

June is Fresh Fruit and Vegetable Month, Dairy Month, and Iced Tea Month. AND we celebrate Father's Day. Enjoy! Jan Temple

BETTER HEALTH FOR THE REST OF YOUR LIFE



If you want to lower your blood pressure, get your cholesterol down to a safe level and stay healthy for life, there is good news! You only need to follow one sensible diet.

An overwhelming amount of scientific evidence points to our diet and activity level as being the keys to better health. The bottom line is that you don't need special drinks, supplements or designer foods. Simply limit the amount of refined carbohydrates, sodium-laden processed foods, and foods high in fat (especially saturated and trans fat) that you eat.

Replace these unhealthy food choices with a low-fat, low-sodium diet based on fruits and vegetables, whole grains and a modest amount of seafood and fat-free dairy items. For more information, consult the DASH diet materials at www.nhlbi.nih.gov

All the Right Stuff to eat:

Fat-free milk, yogurt and ricotta cheese	Fruits
Whole grains without added salt	Vegetables
Condiments with little or no added salt	Beans
Canned foods without added salt	Unsalted nuts, seeds
Low-sodium whole grain bread	

Source: Communicating Food for Health, June 2007

BAKED POTATOES PRIMAVERA – SERVES 4

Celebrate Dairy Month by trying this dish featuring ricotta cheese which provides more calcium and less fat than sour cream.

- 4 medium sized potatoes
- 4 cups frozen mixed vegetables
- 1 cup fat free or low fat ricotta
- 1/3 cup fat free or low fat sour cream
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Black pepper to taste



Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato. Steam mixed vegetables until hot. Mix the ricotta and sour cream with the herbs and pepper. Split the potato in the center and fill with steamed veggies. Top with ricotta-cream mixture and serve hot. **Cost/Svg.: \$.86**

Each stuffed potato: 309 calories, 9 calories from fat, .1 g total fat, 0.1 g saturated fat, 0 g trans fat, 16.9 mg cholesterol, 265.3 mg sodium, 61.4 g carbohydrate, 7.0 g dietary fiber, 11.2 g sugars, 11.2 g protein, 53% vitamin A, 21% calcium, 37% vitamin C, 14% iron. Source: Communicating Food for Health, June 2010

15 WAYS TO MORE FRUITS AND VEGGIES

Best ways to eat more fruits and veggies:

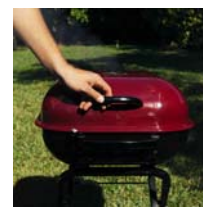
1. Have 1 cup of fruit or 100% fruit juice for **breakfast**.
2. Take 1 cup of fruit for your mid-morning **snack**.
3. Eat at least one cup of vegetables at **lunch**. This can be a salad or vegetable soup.
4. Eat at least one cup of vegetables for **dinner**.
5. Make one **vegetarian recipe** each week; don't be afraid to try new ones!
6. Eat a **salad** at least once a day, every day.
7. Keep **frozen veggies** on hand for quick side dishes and throw in pasta or soup during the week.
8. Start **shopping** in the produce section of the grocery store and build your menu from what you find.
9. At least **1/3 of your grocery cart** should be from the produce section when you shop.
10. Keep **fresh and dried fruit** for grab and go snacks.
11. Take **fresh fruit** with you every day for snacks.
12. The next time you visit a **fast-food restaurant**, order a salad instead of fries.
13. Make a **delicious fruit dessert** about twice a week.
14. Make a **veggie stir fry** once each week and use a variety of fresh and frozen vegetables.
15. When eating, fill **1/2 of your plate** with fruits and vegetables.



Source: Communicating Food for Health, June 2008

GRILLED PINEAPPLE S 'MORES – SERVES 4

- 1 can pineapple rings (about 8)
- Cooking oil spray
- 1/2 cup mini-marshmallows
- 4 graham crackers
- Grill oiled pineapple rings on grill until heated through and grill



marks appear. On each cracker, place 2 pineapple rings and 2 Tablespoons marshmallows. Serve warm.

Cost/Svg.: \$.34

Each s 'more: 115 calories, 6 calories from fat, 0.7 g total fat, 0.1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 61.1 mg sodium, 26.1 g carbohydrate, 1.2 g dietary fiber, 19.2 g sugars, 0.5 g protein, 0% vitamin A, 0% calcium, 25% vitamin C, 3% iron.

Adapted from: Communicating Food for Health, June 2007

PEACHES & VANILLA SAUCE – SERVES 4

4 peaches, halved and pitted
2 teaspoons lemon juice
2 Tablespoons brown sugar
1/2 cup fat free vanilla yogurt
Ground cinnamon to taste



Coat each peach half lightly with lemon juice. Place peaches in a microwave safe dish. Sprinkle with brown sugar and cinnamon. Cook in microwave at full power for 5 to 7 minutes, or until the peaches are tender. For each serving, place 2 peach halves on a plate and top each with a tablespoon of yogurt*. Garnish with a dash of cinnamon. Serve immediately. **Cost/Svg.: \$1.12**

*Note: Fat free frozen vanilla yogurt may also be used.

Each serving: 87 calories, 3 calories from fat, 0.4 g total fat, 0 g saturated fat, 0 g trans fat, 0.4 mg cholesterol, 14.5 mg sodium, 20.8 g carbohydrate, 2.4 g dietary fiber, 18.2 g sugars, 2.2 g protein, 11% vitamin C, 4% calcium, 18% iron.

Adapted from Communicating Food for Health, June 2007

CARROT HUMMUS – SERVES 10 (1/4 CUP EACH)

15 ounce can garbanzo beans, drain and rinse
1/2 cup nonfat plain yogurt
1/4 cup water
1 lemon – juice only (~3 Tbsp.)
1/4 teaspoon garlic powder
1/2 tablespoon ground cumin
1 carrot, peel and grate



Place the beans, half the yogurt, water, lemon juice, and spices into a blender or food processor. Blend until fine, adding remaining yogurt. Stir in the grated carrot last. Serve over whole grain crackers or whole wheat pita bread. This dip also goes great with raw veggie sticks. **Cost/Svg.: \$.17**

Each 1/4 cup: 37 calories, 3 calories from fat, 0.4 g total fat, 0 g saturated fat, 0 g trans fat, 0.2 mg cholesterol, 164.4 mg sodium, 8.2 g carbohydrate, 1.8 g dietary fiber, 2.0 g sugars, 3.1 g protein, 20% vitamin A, 3% calcium, 5% vitamin C, 2% iron.

Source: Communicating Food for Health, June 2010

CRAN RAZZLE TEA – SERVES 1

A flavorful, colorful mix of raspberry tea and cranberry juice.

1 raspberry tea bag
1 cup 100% cranberry juice
1/4 cup water



Place all items together in a cup or coffee mug. Heat at full power in a microwave until hot, ~ 2 minutes. Allow to steep for several minutes and serve. **Cost/Svg.: \$.61**

Each serving: 137 calories, 2 calories from fat, 0.3 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 6.8 mg sodium, 34.2 g carbohydrate, 0 g dietary fiber, 30.0 g sugars, 0 g protein, 0% vitamin C, 1% calcium, 178% vitamin A, 1% iron.

Source: Communicating Food for Health, June 2010

BEWARE OF 8 FOOD SHOPPING MISTAKES

Here are 8 common mistakes that can sidetrack you from a more healthful diet:

1. Did You Check the Serving Size? The package looks like one serving but is more than one serving. Examples include: candy bar, bottles of tea and soda, snack packages of crackers and cookies. One 20 ounce bottle of tea says 90 calories per serving but since the bottle is 2.5 servings you are taking in 225 calories.

Nutrition Facts		
Serving Size 0.25 cup(s) (72g)		
Amount Per Serving		
Calories	37	Calories from Fat 3
%		
% Daily Value		
Total Fat	0.4g	1%
Saturated Fat	0.0g	0%
Trans Fat	0.0g	
Cholesterol	0.2mg	0%
Sodium	164.4mg	7%
Total Carbohydrate	8.2g	3%
Dietary Fiber	1.8g	7%
Sugars	2.0g	
Protein	3.1g	
Vitamin A	20%	Calcium 3%
Vitamin C	5%	Iron 2%

- 2. Are You Misled By the Title?** Lean, Natural, Organic, Energy, Grain – all of these words sound good but are the Nutrition Facts on target for a food that is low in fat, salt, and sugar?
- 3. Beware of Your Assumptions of “Healthy”** – Turkey and chicken are not always healthful choices because they can be high in fat and sodium; some yogurt products are comparable to ice cream with their sugar and fat content!
- 4. “Sort of Healthy” Claims Not Backed Up By The Facts** – *Whole Grain* and *Reduced Fat* may contain a lot of salt, fat, and sugar.
- 5. Too Many Calories?** Look at the Nutrition Facts label for large items like cakes, packages of cookies and some frozen dinners – how many total calories are you buying?
- 6. Too Much Sodium?** Check the daily value and try to find items that have 5% or less of the daily value for sodium, especially with canned goods, boxed rice, and pasta mixes, frozen dinners and many grain products.
- 7. Too Much Sugar?** – soda, cereal, and more. 4 grams of sugar = 1 teaspoon. A package of cereal that shows 12 g of sugar means that you are getting 3 teaspoons per serving!
- 8. Look At Saturated Fat and Trans Fat** – Trans-fat free can be high in saturated fat!

Source: Communicating Food for Health, June 2008

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and justice for all

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