



Choose Foods and Habits that Combat Stress

Stress is an essential part of living a productive life. However, most of us have more stress in our lives than we need. As a result of our high stress levels we often choose stress-prone eating behaviors that further stress our bodies. These stress-prone eating behaviors include choosing foods and beverages that are high in fat, sugar, and caffeine. These eating behaviors further stress our bodies and do not provide our bodies the nutrients they need.

The good news is that it is possible to choose foods and habits that will combat the stressors in your life. Choose one or two of the below tips that you can start applying to your life today. Add new tip each week until all seven become habits.



- **At every meal put foods that are a variety of colors on your plate.** By doing this you are insuring that you are consuming a variety of nutrients at every meal. Sorry, eating a bag of Skittles doesn't count.
- **Choose food high in antioxidants.** *Antioxidants* destroy free radicals. Free radicals are what may cause many diseases and aging in our bodies. Foods highest in antioxidants include: fruits, vegetables, beans, spices, and nuts.
- **Take time every week to plan your family's meals and snacks in advance.** By doing this you are guaranteed to reduce your stress level and to improve your nutritional health..
- **Drink more water.** Drinking beverages that contain caffeine (soda, energy drinks, tea, and coffee) do not do an effective job hydrating your body. Even slight dehydration will make you feel fatigued. Being well hydrated will make your skin look better and your body function better.

Source: University of Nebraska Extension

WORD WISE

Antioxidants: Plant foods, such as fruits, vegetables, and whole grains contain many components that are beneficial to human health. Research supports that some of these foods, as part of an overall healthful diet, have the potential to delay the onset of many age-related diseases.

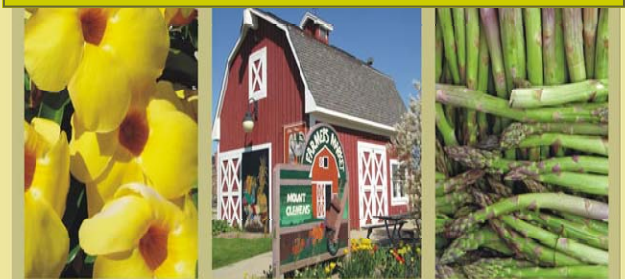
Antioxidants are present in foods as vitamins, and minerals among others. Many antioxidants are often identified in food by their distinctive colors—the deep red of cherries and of tomatoes; the orange of carrots; the yellow of corn, mangos, and saffron; and the blue-purple of blueberries, blackberries, and grapes.

Source: International Food Information Council

Mount Clemens Farmers Market

Fresh, Locally Grown Products Since 1979

The Market opens May 2nd



MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.
May thru November

SNACKS FOR HEALTHY KIDS

Food should never be used as a reward for good behavior, or withheld as punishment for bad behavior.

Focus on physical activity as well as food. All children benefit from physical activity - walking, riding bikes, or playing together is a great way to build family communication. If your child shows a tendency toward being overweight, encourage more physical activity and less screen time at the television or computer.

Do not cut back drastically on food intake. Children need those nutrients for growth and development.

- Let youngsters help pick out fruits, vegetables, and cheeses when shopping
- Include children in snack food preparation
- Use snacks to introduce new foods, encourage label detectives
- Limit convenience-type snacks that are high in sugar, fat, and salt
- Plan snacks as part of daily food choices
- Provide snack choices from several food groups
- Schedule regular snack times and amounts; don't let children nibble constantly during the day

Source : Iowa State University Extension

Kids are experts at snacking

According to a United States Department of Agriculture study, after-school snacks provide about one-third of children's calories. Because children have smaller stomachs, they need the Energy and nutrients provided by these mini-meals. However, when high fat, high sugar snack foods are combined with screen time—either TV or computer—instead of active play time, children are likely to gain more weight than they should for optimum health.

Choosing food implies having POWER

Refusing to eat certain foods or demanding to eat others is one way children practice their growing independence. They test values and decide which ones to reject, modify, and adopt. Consequently, doing what everyone else is doing may become more tempting than doing what parents have taught. The key for parents and caregivers is to strike a balance Between providing good nutrition and letting children make Independent decisions. One way to do this is by offering a wide variety of foods. Provide food choices that offer a range of taste experiences, such as crunchy, soft, chewy, smooth, hot, cold, sweet, sour, bland, and spicy.

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Focus on physical activity as well as food

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Check the Label

Is this A Whole Grain? Most foods will have “whole” or “Whole grain” listed before the grain ingredient's name (wheat, oats, corn or rye).

The whole grain should be the first ingredient listed. Some exceptions that are still whole grains are: brown rice, oatmeal, popcorn, wild rice and bulgur.

Source: wholegrainscouncil.org

Nutrition Facts	
Serving Size 8 fl oz (237mL)	
Servings Per Container About 6	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 20%	• Vitamin C 120%
Calcium 2%	• Iron 10%
*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
Saturated 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
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

Ingredients: whole grain oats, wheat flour, water, sugar, salt

SNACKS OPTIONS FOR HEALTHY KIDS

Create snack stations

To help children practice making snack choices, some families set up snack areas in the refrigerator and in a kitchen cupboard. Children are allowed to choose from either.

Yummy help-yourself cupboard snacks

Place these on a shelf in a cupboard that children can reach.

Fruit group

100% fruit roll-ups
Apple rings, dried
Apricots, dried
Banana halves
Prunes, pitted
Raisins
Cranberries, dried
Pineapple, dried

Meat group

Peanut butter
Roasted soy nuts or pumpkin seeds
Sunflower seeds

Bread group

(Choose whole grain options most often; look for whole grain as the first ingredient.)

Bagel
Banana bread
Breadstick
Bread, whole grain or enriched
Cereal pieces, low sugar (such as Cheerios®, Chex®, Crispix®)
Cookies
Cornbread
Crackers (animal, graham, oyster, whole grain)
English muffin
Granola, low fat
Muffins, low fat
Pita bread
Popcorn*
Pumpkin bread
Pretzel, soft
Raisin bread
Vanilla wafers
Whole wheat tortillas



Chilly help-yourself refrigerator snacks

Place these snacks in a storage bin or on a shelf in the lower part of the refrigerator so that children can reach them. Also, be sure children have access to water in a cup or bottle.



Vegetable group

Baby carrots*
Cauliflowerettes, slightly cooked, chilled
Celery sticks*
Celery stuffed with peanut butter or cheese*
Green or red pepper pieces*
Vegetable juices
Cherry tomatoes*
Zucchini pieces*
Ranch Dip (See page 4)

Super snacks in seconds

Here are some examples of how you and your child could combine foods from the two snack stations for a nutritious snack:

Oatmeal cookies and milk
Raw vegetables and cheese dip
Cheese and crackers
Cottage cheese and fresh fruit
Raisin bread toast and fruit juice

Fruit group

Apple wedges*
Apple wedges, peeled
Applesauce
Apricots, fresh or canned
Banana chunks
Fruit slushes
Fruitsicles, frozen
Grapes, seedless*
100% juice boxes
Kiwi halves
Melon pieces
Nectarine, fresh
Orange sections
Tangerine segments
Peach or pear pieces, fresh or canned in juice
Pineapple chunks
Plums, fresh or canned
Strawberries

Milk group

(Choose low-fat milk options most often.)

Cheese cubes or slices
String cheese
Fruit yogurt
Milk, plain or flavored
Pudding cups
Cottage cheese

Meat group

Hard-cooked egg

Pears or apples, cheese, and milk
Hard-cooked egg and cherry tomatoes
Fresh fruit with yogurt dip
Kabobs made with fruit and cheese
String cheese and fruit juice
Celery with peanut butter and fruit juice
Sliced apple with peanut butter dip and fruit juice



*Caution: These foods may cause choking in children under the age of 5.

Money saving tip: Make your own ready-to-go snacks by portioning them into small plastic bags or reusable plastic containers.



Spend Smart. Eat Smart.

Meat, Poultry, Beans, & Nuts

Protein comes from both plant and animal sources. Plant protein is usually less expensive than animal protein. MyPyramid recommends 4 to 5 ounces of meat or meat equivalent per day for children aged 2 to 13 and 5 to 6.5 ounces for teens and adults.



Check your \$-saving skills:

- The most economical source of protein is:
 - Eggs
 - Ground beef
 - Dried beans
 - Canned beans
 - Peanut butter
 - Walnuts
- How many pounds of pork chops do you need to serve 3 people?
 - 1 pound
 - 2 pounds
 - 3 pounds
- The only nutritional difference between canned and dried beans is that canned has more sodium.
 - True
 - False
- Buying the lowest cost ground beef is always the best choice.
 - True
 - False
- Which of the following is the smart buy?
 - 6-ounce package of sliced turkey meat for \$2.69 per package
 - Sliced turkey at the deli counter for \$4.99 per pound
 - 2 ½ pounds of fully cooked lean ham for \$5

(Answers on next page)

No endorsement of mentioned products or firms is intended nor is criticism implied of those not mentioned.

All prices in this publication were collected in central Iowa, Fall 2008. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.

Each of these provides a 1 ounce MyPyramid protein equivalent:

1 ounce cooked meat, poultry, or fish	1 pound lean hamburger yields 12 ounces @ \$2.99/pound =	\$.25 per ounce
½ ounce nuts or seeds	1 pound walnuts @ \$6.53 ÷ 32 =	\$.21 per ½ ounce
1 medium egg	1 dozen @ \$1.50 ÷ 12 =	\$.13 per egg
¼ cup cooked beans, peas, or lentils	1 14-ounce can @ \$.88 7 ¼-cup servings	\$.12 per ¼ cup
1 tablespoon peanut butter	18 ounces = 32 tablespoons @ \$.24 =	\$.07 per tablespoon
¼ cup cooked beans, peas, or lentils	1 pound (dried) @ \$.89 20 to 28 ¼-cup servings	\$.04 per ¼ cup

Eat Smart ... practice portion control

Cooking more than a 2- to 3-ounce portion of meat per person encourages us to eat more than we need for good health. Since meat is often the most expensive part of the meal, filling up on meat can challenge your food budget.

The amount to buy for your family depends on the amount of bone or fat.

One pound serves 4 if it has no bones or fat
ground beef, stew meat, cubed steak, boneless ham, fish fillets, luncheon meat

One pound serves 3 if it has some bone and fat
pork chops, chuck roast, picnic ham, turkey parts, bone-in fish

One pound serves 2 when it has many bones or more fat
whole chickens and turkeys, spare ribs, ham hocks

Making hamburgers for your family of 3?

Plan ¼ pound per person or ¾ pound for family of 3. If you buy a pound package, either freeze ¼ pound for another meal or cook it all and save one portion for another meal.

Serving a roast to 4 and want planned leftovers?

Purchase enough for 8 servings, such as a chuck roast that is about 2 ½ pounds. Set aside the extra portions and serve only the amount to be eaten at the meal.

Stretch your MEAT and POULTRY allowance

Practice your meat-stretching artistry

- Mix meats with beans, lentils, rice, pasta, and vegetables.
- Use beans or a mixture of beans and ground beef in tacos.
- Make stir fry and use only 1/2 to 3/4 as much as in a typical meat serving.
- Add rice to meat balls; bread crumbs or oatmeal to meatloaf.



Choose either dried or canned beans

- Both canned and dried beans make good meat substitutes and provide the same amount of fiber, protein, and other nutrients.
- Dried beans are less expensive but take more planning to use.
- Canned beans have more sodium (800 mg per cup compared to 5 mg per cup for dried). If you're concerned about sodium but like the convenience of using canned beans, you can drain and rinse the beans to remove about 40 percent of the sodium.

Watch for sale prices

- Check store ads to see what meats are on sale and base meals on them.
- Stock up—if you have the freezer space to do so. Meat and poultry, including unopened vacuum packages, can be frozen in their original supermarket packaging. If storing more than a month or two, place the store package inside a freezer-weight plastic bag or overwrap it with airtight heavy-duty foil, plastic wrap, or freezer paper; label with contents and date.

Rinse higher-fat ground beef to reduce fat

Buying ground beef with a high percentage of fat is usually less expensive per pound but yields less meat. However, you can save with the cheaper ground beef if you rinse and drain it after browning.

Follow these easy steps to remove excess fat when cooking ground beef for spaghetti sauce or other uses.

1. Drain fat from skillet after browning meat (photo 1).
2. Use a slotted spoon to transfer beef to a plate lined with paper towels. Let sit 1 minute; blot top of beef with more paper towels (photo 2).
3. Place beef in a fine mesh strainer or colander set on a sturdy 1/2-quart (or larger) bowl (photo 3).
4. Pour 4 cups very hot water over beef to rinse fat. Drain 5 minutes.
5. Use rinsed beef as desired (or freeze for later use). Chill the bowl of waste water. Remove resulting fat layer, wrap in newspaper and discard in trash. Remaining water can be poured down the drain.



Photocourtesy of the Iowa Beef Council

Answers: Check your \$-saving skills

1. Lowest to highest: dried beans, peanut butter, canned beans, eggs, walnuts, ground beef
2. 1 pound
3. True.
4. False—lowest cost often has highest fat content; use it for crumbles that can be drained.
5. The lean ham costs only \$2 per pound; ask the meat department to slice it thin. The 6-ounce prepackaged turkey costs \$7.20 per pound. ($\2.69 per 6 ounces = $\$.45/\text{ounce} \times 16 \text{ ounces/pound} = \7.20).

Food and Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more.

Learn how to cook quick and easy meals.

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

QUICK EASY MEAL IDEAS



Greek Rice Salad Made with Brown Rice

Yield: Makes 6 to 8 servings

- 3 cups cooked medium grain brown rice
- 1 cup red grape tomatoes; sliced in half
- 1/3 cup pitted Kalamata olives, sliced
- 1/4 cup Feta vinaigrette dressing
- Salt and freshly-ground pepper to taste
- Romaine leaves

Combine rice, tomato halves, olives and vinaigrette in a large mixing bowl. Season with salt and pepper. Serve with whole Romaine leaves, which can be used like taco shells to hold filling. Alternatively, arrange Romaine leaves on a platter and place rice mixture on top of greens. Chill.

For an Italian Rice Salad, you might try substituting an Italian oil/vinegar-type dressing and green olives for the Feta vinaigrette dressing and the Kalamata olives.

Source: USA Rice Federation



Make endless variations using the same basic proportions of ingredients. For example, use Italian seasoning instead of poultry seasoning. Substitute other types of frozen vegetables for the peas. If desired, simplify the recipe by leaving out the sweet red pepper and sliced mushrooms; simply add an extra cup of frozen vegetables.

Chicken Strata a la King (makes 6 servings)

- 1/2 cup chopped sweet red pepper
- 1 teaspoon instant minced onion
- 2 tablespoons water
- 1 package (10 oz.) frozen peas
- 1 can (5 oz.) chunk chicken
- 1 can (4 oz.) sliced mushrooms, drained
- 1 1/2 teaspoons poultry seasoning
- 4 cups day-old bread cubes (6 to 8 slices)
- 6 eggs
- 1 1/2 cups skim or low-fat (1%) milk

In medium saucepan, stir together pepper, onion and water. Cover. Cook over medium heat, stirring occasionally until softened, about 6 to 7 minutes. Add peas. Cover. Cook, stirring occasionally to break peas apart, until mixture is heated throughout. Stir in chicken, mushrooms and seasoning.

In large bowl, stir together vegetables and bread cubes. Spoon into lightly greased 8 x 8 x 2-inch baking dish. In large bowl, beat together eggs and milk until well blended. Pour over bread. Cover with foil.

Refrigerate several hours or overnight OR bake immediately in preheated 350° F oven 30 minutes. Uncover. Continue baking until golden brown and knife inserted near center comes out clean, about 30 to 40 minutes more.

Source: Recipe courtesy of American Egg Board

Macomb Food Program

Please call 211 for access to Emergency food

Questions about Food and Nutrition?

In collaboration with Oakland Co. Food Hotline:
please call this toll free number
1 888-350-0900 X80904

Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational 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.

MSU EXTENSION PROGRAMS

For up-to-date info: www.macombcountymi.gov/msuextension/events

FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Guarding Against Identity Theft Thursdays

**6:30 pm - 8:30 pm
 September 17, 2009**

at MSU Extension
 21885 Dunham Road, Door E
Call 586-469-7614

to register

Living with Less

FREE workshop

Tuesday, October 20, 2009

7:00 pm—9:00 pm

To be held at

Warren Civic Library
 1 City Square, Warren

Call 586-469-7614 to register.

Money Smart

Date: Thursday, October 15, 22, 29
 and November 5, 2009

Time: 6:30 pm to 8:30 pm

Location: MSU Extension

VerKuielen Bldg, 21885 Dunham Road,
 Door "E"

Clinton Township, MI 48036

Pre-registration is required. For more information or to register for this free series, **call 586-469-7614**

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

Wednesday, September 30, 2009
6:30 pm—8:30 pm

to be held at MSU Extension, Clinton Twp.
Call 586-469-6430 to register now!

Money Management

8 Sessions, Tuesdays, 6:30 pm - 9:00 pm

Sept. 1, 8, 15, 22, 29

Oct. 6, 13, & 20, 2009

MSU Extension - Macomb

VerKuielen Bldg, 21885 Dunham Rd. - Door E

Clinton Township, MI

Call (586) 469-6430 to register

FREE! Sponsored by the City of Warren, Community Development
 Block Grant Program

Home Ownership Seminar

FREE Three-part program

6:30 pm—8:30 pm

Thursday, September 3, 10 & 17, 2009

At St. Clair Shores City Hall

Monday, September 14, 21 & 28, 2009

At MSU Extension

Call 586-469-6430 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

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

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



Parenting Views

Healthy Bites

Free Newsletters

Check our website:

www.msue.msu.edu/macomb for

Calendar of upcoming events

Program descriptions

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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macombcountymi.gov/msuextension



- Calendar of upcoming programs
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586-469-6432

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