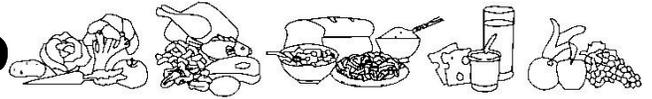


# Food \$ense



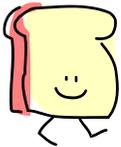
Wisconsin Nutrition Education Program

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## It's a Sandwich! A Quick, Easy, Healthy Lunch Option



If you are looking for a healthy lunch option, try a sandwich. You can eat a sandwich every day, but it never looks or tastes the same.

While you can be creative making your sandwich, it's important to keep the following tips in mind to ensure you are eating a *healthy* sandwich.

### Choosing the Bread:

Try to choose a whole wheat variety of bread, pitas, tortillas, bagels, etc. When looking for a whole-wheat bread, be sure the word 'whole' is the first word in the ingredient list.

### Choosing the Meat or Main Ingredient:

Choose low-fat or lean meats and poultry. You can choose lean packaged meats or use leftover chicken, fish, beef or turkey. Change things up with egg salad, low-fat cheese or peanut butter.

### Adding Extras:

The extras are the exciting additions to your sandwich. Lettuce, tomatoes, onions and pickles are common, but add your favorite vegetables or fruits to give it a little crunch or flavor.

### Spreads:

Choosing spreads is an important part of making sure your sandwich is healthy. For more details about choosing spreads see page 4.

### Balancing it Off:

While a sandwich can be a great healthy option for lunch, it is important to remember to balance your meal with additional sides such as:

- Fruit on the side
- Veggies and hummus
- A glass of low-fat milk or a cup of low-fat yogurt

Getting hungry yet? Next time you need a healthy lunch idea, don't forget about the sandwich!

### Any-Day-is-a-Picnic Chicken Salad

- 2 1/2 cups canned chicken
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 Tablespoons pickle relish
- 1/2 cup light mayonnaise



Combine all ingredients and refrigerate until ready to serve. Use within 1-2 days. Chicken salad does not freeze well.

### How to Use:

1. Make a chicken salad sandwich with whole wheat bread and your favorite veggies.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Serve in a tomato or a cucumber boat.

Serves 6

Source: Snap-Ed Connection: Recipes Finder



## It's Tax Time!

Did you know that you may be able to use tax credits to increase your refund? For more information on credits you may be eligible for, contact Grant County Family Living Educator Bev Doll at (608) 723-2125.

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## Healthy Lunches Aren't Healthy if They're Not Eaten

Caring moms and dads send their children off to school with healthy lunches and school foodservice programs work hard at making school meals taste good. But what if the fruit or vegetable ends up in the trash?

Gayle Coleman, nutrition education program specialist with the University of Wisconsin-Extension applied principles from research at Cornell University to come up with the following tips for parents:

- Give children the choice between two or more fruits for their lunches when grocery shopping.
- Ask children if they would like their sandwich made with whole wheat bread or a whole grain tortilla.
- Peel oranges or slice apples and put them in a colorful container so they are easy to eat and appealing. Sprinkle apple slices with a little lemon or orange juice to keep them from turning brown.
- Include colorful raw vegetable sticks or baby carrots with lunches. Raw veggies will stay crisp and crunchy if kept cold.
- Make low-fat milk the default choice for a lunchtime beverage.
- Talk to your school principal if you have concerns about the amount of time children have to eat or have suggestions for improving the lunch room environment.



## Packing Your Lunch Safely

What containers and wraps are safe to use in the microwave oven?

### SAFE TO USE:

- Any utensil labeled for microwave use.
- Heatproof glass (such as Anchor Hocking™, Pyrex®, etc.).
- Glass-ceramic (such as Corning Ware®).
- Oven cooking bags.
- White paper plates, towels, napkins and bags.
- Wax paper, parchment paper, heavy plastic wrap. Do not allow plastic wrap to touch food; vent it to allow steam to escape.

### NOT SAFE TO USE:

- Margarine tubs, cottage cheese and yogurt cartons, and similar containers. Materials in these containers are **not** approved for cooking and chemicals can migrate into food.
- Brown paper bags and newspapers.
- Metal pans.
- Foam-insulated cups, bowls, plates or trays.
- Chinese take-out containers with metal handles.
- Metal twist ties on package wrapping.
- Food completely wrapped in aluminum foil.



*Source: West Virginia University Extension Service*

### Grilled Cheese and Fruit Sandwich

- 8 slices cinnamon raisin or whole wheat bread
- 2 Tablespoons soft margarine spread
- 4 slices processed low-fat American cheese
- 2 small apples or pears, thinly sliced

1. Spread one side of each bread slice lightly with margarine.
2. Place four slices of bread margarine-side down and top with one cheese slice.
3. Arrange fruit slices over cheese. Top with remaining bread slices, margarine-side up.
4. Place sandwiches on a griddle or skillet over medium heat. Cook 2-3 minutes, turn and cook 2-3 minutes until the bread is golden and cheese is melted.

Serves 4

*Source: Iowa State University Extension*

## Secret Shopper: How Much Do Fruits and Vegetables Cost?

Have you ever wondered how to compare costs of canned, frozen or fresh fruits and vegetables? Wouldn't it be nice if someone did that for you?

We recently looked at prices at our local super-store and found these comparisons:

Potatoes	Price	Cost/Serving
10 pound bag	\$1.99	5¢
Boxed mix	\$1.25	16¢
15-ounce can	\$.67	27¢
24-oz. bag frozen	\$2.36	38¢

### Pineapple

20-ounce can	\$1.32	26¢
One, fresh	\$2.50	62¢
16-ounce, frozen	\$2.68	71¢

Are these prices typical?

- You will generally find that fresh potatoes, onions, carrots and cabbage are the best deal (and they keep a long time!).
- Frozen vegetables and fruits tend to be the highest priced because it costs manufacturers and stores more to keep foods frozen than just sitting cans on a shelf.
- Name brands are usually about 30¢ more per can than store brands. Sometimes you can't tell the difference, so try a store brand to see how you like it.

Whether you choose fresh, frozen, or canned might depend on your intended use. If you want carrots for a packed lunch, you'll probably choose fresh, but still compare. Baby carrots are \$1.14/pound; whole carrots are 78¢/pound.

An easy way to get better at comparison shopping is to choose one food on each shopping trip, and compare the prices. Write them in a small notebook, and you will start to have your own "price book" that you can check to see if an advertised "special" really is a good deal.



### 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've heard that fresh fruits and vegetables are always better than frozen and canned produce. Is this true?*

*Candi Korn*

Dear Candi,

It is a MYTH that fresh fruits and vegetables are always better. Without a doubt, fresh fruits and vegetables straight from your garden or local farmer's market are wonderful. The less time produce spends in transit from the garden to our dinner table, the more nutritious it is.

In many parts of the world individuals are not lucky enough to have fresh produce, so they must rely on frozen or canned products. The good news is that frozen and canned fruits and vegetables are often processed immediately after they are picked so there is little nutrient value lost, especially if they are stored properly and eaten during their recommended shelf life.

One disadvantage to canned produce is that it may contain added sugar and salt. Always read labels carefully, especially if you are following a low sugar or reduced salt diet.

Purchase a combination of fresh, frozen and canned fruits and vegetables so you always have produce readily available for meals.

Most importantly, remember that increased fruit and vegetable consumption in our daily diets is highly encouraged for good health. So no matter if produce is fresh, frozen, or canned, you can still receive great nutritional value.

*Sue*

*Source: eXtension, - Fruits and Vegetables, Fresh, Frozen, and Canned*

## Butter or Margarine -



Which is better for your health?

Butter, as an animal product, contains both saturated fat and cholesterol, which increases LDL (bad) and total blood cholesterol levels.

Margarine is made from vegetable oil. To get it solid, margarine is hydrogenated. During hydrogenation, hydrogen molecules are added to the oil. This produces harmful trans fats, which increase LDL cholesterol and lower HDL



(good) cholesterol levels. Stick margarine and butter contain about the same number of calories; both raise your risk for heart disease.

Non-hydrogenated soft margarines are trans fat free. If a spread has less than .5 grams of trans fat per serving, it can be labeled as trans fat free.

The National Institutes of Health recommends choosing a soft margarine (tub or liquid) that is trans fat free, has liquid vegetable oil or water as the first ingredient and contains less than two grams of saturated fat per tablespoon.

If used in baking, soft margarines will alter the end product because they have added water and air, which most recipes do not account for.

No matter which spread you use, try to limit the amount. All fats contain more than twice the calories of either protein or carbohydrate.

*Kids in the Kitchen...*

## Funny Face Sandwich

- 1 to 2 Tablespoons peanut butter
  - 1 slice of whole wheat bread
  - 1 to 2 Tablespoons shredded cheddar cheese
  - 3 or 4 raisins
  - 2 large green peas
  - 1 grape, cut in half
1. Spread peanut butter on bread in the shape of a face.
  2. Sprinkle grated cheese at top for hair.
  3. Place raisins for mouth.
  4. Use peas for eyes and 1/2 grape for nose.
- One serving

*Adapted from Kids a Cookin' Kansas State University*



**GOAL:** What is one idea from *Food Sense* that you could do to save money or eat better? Write it here, set a start date, and good luck!

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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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