



# Healthy Bites

Fall 2011 Volume 3

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

## National Fruits & Veggies—More Matters® Month • September

**Maximize your time and money.** Cut coupons for foods, such as fruits and vegetables.

**Clearly label your foods** in the freezer and refrigerator with the contents and date to stay within a safe time frame.

**Frozen fruit** and vegetables store well in the freezer until you're ready to add them to a meal.

**Canned fruits and vegetables** will last a long time and can be a healthy addition to a variety of meals. Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice.

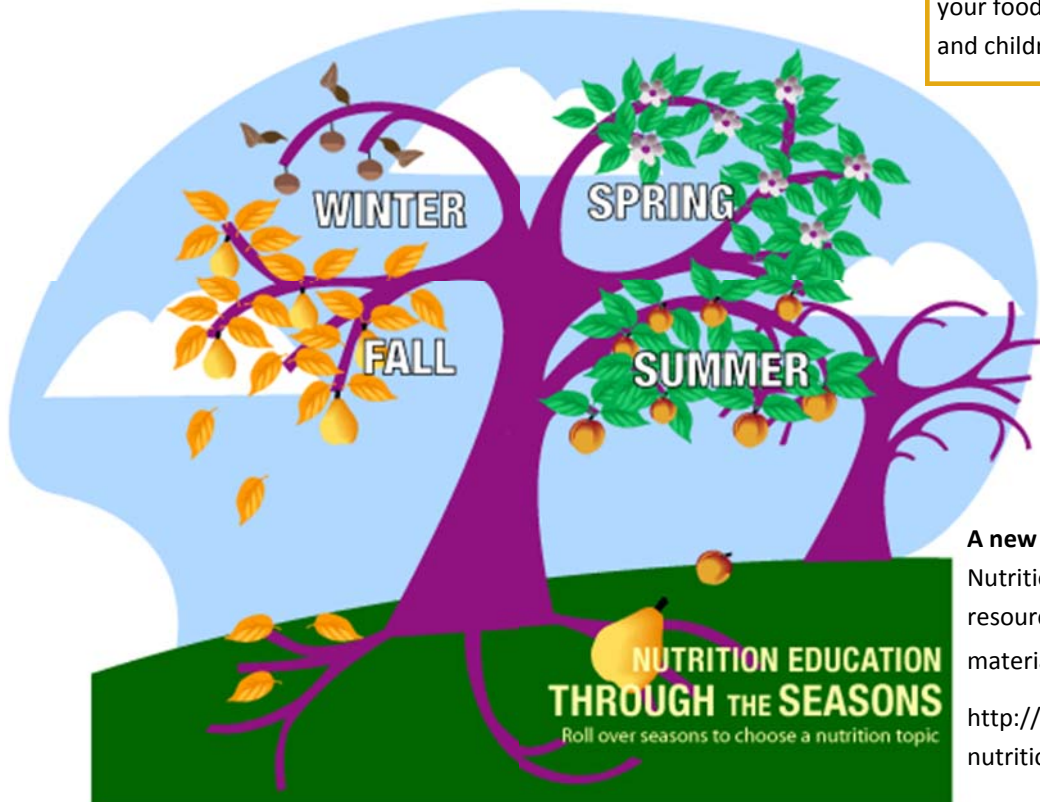
**Get creative with your leftover fruits and vegetables.** Make salsa from your tomatoes and smoothies from your fruits! Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to learn how.

**Keep it simple.** Buy dried beans, peas, and lentils in their raw or uncooked form instead of the processed and packaged versions which cost more.

**Pick your own at local farms.** Late summer and early fall is a great time to pick your own fruits and vegetables.

**Avoid buying single servings.** Purchasing many small packages of produce is often more expensive than buying in larger amounts.

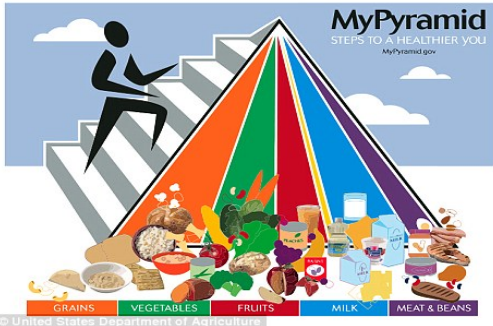
**Be a role model!** You'd be surprised how your food choices can affect friends, family and children.



**A new resource at SNAP-Ed Connection!**

Nutrition Through the Seasons is a unique new resource that highlights nutrition education materials and resources through out the year

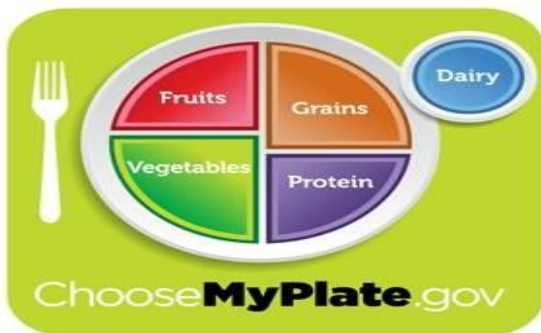
[http://snap.nal.usda.gov/foodstamp/nutrition\\_seasons.php](http://snap.nal.usda.gov/foodstamp/nutrition_seasons.php)



**2005** The U.S. Department of Agriculture (USDA) and Health and Human Services (HHS) dietary guidelines, which provides practical advice on eating a healthy, balanced diet, recommended that kids eat more fruits, vegetables, and whole grains and get at least 60 minutes of moderate to vigorous exercise each day.

The USDA's MyPyramid website was created to help parents and kids understand these guidelines by offering personalized recommendations about the variety of foods they should eat and how much. The pyramid also is a reminder to be active every day, with its stairs representing easy ways to improve your family's health.

Inside the pyramid, six stripes represent the five food groups — as well as oils — that are part of a balanced diet: Orange: grains Green: vegetables Red: fruits Blue: milk, yogurt, and cheese (milk) Purple: meat, poultry, fish, dry beans, and nuts (meat and beans) Yellow: oils



## **2011 Introducing Choose My Plate.gov**

Fruits and vegetables are packed with fiber, essential vitamins and photochemical, which are cancer-fighting substances. Portion size, even of healthy foods, plays a major role in controlling weight and reducing the risk of a number of chronic diseases

Even though the plate is divided into four different-size sections, the servings don't have to be proportional, officials who developed the symbol say.

Every person has different [nutritional](#) needs based on age, health and other factors.

The graphic is based on new USDA dietary guidelines released in January.

Those guidelines, which are revised every five years, tell people to drastically reduce salt and continue limiting saturated fats.

### **Balancing Calories**

Enjoy your food, but eat less. Avoid oversized portions.

### **Foods to Increase**

Make half your plate fruits and vegetables.

Make at least half your grains whole grains.

Switch to fat-free or low-fat (1%) milk.

### **Foods to Reduce**

Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.

Drink water instead of sugary drinks

Source: USDA 2011



Parents can include children in the food preparation. Kids in the kitchen doesn't create a recipe for disaster! There are many good reasons for involving kids in food preparation:

- Quality time spent with kids and their parents/caregivers
- The opportunity for kids to learn about and develop an appreciation for cooking
- Kids are more likely to eat new foods that they've helped prepare.

Source: USDA

## Eating Right When Money Is Tight

Many families are concerned about the rising costs of food.

Read on for tips for how to stretch your food dollars through budgeting, food selection, and low-cost recipes. If you are struggling to put food on the table, USDA's nutrition assistance programs may help.

**Planning: Making Meals With Foods on hand** before going to the grocery store, check what foods you already have. Once you know what foods you have, ask these questions:

- What meals and recipes can I make using the foods I have?
- Can I mix foods together to make a tasty and nutritious meal?
- What foods does my family need for good health?

**Then:** Plan what recipes you will make using your list of foods.



Fruits and vegetables are usually less expensive when they are in season. Farmer's Markets always carry what is in season.



Use other foods on your list such as vegetables, fruits, and whole grains to complete the menu.

Once you plan your menus, make a new list for missing foods you need to buy.

Source : <http://www.nal.usda.gov/snap/EatRightWhenMoneysTight.pdf>



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## “Six Weeks to a Healthier You!”

### Free Nutrition Course

Dates: Wednesdays—September 7, 14, 21, 28, October 2, and 12

Time: 1:30—3 pm

Place: 21885 Dunham Rd, Verkuilen Bldg, Assembly Room “A”

Register: By phone at 586-469-6432

Free cookbook and MSUE certificate issued after successfully completing all 6 classes.

