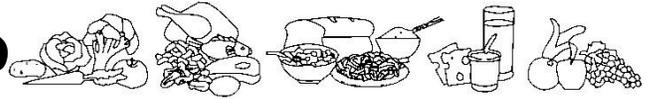


Food \$ense



Wisconsin Nutrition Education Program

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^{UW}**Extension**

Lighten Up by Eating Smart and Moving More

Most families want a healthy household and many Americans are concerned about weight and health. According to 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.** A big 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.

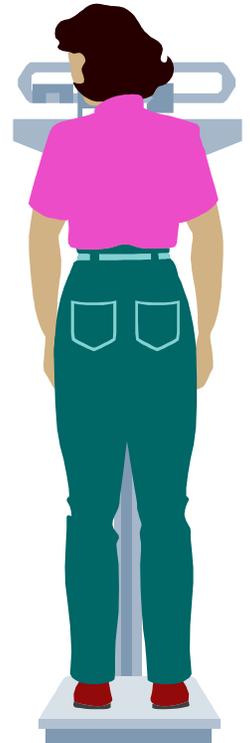


- **Balance food and physical activity.** What you eat is just one part of the energy balance equation. The other is your physical activity. Many of us take in more calories than we spend on daily activities. The minimum for good health is 30 minutes of moderate to vigorous physical activity each day.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

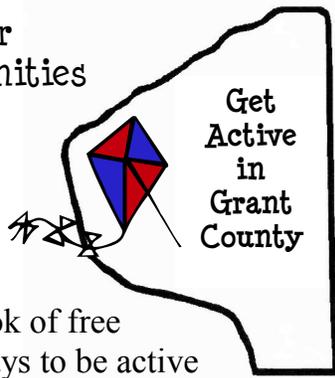
In this newsletter, you will find tips to help you lighten up recipes, lighten your food costs, and learn what all those light and low fat terms really mean.

Let's all lighten up!



Are you looking for affordable opportunities for active play for your family?

“Get Active in Grant County” is a complete reference book of free or very inexpensive ways to be active throughout Grant County.



- Lists over 60 parks, places to swim, hike, ride bike, watch birds, play tennis, fish and much, much more.
- Compiled by UW-Extension staff.
- Printed by grant funds (United Way, Roundtable of Grant County, Boscobel Area Health Center).
- Distributed to county schools, libraries, chambers, food pantries, clinics.
- Available to print online at www.uwex.edu/ces/cty/grant.
- Available by request at UW-Extension Office.
- Call 608 723-2125 to request a FREE copy.

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. You can substitute half of the all-purpose flour in a recipe with **whole grain or 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

Farmers' Market Nutrition Program

One of the best ways to cook and eat light is to include plenty of fresh fruits and vegetables in your diet. There are two federally funded programs available to help young families and older adults buy fresh, unprepared foods at farmers' markets and roadside stands.

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides Farmer's Market Nutrition Program (FMNP) coupons to women and children under five that have been certified to receive WIC program benefits.

The Senior FMNP is for people 60 years of age or older (55 or older if Native American) with incomes less than 185% of the Federal Poverty Income Guidelines.

Both programs provide a one-time benefit per growing season. The coupons can be used from June 1 until October 31 at any participating location. You will be given a list of local authorized markets and stands by the agency that signs you up, but the coupons can be used at any authorized market or stand in the state of Wisconsin.

Only Wisconsin grown fresh fruits, vegetables and herbs can be purchased with FMNP coupons. This helps increase the use of farmers' markets and supports the local economy.



The WIC Farmer's Market Nutrition Program is available in every county throughout Wisconsin. The Senior FMNP is available to residents in 50 Wisconsin counties, including Grant County.

If you would like more information about the WIC Program, contact Grant County WIC at 723-6416.

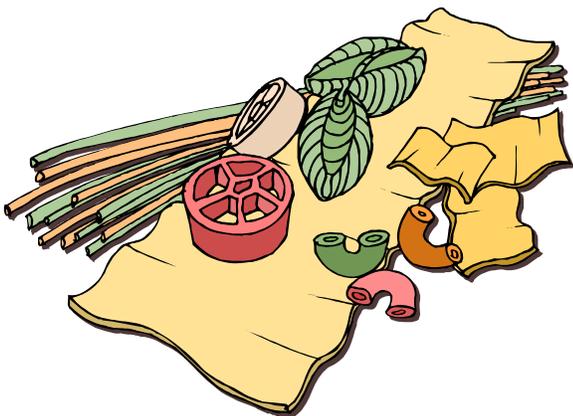
For information on the Senior Program contact the Aging and Disability Resource Center of SW WI at 1-877-794-2372 or 723-6113.

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 375°F. Lightly coat a 13”x 9” baking pan with cooking spray; set aside.
2. Drain spinach by placing in a colander 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



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Dear Sue,

I am getting so frustrated when I go grocery shopping and try to pick a lighter option for some foods. The packages are covered in words like Lite, Light, Low Fat, Fat Free, Reduced Fat. Which is REALLY the best option?

Ray Zins

Dear Ray,

The Food & Drug Association (FDA) sets standards for food labels. While many of the claims sound similar, there is a difference. The FDA offers this guide to terms commonly found on food labels:

Calorie Free	Contains 0 to 5 calories per serving.
Fat Free (No Fat, Zero Fat)	Contains less than 0.5 grams of fat per serving.
Low Fat	Contains less than 3 grams of fat per serving.
Reduced Fat	Contains at least 25% less fat than the original version of the product.
Low Sodium	Contains less than 140 milligrams of sodium per serving.
Very Low Sodium	Contains less than 35 milligrams of sodium per serving.
Low Calorie	Contains less than 40 calories per serving.
Light (or lite)	Contains a third of the calories OR half of the fat of the original product.

In the end you need to look further into the foods and food labels to see what you are really getting. You want foods that are lower in fat, sugar and sodium but high in nutrients. When you choose a food, you want to get the most out of that choice.

Have you ever seen an apple labeled “Low Fat?” No; we don’t need a label to say that, because we tend to eat apples for their nutrients, not their low fat content.

Sue

Source: University of Iowa Hospitals & Clinics

Label Logic

The Nutrition Facts label on food you purchase can help you select healthy foods for your family. The label provides nutrition information for a single serving of food and shows how that food can fit into your daily diet.

Use the “**5-20 Rule**” to compare nutrients in similar foods. The Percent Daily Values (% DV) are based on a 2,000 calorie 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 are 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 are fiber, vitamins A & C, calcium, and iron.



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

<http://www.fda.gov/downloads/Food/LabelingNutrition/ConsumerInformation/ucm120909.pdf>

Kids in the Kitchen...

Wacky Cake

- 3 cups all-purpose flour
- 1/4 cup cocoa
- 2 cups sugar
- 1 teaspoon salt
- 2 Tablespoons vinegar
- 3/4 cup vegetable oil
- 1 teaspoon vanilla
- 2 cups water



1. Preheat oven to 350° F.
2. Mix dry flour, cocoa, sugar and salt in bowl.
3. Make 3 wells in flour.
4. Put vinegar in one well, oil in second well and vanilla in third well.
5. Pour water over all and then mix just until batter is smooth.
6. Pour into ungreased 9”x 13” cake pan.
7. Bake 30 to 35 minutes.
8. Sprinkle top with powdered sugar, if desired.

Note: Applesauce can replace half or more of the oil and whole wheat flour can replace half of the all-purpose flour. Total measurements should stay the same.

GOAL:

Write one step you can do to eat smart or move more:

When will you do it?

WNEP education is supported by the USDA Food Stamp Program, FoodShare Wisconsin, UW-Extension and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 608 723-2136. To learn more about the Wisconsin Nutrition Education Program in Grant County, please contact:



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