



Information To Improve Your Selection and Use Of Foods In Your Home

Healthy Foods and a Healthy Home

Volume XI

Summertime is a great time to think about your healthy home. Keeping healthy foods on hand and in view can be beneficial for all family members. The USDA and 5-A-Day Program encourages all Americans to eat at least five servings of fruits and vegetables every day.

We eat what we see, so keep a bowl of fruit out on the counter or keep the pantry stocked with canned fruits and veggies. *Ready to eat?* Pre-wash and pre-cut vegetables and fruits like celery, carrots, cucumber slices, melons, grapes and strawberries to make them more attractive and easier to eat. Also keep low fat dips on hand.

Healthy food does not mean boring or bland. Get creative! Explore new fruits and vegetables; experiment with new flavors, herbs and spices, and different textures, too. Many farmers markets, like the Mt. Clemens Farmers Market have a variety of fresh, locally grown fruits and vegetables. Market vendors can provide information on preparation.

Creating a pleasant mealtime environment is critical to getting children to eat healthful foods. The best mealtime environment requires setting rules and consistent mealtimes, as outlined by the Michigan Department of Community Health. These ideas can be helpful to get your family on the winning way of health in your healthy home:

- ? Limit snacking and sweetened drinks before dinner so kids come to dinner hungry. When hungry, children will try new foods more often.
- ? Encourage your child to try new foods. Serve a small portion and don't force him/her to finish it.
- ? Role model healthy eating. Eat your fruits and vegetables!
- ? Offer the same meal to everyone in the family. Don't be a short order cook.
- ? If you are serving a new main dish, make sure the side dishes are something you know will be liked by all.
- ? Establish a weekly dinner schedule so the family knows when dinner will be available.
- ? Have the children help with dinner preparation. They are more likely to try something they have helped prepare.



Enjoy the summer and your new healthy choices.

Source: Michigan Dept. Community Health

Kids Smart Challenge

Check Your Label

Save the nutrition labels from different foods and drinks you consume. Look at each label to see how much calcium each food has. Try to figure out what else you could eat or drink to get more calcium.



Source: USDA

Nutrition Facts

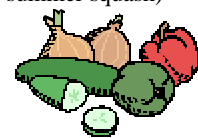
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2%	• Iron 6%
Thiamin 8%	• Riboflavin 2%
Niacin 8%	• Vitamin B ₆ 10%
Folate 6%	• Phosphorous 6%
Zinc 2%	• Magnesium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Italian Style

Garden Vegetables

Ingredients:

- 1/2 cup onion, chopped
- 1 small squash, diced (zucchini or yellow summer squash)
- 1 tomato, diced
- 1 green pepper, chopped
- 1 teaspoon oregano
- 1 (8 ounces) can tomato sauce
- 1/2 cup mozzarella cheese, shredded



Wash and chop vegetables. Combine vegetables in a baking dish. Sprinkle with oregano. Pour on tomato sauce. Bake covered at 350°F for 20 to 30 minutes. Top with cheese and bake uncovered another 4 to 5 minutes until cheese is melted.

Variation: This dish can be prepared on top of the stove by cooking in a covered frying pan over low heat.

Serving suggestion: Serve over rice, pasta or potatoes.
Number of servings 6, serving size 3/4—1 cup

Source: ERIB

What is a Healthy Diet?

- ? **Eat a variety of foods** to get the energy, protein, vitamins, minerals and fiber you need for good health.
- ? **Balance the food you eat with physical activity; maintain or improve your weight** to reduce your chances of having high blood pressure, heart disease, a stroke, certain cancers and the most common kind of diabetes.
- ? **Choose a diet with plenty of grain products, vegetables and fruit** which are important sources of fiber, complex carbohydrates and other food components that can help reduce your risk of some chronic diseases.



- ? **Choose a diet low in fat, saturated fat and cholesterol** to reduce your risk of heart disease and certain cancers, and to help you maintain a healthy weight. Because fat contains more than twice the calories of an equal amount of carbohydrates or protein, a diet low in fat can help maintain a healthy weight.
- ? **Choose a diet moderate in sugars.** A diet with lots of sugars often has foods with too many calories and too few nutrients and can contribute to tooth decay and overweight.
- ? **Choose a diet moderate in salt and sodium** which may help reduce the risk of high blood pressure.
- ? **If you drink alcoholic beverages, do so in moderation** because alcoholic beverages supply calories but little or no nutrients and in excess are harmful. Children and adolescents should not drink at all.

Source: USDA, US Department of Health and Human Services

MSUE provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline and is available Monday, Wednesday and Friday from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

MSUE also provides testing of pressure canning equipment for county residents.

Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment. No fee is charged for county residents.



Word Wise

5-A-Day for Better Health Program

promotes increasing fruit and vegetable consumption to at least five servings a day. Research shows that people who meet this goal are less likely to be overweight than those who don't. Being overweight increases the risk for many chronic diseases. A well-balanced diet including a variety of foods is key to better health and prevention of obesity.

Source: 5ADay

Check our Web site: macombcountymi.gov/msuextension

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

Note: Healthy Bites may be reproduced and distributed. If copied please copy intact with logos and resources. Please let us know the number distributed for our tally. **Would you like to be added to our mailing list? Please call!**

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