

# To Your Health

## Best Buys

Consider cost and nutrition when grocery shopping.

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.
- Buy fresh fruits and vegetables in season, when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.
- Check out a local Farmers' Market for fresh vegetables and fruits in season.

**In August, look for** locally grown beets, carrots, cucumbers, melon (muskmelon, honey dew and watermelon), onions, peppers, snap beans, summer squash, sweet corn, tomatoes.

At the grocery store, you will also see nectarines, peaches, plums, raspberries.

## Steps to Prepare Fresh Vegetables

- Wash your hands with soap and warm water before starting to prepare any food item.
- Use clean cutting boards, knives, and other equipment. If it is necessary to use the same equipment with raw meat, poultry, or fish, wash with hot, sudsy water before using for vegetable preparation.
- Wash all produce, even if you plan to peel it. (Bacteria on the surface can be transferred to the edible portion inside.)
- Wash produce under running water. Soap or produce rinses are not necessary. Use a scrub brush on firm vegetables. Lettuce, spinach, kale and chard may need to be rinsed several times to remove soil or sand.
- Dry vegetables with clean paper towels, or let air dry on a rack set over a pan.
- Store washed salad greens in clean, clear plastic bags or clean containers.

## More Information

Check these Web sites:

Iowa Farmers' Market Directory -

[www.agriculture.state.ia.us/farmermarket.asp](http://www.agriculture.state.ia.us/farmermarket.asp)

ISU AnswerLine -

[www.extension.iastate.edu/answerline](http://www.extension.iastate.edu/answerline)

ISU Food, Nutrition and Health -

[www.iastate.edu/healthnutrition](http://www.iastate.edu/healthnutrition)

ISU Extension Distribution Center -

[www.extension.iastate.edu/store](http://www.extension.iastate.edu/store)

*Eating a variety of vegetables of different colors - dark-green leafy products, such as spinach or spring salad mix; yellow or red squash and tomatoes; and even purple eggplant or kale - increases the mix of vitamins and minerals in your diet, and can lead to a healthier you.*

## Wraps Your Way

Makes 1 serving

1 10-inch whole wheat tortilla

1 teaspoon spread (such as lowfat mayonnaise or ranch dressing, mustard, or dill- or vegetable-flavored dip)

$\frac{1}{2}$  cup (or more) shredded, sliced or chopped vegetable(s) (such as fresh spinach, tomato, slaw mix, cucumber, onion, carrot, summer squash, etc.)

1 ounce\* protein food (such as cooked sliced chicken or beef,  $\frac{1}{4}$  cup tuna, 1 hard-cooked egg, or  $\frac{1}{4}$  cup refried beans)

1 tablespoon shredded mozzarella or other cheese

WASH hands. MIX the spread and vegetables together. SPREAD vegetable mixture on tortilla. SPOON on the protein choice, and sprinkle on the cheese. ROLL up and eat. OR wrap in waxed paper and heat in microwave for 30 seconds to melt cheese.

**Menu Idea:** "Wraps Your Way" with watermelon and low-fat or nonfat milk.

\*1 ounce is about 1/3 the thickness of a deck of playing cards.

**Nutrition Facts:** per serving - 188 calories, 56 calories from fat; 6.2g fat, 1.9g saturated fat; 29.5mg cholesterol; 309.4mg sodium; 19.1g total carbohydrate, 1.7g dietary fiber, 2.0g sugars; 13.1g protein; vit A 10%, vit C 10%, calcium 9%, iron 9%.

Source: *Food and Fun for Healthy Families*, ISU Extension 2008 nutrition calendar

## Healthy Habits Start at Home

Healthy habits start - and are reinforced - at home. Here are some ways that you can help children eat smart and get fit.

**Try it, you'll like it:** Kids don't always know that healthy food tastes good until they try it. Making healthy options fun, like "ants on a log" (celery with peanut butter or lowfat cream cheese, and raisins) is another way to add nutrition.

**Enjoy family meals:** Breakfast, lunch or dinner - a meal together is an important time for families to visit and for kids to share what they learned in school. Add cooking together time and you have more sharing time.

**Cook and learn:** There are a lot of ways for families to integrate math and science in the kitchen, like learning how yeast works in baking bread. And a lot of math goes into cooking too, like measuring cups and doubling a recipe.

**Play together:** Take a family walk after dinner or in the morning to start your day. Incorporate fun activity, count how many steps it takes to walk around your house ... have fun!

**Be a role model:** Make healthy food choices most of the time. Try new foods. Prepare meals and snacks at home. Include regular physical activity in your day.

Getting smart foods onto children's plates and into their mouths is easier than we sometimes think. At [www.mypyramid.gov](http://www.mypyramid.gov) you can listen to podcasts about simple steps toward healthier eating, explore inside *MyPyramid*, and go to *MyPyramid for Kids* for games, coloring sheets, and helpful tips.