

# To Your Health

## Dinner on a Dollar ...Are You a Good Shopper?

**Before going grocery shopping**, you should:

- Know how much you can spend for food. Put aside money for each week.
- Plan food you need for a week. Write out some menus for lunch and/or dinner for the week. Use food you have at home, food that is in season and food that is on special as you plan your menus.
- Use these foods in meals and for snacks every day: vegetables and fruits, whole grain breads and cereals, low fat or nonfat dairy foods.
- Make a shopping list to take to the store. List the foods you need. And list items you need to purchase that are not food.

**When you are grocery shopping**, you should:

- Shop once a week - and when you are not hungry or in a hurry.

- Take your shopping list with you. Buy only the things on the list.
- Read the labels - Nutrition Facts and ingredients - to get the most for your money. Make sure you buy what you need.
- Check the size of the container. Buy the size that costs less per serving, you have room to store, and you can use before it spoils.
- Check the prices of different brands.
- Check the prices of different forms. Frozen may be less than canned. Frozen or canned may cost less than fresh.

**Garbage Check.** We lose money whenever we toss food because it spoiled before we got around to eating it. If leftovers get the "heave ho" because they're left too long, we're putting money in the garbage can. Leftovers need to be "planned-overs." Make planning to use foods a priority. *Consider:* If browning, wilted lettuce is a frequent occupant of your garbage can, serve more salads at the beginning of the week. Use ripe bananas in banana bread; add juice to smoothies or make popsicles; freeze leftovers for another meal. *Tossing a half bag of "tired" lettuce = \$1.00 or more.* A "Whole Meal Salad" is one way to use up foods before they spoil. Menu idea: Whole Meal Salad, whole wheat toast, milk

### **Whole Meal Salad** (makes 1 serving)

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas (thawed), onion, tomato, mango, avocado, carrot
- 1 ounce\* chopped cooked chicken, beef, or pork OR 1 hard-cooked egg OR  $\frac{1}{4}$  cup canned beans, drained
- 1 tablespoon chopped dried fruit, shredded cheese, or chopped nuts
- 2 tablespoons lowfat salad dressing

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Directions: Wash hands. Arrange greens on large plate or shallow bowl. Add vegetables and/or fruits plus meat, cooked egg or beans. Add dried fruit, cheese or nuts. Add dressing.

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

•Use fresh produce to tempt hot weather appetites.

Nutrition Facts: 238 calories, 55 calories from fat, 6.1g total fat, 24.1mg cholesterol, 352.5mg sodium, 35.5g total carbohydrate - 5.6g dietary fiber, 22.5g sugars, 13.5g protein

Source: *Food and Fun for healthy families*, 2008 nutrition calendar, Iowa State University Extension

## Herbs and Spices - What's the difference?

An **herb** is the leaf of a plant or shrub, or more broadly, "the part of a plant that is used in the diet for its aromatic properties," and can be used fresh or dried. Examples of some common herbs are oregano, parsley, rosemary, sage, thyme, chives and basil.

All other parts of the plant, including the buds, bark, root, seeds, berries or fruit, are referred to as **spices**. Common spices include cloves (buds), cinnamon (bark), ginger (root), cumin (seeds), black peppercorn (berries), and paprika (fruit).

*Flavor up your foods! Experiment with herbs and spices.*

Learn more about growing herbs and spices at Iowa State University Home Demonstration Garden Field Days: July 15, 6 pm, Lyon County Fairgrounds, Rock Rapids; July 26, 9 am, Northwestern Research Farm, near Sutherland.

Nine cultivars of basil, 4 cultivars of thyme, 3 cultivars of parsley, 3 cultivars of dill and a sampling of sage, fennel, cilantro, chives, mint, oregano and marjoram are growing in the gardens.

## Safe and Savory at 160° F

A recent study found that 90% of consumers are not aware that 160° F is the correct internal temperature for ground beef patties. Only 15% use an instant-read thermometer to cook burgers.

As you heat outdoors to the grill, keep ground beef safety in mind:

- Always cook ground beef to 160° F. This ensures ground beef isn't under- or over-cooked, and any harmful bacteria is destroyed.
- Stop eyeballing the doneness of your burgers. Rather than relying on colors or juices, get an instant-read thermometer, which gives an accurate temperature reading much quicker than an oven-proof meat thermometer.
- Use your instant-read meat thermometer properly. Always insert the meat thermometer sideways into the thickest portion of the patty to ensure it has reached 160° F. And to make sure you get an accurate reading, hand wash your thermometer instead of using the dishwasher.

Source: Iowa Beef Industry Council