

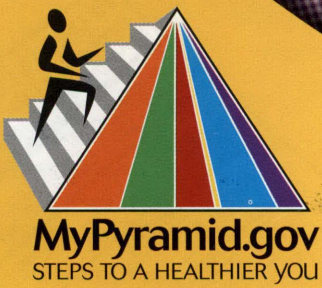
LD
5655
A762
no. 348-306
C. 2

Smart Choices for YOUNG FAMILIES

May

A Newsletter from the EFNEP/SCNEP Programs of Virginia Cooperative Extension

Welcome to the May issue of **Smart Choices for YOUNG FAMILIES**. Spring is here in full bloom with warm, sunny days. Children are probably getting excited about being out of school for the year. One of the best things about this time of year is that fresh fruits and vegetables are coming into season. When in season, they are at their best flavor and lowest cost. In this issue, you will find lots of information about the health benefits of fruits and vegetables. You will also find good ideas on getting children to eat fruits and vegetables, as well as some tasty fruit recipes.



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY LIBRARIES



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

Virginia Cooperative Extension

Knowledge for the Commonwealth



VIRGINIA STATE UNIVERSITY

Nutrition and Health Tips for Today

Fruits and vegetables – the best sources of vitamin C. Fruits and vegetables are 2 of the 5 food groups of *MyPyramid*. We need 1 1/2 to 2 cups of fruits or 100% fruit juice and 2 to 2 1/2 cups vegetables each day. Fruits and some vegetables are good sources of vitamin C. Vitamin C helps heal wounds and fights colds and infections. Vitamin C also increases iron absorption from food and helps reduce risks for cancer, cataracts, heart disease, early aging, and other diseases. Your body uses up vitamin C every day so you need a daily source.

Fruits high in vitamin C:

- Melons: cantaloupe, honeydew, and watermelon
- Lemons, limes, oranges, and grapefruit
- 100% juice of the above citrus fruits
- Strawberries
- Tangerines
- Kiwifruit

Vegetables high in vitamin C :

(if eaten raw or not over-cooked)

- Broccoli
- Brussels sprouts

- Cabbage
- Cauliflower
- Dark leafy greens (spinach, collard, kale, turnip, and mustard greens)
- Peppers
- Rutabagas
- White and sweet potatoes if cooked in skin

Getting your family to eat more fruits and vegetables. Moms sometimes complain that family members won't eat their vegetables. Here are some ideas to get all family members to eat more fruits and vegetables:

- Have fruits and vegetables washed, sliced, and in refrigerator for easy snacks.
- Cut oranges into sections, cover, and refrigerate.
- Have strawberries and apples washed and ready to eat during TV watching.
- Add sliced kiwifruit to a fruit salad for extra color and flavor.
- Cut melons into chunks, cover, and refrigerate. Use low-fat, sweetened yogurt as a dip.
- Make popsicles by freezing orange juice, or other fruit juices, in ice cube trays with sticks.
- Offer tangerines as an easy-to-eat lunchbox treat.

Staying Healthy for a Lifetime

Preventing and controlling high blood pressure. "Uncontrolled" high blood pressure puts you at risk for heart disease, kidney problems, stroke, and other diseases. You can take steps to prevent or control high blood pressure by adopting these healthy habits:

- Follow a healthy eating plan
- Be physically active
- Maintain a healthy weight
- Don't smoke
- Limit alcoholic drinks to no more than one a day

A healthy eating plan involves cutting the amount of salt or sodium you eat. It also means eating plenty of fruits, vegetables, and low-fat milk products.

Cut your salt intake. The first step is to stop adding salt at the table. Then, try to cut the amount of salt used in cooking. To do this, use herbs and spices as seasoning instead of salt or fat. You can get the leaflet "Put a Little Spice in Your Life" by calling toll-free (888) 814-7627. This leaflet lists low-salt, low-fat seasonings for all kinds of foods.

Make wise food choices. Select fresh meats instead of canned or processed meats. Limit processed meats such as hot dogs, bologna, other sandwich meats, sausage, and bacon. Buy "no salt added" canned foods, or rinse the foods before heating or eating. Limit the number of frozen dinners and ready-made main dishes that you eat.

Read food labels. You need only 2,400 milligrams (about a teaspoon) or less of sodium a day. Read the Nutrition Facts on food packaging to see how much sodium (salt) is in packaged foods. Check labels to compare different foods and choose those with the lowest sodium. Also look for foods labeled as *low-sodium, reduced-sodium, or unsalted.*

Nutrition Facts	
Serving Size 1 bar (37g)	
Servings Per Container 8	
Amount Per Serving	% Daily Val*
Calories 130	Calories from Fat 25
	5%
	3%
Total Fat 3g	0%
Saturated Fat 1g	2%
Trans Fat 0.5g	1%
Polyunsaturated Fat 0g	0%
Monounsaturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 85mg	9%
Potassium 40mg	1%
Total Carbohydrate 26g	8%
Dietary Fiber 2g	4%
Sugars 13g	26%
Protein 2g	4%
Vitamin A 15%	
Calcium 10%	
Thiamine 20%	
Niacin 25%	
Folic Acid 100%	
Phosphorus 10%	
Zinc 10%	
Iron 10%	

Staying Fit and Having Fun

Walk away those extra pounds. If you want to begin a fitness program and don't know where to start, walking may be the best way. Walking is one of the easiest forms of physical activity for most people. Also, it does not cost anything and provides many health benefits. All you need is a good pair of shoes, comfortable clothing, and the motivation to get started.

As with any exercise program, it is best to check with your doctor before you begin. If you are new to a walking routine, start out slow and easy, gradually building up your walking time and distance. Just step outside the door, walk for 10 minutes and walk back. It's that simple. Do this every day for a week. If this seems easy, add 5 more minutes next week. Keep adding 5 minutes until you reach your walking goal.

Watch your posture. Stand tall. Hold your head up and eyes forward. Your shoulders should be down, back, and relaxed. Tighten your stomach muscles and buttocks and start stepping.

The most difficult part about starting a walking program is making it a habit. Having a walking partner can help. Or do it as a family. You should walk fast enough to breathe a little harder, but still be able to carry on a conversation.

If you are walking for general health benefits, try to build up to 30 minutes a day most days of the week. If you are trying to lose weight, build up to 45 to 50 minutes on 5 days a week. A brisk pace is needed for weight loss.

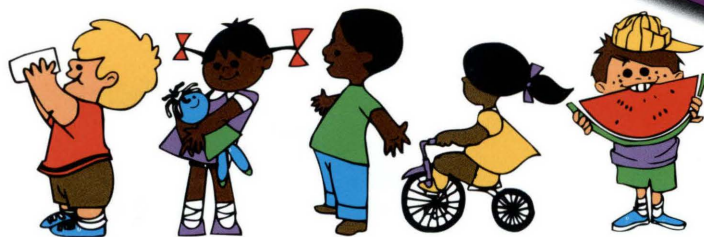
Children's Corner

Teaching children to eat a variety of fruits and vegetables. Is there any truth in the saying "An apple a day keeps the doctor away"? Yes, there is some truth in it. Apples (with the peel) are a good source of fiber and phytonutrients (special plant nutrients). Apples, along with bananas, are favorites with kids.

Though apples and bananas are good, more variety in fruits is recommended for children. They need to eat several different fruits a day for the best health. Teaching children to like fruits in a variety of colors will insure that they get a variety of nutrients.

Here are some fruits that you might want to offer your children:

Apricots (fresh or canned)
Berries (fresh or frozen)
Cantaloupe
Clementines
Honeydew melon
Peaches (fresh, frozen, or canned)
Pears (fresh or canned)



About color – put a rainbow on your plate. Rainbows have a variety of colors as do vegetables and fruits. Color is a clue to high nutrient content. The darker the color of vegetables, the more nutritious they are. Offering children a rainbow of color in fruits and vegetables will give them the most nutrition.

Tips for getting children to eat vegetables:

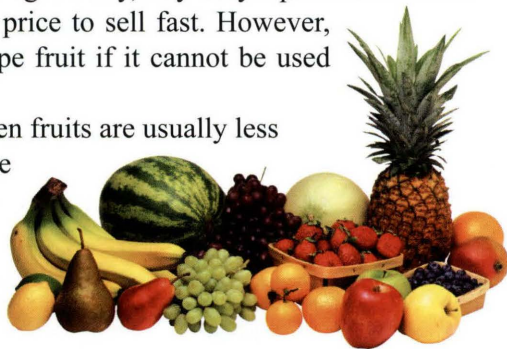
- Raw, crisp vegetables with dip are more popular with children than cooked vegetables.
- Don't overcook vegetables. Overcooking causes them to become mushy and strong tasting, which children don't like.
- Choose from the following colors of vegetables:
 - Dark green leafy vegetables: broccoli, spinach, kale, collard greens
 - Deep yellow/orange vegetables: carrots, sweet potatoes, winter squash, pumpkin
 - White or light-colored vegetables: green beans, cabbage, celery, cauliflower, summer squash
 - Starchy vegetables: white potatoes, rutabagas, turnips, lima beans, green peas

Keep in mind that you are the best role model for your children. If they see you eating a variety of fruits and vegetables, they will be more likely to eat them.

Saving Money at the Grocery Store

Buying fruit. Eating the recommended amount of fruits (1 1/2 to 2 cups a day) may seem difficult with fresh fruit being fairly expensive. The tips below can help you and your family enjoy nutrient-packed, delicious fruits and still stay within your food budget.

- Fruits in season are usually at their best price – and they are usually at their best quality and taste when they are in season.
- Instead of taking your kids to a movie or video arcade, visit an open-air farmer's market. Turn your shopping into a family outing!
- If you can use it right away, buy very ripe fruit that has been reduced in price to sell fast. However, don't buy overripe fruit if it cannot be used before it spoils.
- Canned and frozen fruits are usually less expensive and are just as nutritious as fresh fruit.
- If you have a small family, consider buying



frozen fruit in a bag. Take out only what you need and return the bag to the freezer before the fruit thaws.

- To check the nutrient and calorie content of canned, frozen, or dried fruits, look at the Nutrition Label. Check in the fresh produce section to see if nutrition information is available on posters or pamphlets.
- Use coupons to increase your savings on canned, frozen, and dried fruits.
- Frozen juice concentrate is usually cheaper than the same juice in the fresh form.
- Only buy the amount of fresh fruits and berries that can be eaten before spoiling. Even if the fruit is cheaper in larger quantities, you may waste a lot.
- Ask an Extension agent or program assistant about how to know if a fruit or melon is ripe. When checking for ripeness – handle gently. Rough handling causes spoilage and waste. You and other consumers will pay for carelessness of some customers.
- Once the fresh fruit is stored, check it everyday for deterioration. If rotten spots appear, either discard the whole piece or cut out rotten spots. Remember the saying “one rotten apple can spoil the whole barrel!”

Keeping Food Safe

Prepare fresh produce safely. With warm weather comes fresh produce. Fruits, vegetables, and berries will become available at their best flavor and lowest cost. There are some safety hazards with fresh produce that we need to guard against. The following steps will help to insure that you eat and feed your family safe **P-R-O-D-U-C-E**.

Produce should be washed just before serving, but don't wash before storing as this will cause it to spoil faster.

Residues from pesticides may be present in trace amounts, but small amounts will **USUALLY NOT BE** harmful. Waxes used to coat produce are safe to eat. The only way to remove the wax is to peel them, but this is not necessary.

Outer leaves of vegetables, such as lettuce and cabbage may need discarding. Any vegetable or fruit, that will be peeled or sliced, should **BE WASHED** before cutting. When cutting, the knife can transfer bacteria to the edible part of the vegetable or fruit.

DO NOT wash produce with detergent or bleach solutions. Fruit and vegetables can absorb these and make you sick.



Use warm, running water and soap to wash your hands before handling produce or any food. Do not handle raw meats, poultry, or fish while preparing produce. Use a vegetable brush to clean produce such carrots, potatoes, and squash. Use a non-porous cutting board. Clean with warm soapy water **BEFORE** and **AFTER** cutting produce.

Choose fresh fruits and vegetables that are not bruised, shriveled, discolored, moldy, or slimy. Buy only what you can use in 3 to 4 days. Buy only **refrigerated** pre-cut fruits, vegetables, or salad mixes. Use these within 2 days. Except for potatoes and tomatoes, store produce in the refrigerator. Sprouts (alfalfa, bean) can harbor bacteria, so do not eat them raw. Pregnant women, the elderly, and immune deficient individuals should not eat sprouts.

Events such as covered-dish dinners and potluck meals can present a food-safety hazard. Remember, that food is no longer safe if it has been sitting out for 2 hours or more.

Cooking Corner

Fruit Burritos

(Makes 4 servings)

Ingredients:

- 4 6-inch flour tortillas
- 8 tablespoons low-fat cream cheese (softened)
- 1 medium banana sliced
- 1/2 cup chopped fresh (or frozen) strawberries
- 1/2 cup chopped fresh or canned peaches
- 1/2 cup fresh or frozen blueberries or other berries (optional)
- 4 tablespoons vanilla yogurt

Directions:

1. Sweeten fruit and berries only lightly or use no-calorie sweetener.
2. Spread each tortilla with 1 tablespoon of cream cheese.
3. Place a small amount of each of the fresh fruits in a line across center of each tortilla.
4. Drizzle fruit with 1 tablespoon vanilla yogurt.
5. Carefully fold one side of tortilla over the fruit.
6. Spread some additional cream cheese over the top half of tortilla and form into a roll.
7. Place on serving dish and arrange extra fresh fruit around the tortillas.

Kids in the Kitchen

(a recipe for kids to prepare with help of an adult)

Yogurt Fruit Snack

(Makes about 6 servings)

Ingredients:

- 1 cup fresh or frozen strawberries chopped
- 1 cup fresh or frozen blueberries or other berries
- 1 cup other fruit, such as peaches, if desired
- 1 16-ounce container of vanilla yogurt
- 1 cup granola cereal

Directions:

1. Place all of the fruit in a large bowl.
2. Add the vanilla yogurt.
3. Stir gently to mix, but do not crush the fruit.
4. Divide the fruit-yogurt mixture in 6 individual cups and sprinkle with granola.

May Word Search

N	Y	T	O	E	B	J	A	A	C	W	U	W	R	G
A	J	N	A	H	Y	Y	K	J	L	N	A	O	V	R
N	U	T	R	I	T	I	O	U	S	S	T	F	B	A
U	N	K	M	H	M	H	E	K	H	A	G	R	W	D
E	R	E	O	U	M	P	K	E	R	N	N	O	Q	U
I	P	M	R	B	F	S	D	E	U	C	I	Z	V	A
J	L	R	H	D	E	W	G	T	H	R	K	E	T	L
F	P	Y	O	C	L	I	R	Q	V	X	L	N	S	L
L	K	U	I	C	R	I	S	P	J	T	A	G	W	Y
W	S	P	M	F	E	H	H	E	L	O	W	E	S	T
O	S	Z	E	N	T	S	J	C	A	B	Q	Q	Q	T
I	L	R	T	K	U	K	S	B	P	S	N	O	Q	V
B	K	S	A	Z	Z	W	D	E	O	Q	O	V	R	X
C	N	I	M	A	T	I	V	G	D	K	Z	N	B	Q
Z	L	I	Y	V	U	X	V	W	V	P	S	R	K	E

Find the word that fits the blank in each sentence below; then circle the word. Words can go up, down, across, diagonal, or backwards.

1. _____ helps heal wounds and fights colds and infections.
2. One way to get family members to eat more fruits and vegetables is to have them washed, sliced, and in the _____ for easy snacks.
3. Use herbs and _____ as seasoning instead of salt.
4. Limit _____ meats such as hot dogs, bologna, other sandwich meats, sausage, and bacon.
5. Check labels to compare different foods and choose those with the _____ sodium.
6. _____ is one of the easiest forms of physical activity for most people.
7. If you are new to a walking routine, start out slow and easy, _____ building up your walking time and distance.
8. Teaching children to like fruits in a variety of colors will ensure that they get a variety of _____.
9. The darker the color of vegetables, the more _____ they are.
10. If _____ see you eating a variety of fruits and vegetables, they will be more likely to eat them.
11. Fruits in _____ are usually at their best prices, quality, and taste.
12. Canned and _____ fruits are usually less expensive and are just as nutritious as fresh fruit.
13. Produce should be _____ just before serving.

May Word Search Answers:

- | | |
|-----------------|---------------|
| 1. VITAMIN C | 8. NUTRIENTS |
| 2. REFRIGERATOR | 9. NUTRITIOUS |
| 3. SPICES | 10. CHILDREN |
| 4. PROCESSED | 11. SEASON |
| 5. LOWEST | 12. FROZEN |
| 6. WALKING | 13. WASHED |
| 7. GRADUALLY | |

**For more information on food, nutrition,
and achieving a healthy weight, contact:**

Or call this toll-free number: 1-888-814-7627

If you have access to the Internet, go to these sites:

Healthy Futures Series: <http://www.ext.vt.edu/healthyfutures>

MyPyramid Food Guide: <http://www.mypyramid.gov/pyramid/index.html>

Food Stamps in Virginia: <http://www.dss.virginia.gov/benefit/foodstamp.html>

www.ext.vt.edu

2006

Publication 348-306

Produced by Agriculture and Extension Communications, Virginia Tech

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Mark A. McCann, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Klynn H. Hobbs, Administrator, 1890 Extension Program, Virginia State, Petersburg.
VT/638/0206/20M/261887/348306

Writers of this Newsletter Series:

State EFNEP/SCNEP Leaders at Virginia Tech:

Ruby Cox, PhD, RD, State Coordinator

Mary McFerren, Project Associate

Melanie Cutlip, EFNEP/SCNEP Educational Designer

Area EFNEP/SCNEP Coordinators in Virginia Cooperative Extension Districts:

Berline Brown, Southeast

Viki Clark, Northern and Upper Northwest

Mary Ann McFarland, Southwest
Judy Midkiff, Northeast

Beth Gillis, formerly Central/Northwest

Extension Agents, with Food, Nutrition, & Health and Youth Responsibility:

Viola Holmes, RD, Albemarle/Charlottesville

Amy Moore, Greensville/Emporia

Nancy Stegon, RD, Prince William County

Joan Wages, MS, Patrick County

This newsletter was funded by USDA's Food Stamp Program.

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for healthy eating. To learn how to apply, call your local county or city **Department of Social Services** (listed under city/county government in phone book). For help in finding the correct local number, call this toll-free number: **1-800-552-3431** (M-F 8:15-5:00, except holidays). By calling the local DSS office, you can get other useful information about services you may need.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250, or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.