MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Healthy Bites

Information to Improve the Selection and use of Foods In Your Home

March is National Nutrition Month

Winter 2010 - Vol. 2

Learn How to Make Healthy Food Choices

Young children need to learn how to make healthy food choices on their own, so even when they are away from home at school or with friends they will be making healthy choices...most of the time.

Teaching children how to make healthy food choices can be made easier for parents and teachers by giving children a variety of healthy foods to choose from and then letting the child decide when and how much they will choose to eat.

One way of ensuring the children eat healthy foods is to only give them healthy foods as their choices...most of the time. Less healthier food choices can be part of a normal diet, in moderation. Children should be encouraged to eat their healthy foods first.

Vitamins and Nutrients

A strong immune system is one of your best defenses against infections from bacteria and viruses. A healthy immune system also helps protect against other health problems such as arthritis and certain types of cancer. Eat a variety of nutrient-rich foods to give your body the nutrition it needs every day to help protect against illness and reduce your risk of chronic disease.

By choosing nutrient-rich foods that provide the most nutrients per calorie, you can build a healthier life and start down a path of health and wellness. Small steps can help you create healthy habits that will benefit your health now and for the rest of your life:

- Start each day with a healthy breakfast that includes whole grains and calcium-, vitamin D- and vitamin C-rich foods.
- Replace refined grains with whole grains like whole-grain breads and cereals and brown rice.

Pre-washed salad greens and pre-cut vegetables make great quick meals or snacks.

Source: American Dietetic Association

ServSafe

Michigan State University Extension is partnering with Michigan Department of Agriculture to bring you **ServSafe**. **ServSafe** is a program developed by the National Restaurant Association (NRA) to address the growing food safety concerns of consumers.

Manager Certification Course: This 16-hour certification program provides food managers with thorough training in all areas of food safety relevant to a food service establishment. Upon successful completion of an exam, participants will receive a certificate verifying that they are a certified ServSafe Food Protection Manager.

For online registration, visit the following website: http://web2.canr.msu.edu/servsafe

Healthy Eating Plan

Calories

Your goal should be to establish a new balance between calories in and calories out (burned through physical activity).

Protein

The protein you eat supports your muscles. It is important to get enough protein and exercise to keep—and even grow—muscle strength and mass. Foods rich in protein such as meats, fish, low-fat and fat-free dairy foods, nuts and beans are also satisfying. When part of a well-planned diet, they can delay hunger and keep you feeling full longer.

Fiber

Foods rich in fiber such as whole fruits, vegetables, beans and whole grains tend to offer plenty of vitamins and minerals without plenty of calories.

High-fiber foods satisfy hunger and keep you feeling full longer than processed foods. They are tasty, nutritious "filler foods."

Eating a Variety of Foods

A healthful eating plan includes a variety of foods from all the food groups: fruits, vegetables, grains, dairy and meat and beans, plus a moderate amount of healthy fats.

Supplements

Before taking anything beyond a daily multivitamin, which offers no more than 100 percent of the Daily Value of each nutrient, talk with your doctor. Most healthy people can get all the nutrients they need from food.

Source: USDA Loving your Family, Feeding their Future

If we want to improve the health and well-being of our children, we must help them access healthy foods. Health is directly related to nutrition. The enjoyment of food and nutritional well being contribute to an increased quality of life.

Source: Unknown

Chicken Tortas

Preparation Time: 20 minutes

2 cups cooked, shredded chicken

2/3 cup rinsed and drained red kidney beans

1 teaspoon chili powder

2 cups prepared fresh salsa

2 cups shredded romaine lettuce

4 thin white onion slices

½ cup shredded low fat Monterey Jack cheese

French rolls, cut in half lengthwise

In a medium bowl, combine chicken, beans, chili powder and 1 cup of fresh salsa. In a second bowl, combine lettuce, onion, and cheese. Place equal amounts of chicken and lettuce mixtures inside of each roll. Spoon ¼ cup fresh salsa over lettuce and close sandwich.

Source: Fruits and Veggies MoreMatters.org

mypyramid.gov

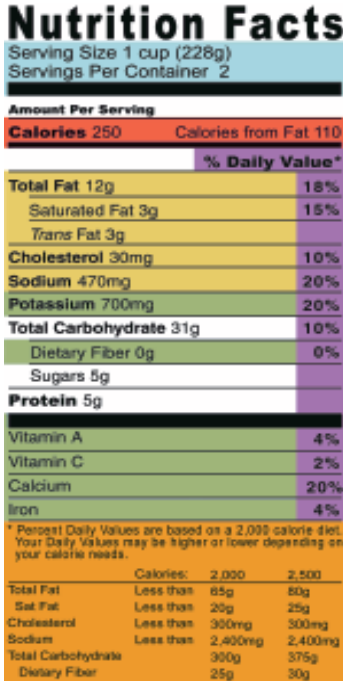
For current nutrition information to improve or enhance your diet look at this site. It is helpful for all ages.

Watch your fats, sugar, and salt (sodium)

Trans fats that are in a lot of prepared foods like some cakes, cookies, crackers, pies, donuts, stick margarines, fried foods, chips, and solid vegetable shortening.
Some types of fats are better to limit.
These fats are: Butter, Lard, Stick margarine
Fat on meats and poultry

Vigile la grasa, el azúcar y la sal (sodio)

Las grasas trans (*trans* fat) existen en muchas de las comidas preparadas como por ejemplo, los pasteles, galletas, galletas saladas, tartas, donuts, margarina, las comidas fritas, «chips», y las materias grasas de las verduras Hay ciertos tipos de grasas que es mejor tomar en cantidades limitadas. Son las siguientes: Mantequilla,
Manteca de cerdo, Margarina. La grasa de las carnes y las aves



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Get the Most from Your Vegetables

Vegetables are a great source of vitamins and nutrients. However, water-soluble vitamins like vitamin C, riboflavin, thiamin and folate can be destroyed by exposure to air, water or heat. To keep the vitamins in your vegetables from escaping follow these tips:

- Cook vegetables in a small amount of water, just enough to keep the pan from scorching.
- Steam, microwave or stir-fry vegetables instead of boiling to reduce the amount of time they are exposed to heat.
- Cooler temperatures help preserve vitamins, so store produce in the refrigerator.
- Cut up vegetables just before cooking and serving time to decrease the amount of their surface that is exposed to air.

Source: American Dietetic Association

Angel Food Ministries

Angel Food Ministries is a non-profit, nondenominational organization dedicated to providing low-cost, nutritious groceries throughout the U.S. Visit their website: **www.angelfoodministries.com** to find the closest host site near you

This newsletter has been partially funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact the Center for Civil Justice, 1-800-481-4989

Food Safety Shopping Guidelines

Most people do not think about food borne illness until they become ill from consuming contaminated food. Food shopping is the first step in providing safe and healthy foods. Knowing how to select produce, dairy, meats and seafood can reduce your chance of food borne illness. Follow these food shopping guidelines to keep food safe:

Shop in Order

- Gather non-perishable items first. Then, refrigerated and frozen items.
- Stop at deli counter last. Place deli meats near other cold items in your grocery cart.

Pick Your Produce

- Choose loose produce rather than packaged, you control what you select.
- Don't purchase produce with mold, bruises or cuts.
- Purchase only the amount of produce for use within a week.
- Buy only pasteurized juices.


Getty Images

Check Dairy and Milk Products

- Check "sell-by" date on all dairy products.
- When buying eggs, choose a carton that is cold.
- Make sure eggs are clean and aren't broken or cracked.
- Buy milk and other dairy products toward the end of your shopping trip.

Be Selective with Fish and Seafood

- Buy fish from reputable sources like grocery stores and seafood markets.
- Check for proper refrigeration of fresh fish.
- Buy packaged seafood well-packed in ice and packages tightly sealed
- Avoid packages containing ice crystal, indicating seafood has previously thawed.
- Buy unwrapped cooked seafood such as shrimp, crab or smoked fish only if it is displayed in separate case or a physically separated section from raw fish. Bacteria on raw fish can contaminate cooked fish.

Look Over Meats and Poultry

- Make sure packaging is tightly sealed and is very cold to the touch.
- Choose packaged chicken that looks pink, not gray.

Check the "sell-by" date. If the date has passed, don't buy it. Always look for the Safe Food Handling label on packages of bacon and fresh sausage. Select meats and poultry after shopping for non-perishables.

At Home Promptly refrigerate or freeze perishable items as soon as you get home.

Source: **USDA Loving your Family, Feeding their Future**

Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more. Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.

***For more information call:* 586-469-6432.**

MICHIGAN STATE UNIVERSITY EXTENSION
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FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Anger Management
4 week program

6:30 - 8:30 p.m.
March 2, 9, 16, & 23, 2010
Warren Civic Center Library
1 City Square
Warren, MI 48093

Call 586-469-7614 to register

Living with Less

FREE workshop
Thursday, April 8, 2010
6:30 pm—8:45 pm
to be held at
Clinton Township Library
Call 586-469-7614 to register

Better Budgeting

Free workshop
Wednesday
6:30 pm - 8:00 pm
March 3rd, 10th,17th & 24th, 2010
6:30-8:30 pm
MSU Extension
21885 Dunham
Clinton Township, MI 48036
call 586-469-7614 to register

HOUSING (586) 469-6430

Anne Lilla, Housing Program Coordinator

Macomb Homebuyers Affordable Housing Seminar

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

Thursday, March 11th, 2010
6:30-8:30pm
to be held at Leaps & Bounds Community Center
Call 586-469-6430 to register now!

Money Management

8 Sessions, Wednesdays, 6:30 - 9:00 pm
May 15, 12, 19, 26,
June 2, 9, 16 & 23
2010

Eastpointe City Hall &
Eastpointe Community Center
Call (586) 469-6430 to register

Home Ownership Seminar

FREE 6 hour program
February 27th
9 am - 4 pm with a 1 hour lunch
To be held at:
Eastpointe Community Center
16435 E. Eight Mile Rd
Eastpointe, MI 48021
Call 586-469-6430 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

Expanded Food & Nutrition Program
for income eligible families with children – 6 sessions

- ✓One-On-One Teaching
- ✓Menu Planning
- ✓Group Presentation
- ✓Stretch Your Food Dollars
- ✓Label Reading

MICHIGAN STATE UNIVERSITY EXTENSION

Food Service/Safety Certification Training

For further information on class schedules and locations log on to:
http://web2.canr.msu.edu/servsafe/

* Volunteer Opportunities *

Youth Mentor Program

Positive role modeling to at-risk youth 11 – 15
4H Activities for families with children 5–19

Call 586-469-6431 for more information

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MACOMB COUNTY
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Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!

586-469-6432

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