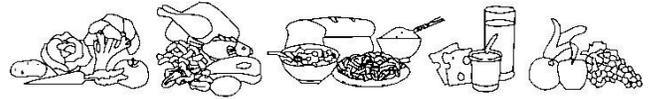


Food \$ense



Wisconsin Nutrition Education Program

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MyPyramid Changes



The U.S. Dept. of Agriculture has changed *MyPyramid* to *ChooseMyPlate*.

Dietitians and nutrition educators have been waiting for months for a new logo. The new icon has a simple, but important message - **we need foods from all five food groups at our meals AND half our plate should be fruits and vegetables.**

Unlike the *MyPyramid* icon that tried to convey many specific messages, this new icon is to remind us about healthy eating.

There are lots of interesting programs on the ChooseMyPlate.gov web site. You can find

interactive tools to study diet and exercise, plan your diet, plan your child's diet, and compare calories and nutrition between two foods. Lots of tips for eating healthy, balanced meals can be found there.

Food Sense will be incorporating the key messages that go along with the new *ChooseMyPlate* program in future issues. Read on to find ways to **make half your plate fruits and vegetables.**



Hurry-up Baked Apples

Serves 4 (serving size - 1/2 apple)

- 2 medium size tart apples (Granny Smith, Braeburn, Cortland, Fuji, or Jonathan)
- 1 teaspoon white or brown sugar
- 1/4 teaspoon ground cinnamon
- 2 Tablespoons oatmeal
- 2 Tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- 1 (6-ounce) container low-fat or fat-free vanilla yogurt

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1-inch or more deep. Arrange apple halves, cut sides up, in glass dish. Cut thin slices off bottoms to keep from tipping.
2. Combine sugar, cinnamon, oatmeal, raisins, and nuts and fill each apple half.
3. Cover with plastic wrap. Fold back one edge 1/4-inch to vent steam.
4. Microwave 3 to 3-1/2 minutes, or until apples can be cut easily.
5. Take from microwave and let sit a few minutes. Spoon yogurt over the top.

Source: *Healthy & Homemade 2012 Calendar* – Iowa State University Extension

Food Sense is a cooperative effort of Columbia-Dodge, Crawford-Vernon, Grant, Iowa, Lafayette, Marquette, and Richland-Sauk Counties Wisconsin Nutrition Education Program (WNEP). WNEP is provided by University of Wisconsin-Extension, Cooperative Extension and Family Living Programs in partnership with Wisconsin Department of Workforce Development and USDA Food and Nutrition Service. UW-Extension provides equal opportunity in employment and programming, including Title IX and ADA.

10 Tips for Affordable Fruits and Veggies

1. Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive.
2. Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs.
3. Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry.
4. Compare the price and the number of servings of fresh, canned, and frozen forms of the same veggie or fruit.
5. Some fresh vegetables and fruits don't last long. Buy small amounts to be sure you can eat the foods without throwing any away.
6. For fresh veggies or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.
7. Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.



8. Buy vegetables and fruits in their original forms. Pre-cut, pre-washed, and processed foods are convenient, but often cost much more.
9. Think about starting a garden next spring for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good choices for beginners.
10. Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Source: *USDA Dietary Guidelines*

Would You Like to Save Hundreds of Dollars?

The National School Lunch and Breakfast Programs offer healthy and nutritious school meals to children. The programs are designed to give families on tight budgets assistance with paying for school meals.



For families qualifying for reduced price meals, the cost is only 30¢ for breakfast and 40¢ for lunch, adding up to **hundreds** of dollars in savings over the 9-month school year. Information is sent to parents before the start of every school year, but parents can apply anytime.

Easy Roasted Veggies

- 5 cups assorted vegetables, cut in chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, or mushrooms)
- 1 Tablespoon vegetable or olive oil
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt
1. Heat oven to 425°F. Line a 9"x13" pan with aluminum foil.
 2. Spread vegetables in pan, sprinkle oil on vegetables and stir.
 3. Sprinkle with seasoning, pepper and salt. Stir.
 4. Bake, uncovered, 45 minutes, turning every 15 minutes.
 5. Serve while hot. Serves 5.

Source: *Healthy & Homemade 2012 Calendar – Iowa State University Extension*

Storing Garden Produce

Storing fruits and vegetables at the end of the growing season allows you to save money and have nutritious food into the fall and winter.

Even if you don't grow your own produce, you can buy it locally during the season at farm stands and farmers' markets for home storage. Unheated cellars, garages, cool porches and rooms are some of the locations around the home where you can store produce for fall and winter months.

Fruits and vegetables that can be stored for a longer time include: apples, pears, carrots, garlic, onions, parsnips, potatoes, rutabagas, winter squash, and turnips.

Successful storage depends on produce variety, proper harvesting, temperature and humidity.

Some general tips for long storage life include:

- Handle produce carefully to avoid cuts and bruises, which lead to spoilage.
- Do not wash produce before you store it. Excess water will promote bacteria growth.
- Keep stored produce in a dark, well-ventilated area.
- Protect stored produce from mice and other animal pests.
- If storing apples, keep them separate from other foods. They give off ethylene gas, which speeds up ripening of other produce.



For more information on making the most of home and market produce, see *Storing Fruits and Vegetables from the Home Garden, 2006* available from your county extension office. Or find this publication online at:

<http://learningstore.uwex.edu/pdf/A3823.pdf>



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,

What happened to MyPyramid? I don't think I really figured out all the changes in the "new" food groups when MyPyramid came out, and now it looks like it has changed again.

Connie "Con" Fused

Dear Connie,

You may see the *MyPyramid* image still being used, because it is helpful for teaching the different types of food we need to eat, and the relationship of food and physical activity. *MyPyramid* has lots of messages that are still important for a healthy lifestyle, but people wanted a simpler image.

ChooseMyPlate is a symbol designed to remind us make healthy eating choices. The *MyPlate* icon is easy to understand and it helps to promote messages based on the *2010 Dietary Guidelines for Americans*. The image is a familiar one - a plate - and is purposely simple to help us remember to eat from all five food groups, and make half of our plate fruits and vegetables.



I think you will like the simple message that **we need foods from all five food groups at our meals AND half our plate should be fruits and vegetables**. When you plan meals for your family or yourself, take a look at YOUR plate: how does it compare to *ChooseMyPlate*?

Sue

Make Half Your Plate Fruits & Veggies

Including fruits and vegetables with every meal is a smart way to choose a healthy lifestyle. Most fruits and vegetables are fiber-rich and nutrient-dense, and low in calories and fat.

For breakfast:

- Stir any cereal into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.

For snacks:

- Eat fruit like an apple, banana, or plum.
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."

For lunch and dinner:

- Eat less cheese and more vegetables on your pizza. Try onions, mushrooms, and peppers.
- Spread low-fat cheese and fat-free refried beans between whole wheat tortillas. Brown both sides until cheese melts. Top with salsa.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.
- Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

Source: www.fruitsandveggiesmatter.gov

Kids in the Kitchen...

Pumpkin Pie Pudding

- 1 1/2 cups low-fat or fat-free milk
- 1 (3.4 oz.) package instant vanilla pudding and pie filling
- 1/2 teaspoon pumpkin pie spice
- 1 cup canned pumpkin
- 1/2 cup miniature marshmallows (if desired)
- crushed graham crackers

1. In a large bowl, combine milk, pudding mix and pumpkin pie spice.
2. Beat for 2 minutes on low speed or until slightly thickened (or whip by hand until thickened).
3. By hand, stir in pumpkin until well blended. Fold in marshmallows, if using.
4. Spoon mixture into 6 serving dishes. Top with crushed graham crackers.



Serves 6

Source: *Marathon County WNEP*

GOAL: Three ways I plan to add more vegetables and fruits to my plate:

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 or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in Grant County, please contact:



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