produce variety availability. More and more research is showing that eating ample fruits and vegetables **really does matter** in the quest for better health! They contain many vitamins and minerals, are high fiber and low calorie. Fruits and vegetables have been proven to help reduce the risk of cancer, stroke, diabetes and heart disease! However you obtain your produce, it is agreed, that fruits and vegetables are essential to a healthy diet. The Dietary Guidelines for American recommends the following:

- * Consume a minimum of 2 cups fruit, 2 ½ cups vegetables per day!
- * Chose a variety of colors, eat a rainbow everyday!
- *Choose fresh, frozen, canned or dried, they are all good for you!
- *Fill half your plate with fruits and vegetables at meals!

Nine out of 10 American s do not get the recommended 4 ½ cups of fruits and vegetables per day!!!

This may mean changing your way of thinking when it comes to planning meals. Many people serve large portions of the main dish and meats, the vegetable may be an afterthought. A better way of thinking would be to make half your plate fruits and vegetables, and one quarter each for starch and meat portions. Also, if you are eating the recommended amounts of fruits and vegetables, you will feel fuller and snack less.

“Fruits and vegetables take too long to cook!”

Fruits and vegetables can be “fast food”.

-  Rinse off grapes or apples, peel a banana or orange, or eat baby carrots for a quick snack.
-  Buy lettuce, spinach or other vegetables in a bag. They may cost a little more, but there won't be any waste if your family eats them.
-  Buy extra canned and frozen fruits and vegetables. They can be used for quick and easy meals.
-  When chopping fruits and vegetables, chop extra for the next 2 to 3 days. Refrigerate and use later.

“Fruits and vegetables are too expensive!”

This is not true.

Fruits and vegetables are good buys.

An apple can cost 25¢, and a candy bar can cost 50¢.

-  Buy fresh fruits and vegetables in season. Watch the prices-every fruit and vegetable has a season when they are cheap and taste their best.
-  Buy fresh fruits and vegetables at your local farmers' markets, road stands or farms.
-  Some vegetables are always a good buy – cabbage, potatoes and carrots. Cook with these vegetables often.
-  Buy frozen vegetables. You can pour out an amount to cook and freeze the rest for later meals.



“Fresh fruits and vegetables spoil too fast!”

-  Stock your freezer with frozen fruits and vegetables.
-  Stock your cupboard with canned fruits and vegetables.
-  Plan to buy fresh fruits and vegetables twice a week if you want to eat fresh produce during the entire week.
-  Otherwise, plan to eat fresh produce at the beginning of the week, and eat canned or frozen produce at the end of the week.
-  Buy only the amount of fresh fruits and vegetables that you will eat. It is better to buy only 4 apples instead of the 5 pound bag of apples if you will only eat 4 apples in a week.

Chicken Stir Fry

Use a variety of vegetables in this stir fry!

1 pound boneless, skinless chicken breasts
2 tablespoons olive oil or vegetable oil

1 small onion, thinly sliced
½ cup pea pods or green beans
½ cup red or green pepper, cut into thin strips
½ cup broccoli, cut into small pieces
1 carrot, thinly sliced

2 tablespoons soy sauce
1 teaspoon garlic powder
1 teaspoon ground ginger

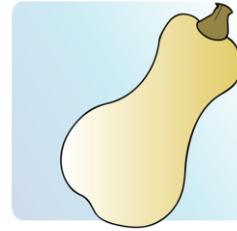
1 can (10.75 ounces) chicken broth
3 tablespoons cornstarch

- 1** Cut chicken into thin strips. Heat oil in a large skillet. Add chicken and stir fry for 4 minutes or until chicken is light brown and no longer pink.
- 2** Add onion, pea pods, pepper strips, broccoli and carrot slices. Cook for 5 more minutes.
- 3** Season chicken and vegetables with soy sauce, garlic powder and ginger.
- 4** Stir together chicken broth and cornstarch in a small bowl.
- 5** Pour chicken broth over chicken vegetable mixture. Stir well.
- 6** Cook and stir until thick and bubbly.
- 7** Serve over hot rice.

6 servings (1 cup serving) – 370 calories, 5.2 grams fat, 13% calories from fat, and 2.3 grams fiber in each serving.

Warm leftover chicken stir fry for a quick lunch:

- ✘ Serve stir fry on top of a baked potato.
- ✘ Roll stir fry in a tortilla. Add chopped tomatoes and eat!
- ✘ Stuff stir fry into pita bread for a quick lunch.



Rice Stuffed Squash

Squash is one of our most nutritious vegetables!
Squash is a great source of vitamin A and fiber.

1 package Chicken Rice mix
2 butternut squash
½ cup orange juice

- 1** Wash and cut each squash in half. Remove seeds.
- 2** Place squash, cut side down on a baking dish. Add a small amount of water, about ¼ inch of water.
- 3** Bake squash in a 375° oven for 40 minutes.
- 4** Prepare Chicken Rice mix according to directions on package.
- 5** Remove squash from oven. Turn squash over and place cooked rice mixture into squash halves.
- 6** Drizzle with orange juice.
- 7** Return to oven and bake for 15 more minutes.

8 servings (¾ cup serving) – 151 calories,
.6 grams fat, 4% calories from fat,
and 4.9 grams fiber in each serving.

