



# Family Nutrition In Action

January/February 2014

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## A Great Year for the Whole Family

Talk to your family about steps you can take for a healthy 2014.

- ◆ As a family, choose 1 or 2 healthy steps that you can do together.

*We will try to eat 2 servings of fruits and 2 servings of vegetables every day.*

*We will go for a walk in the afternoon at least 3 times a week.*

- ◆ Post these healthy steps in your home, such as on the fridge, to be a reminder for everyone.
- ◆ At the end of the week, ask each other if your family worked toward your healthy goals. If not, how can you do it next week?

*SOURCE: CHOOSEMYPLATE.GOV, CORNELL UNIVERSITY COOPERATIVE EXTENSION*



For more information, contact your local County Extension Office:



## Make 2014 a Healthy Year with MyPlate

With the holidays now over, many individuals start thinking about a New Year's goal. If you have decided to work towards a healthier diet, there is still time to get on the right track to be successful.

Remember, making healthy choices can start any day. Here are a few tips from MyPlate to make 2014 a healthy year!

### Make Half Your Plate Fruits and Vegetables

- ◆ Keep frozen and canned vegetables on hand so you can add them to any meal.
- ◆ Enjoy fruits and vegetables that are in season. They are easy to find, have more flavor and are usually less expensive.
- ◆ Cut up fruits and vegetables as a snack.

### Make Half Your Grains Whole Grains

- ◆ Look for the word "whole" at the beginning of the ingredients list. A dark color does not always mean it is a whole grain food!
- ◆ Add whole wheat bread or pasta, brown rice, oatmeal, barley or popcorn to any meal or snack.

### Switch to Fat-Free or Low-fat (1%) Milk

- ◆ Add fat-free or low-fat milk or calcium-fortified soymilk as a beverage at meals or snacks.
- ◆ Have fat-free or low-fat yogurt as a snack.

### Vary Your Protein Foods

- ◆ Eat a variety of protein foods from animal sources (meat, poultry, seafood and eggs) and plant sources (beans, peas, soy products, nuts, and seeds).
- ◆ Choose lean or low-fat cuts of meat like round or sirloin and ground beef that are at least 90% lean. Trim or drain fat from meat and remove poultry skin.
- ◆ Add seafood at least twice a week to a meal or try unsalted nuts or seeds as a snack, on salads or in main dishes.

So here's to a happy and healthy 2014—and getting you started on that New Year's resolution.

**Want to learn more?** Check out [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)!

*SOURCE: CHOOSEMYPLATE.GOV, MICHIGAN STATE UNIVERSITY EXTENSION*



## THE CORNER STORE BROWN RICE

Add more whole grains to your day by making the easy switch from white rice to brown rice.

At only 10 cents per serving, brown rice is a healthy addition to any meal. Did you know that there are 2 grams of fiber in half a cup of rice? Brown rice is low in calories, sodium-free, cholesterol-free, and does not contain added sugars. Don't like brown rice? Try mixing brown rice with white rice.

### How to Prepare:

- ◆ Rice can be cooked either on the stove, microwave, or in a rice cooker.
- ◆ Rice does not need to be rinsed before or after cooking. Rinsing rice may decrease vitamins and minerals.

### Meal Ideas:

- ◆ Mix 1 cup cooked brown rice, 1 cup or more vegetables and 2 or 3 ounces of lean proteins together for an easy and delicious rice bowl.
- ◆ Stir-fry brown rice with peas, carrots, and eggs.
- ◆ Make a rice wrap! Fill a whole-grain tortilla with brown rice, salsa, cooked chicken or beef, pinto beans, lettuce and grated cheese.
- ◆ Enjoy brown rice pudding as a dessert.

### Storage:

- ◆ Store brown rice in sealed containers in a cool, dry location for about 6 months. For longer storage, refrigerate or freeze.
- ◆ Cooked brown rice can be stored in a tightly sealed container for 3 to 5 days or in the freezer for 6 months.

SOURCE: USA RICE FEDERATION, UNIVERSITY OF NEBRASKA-LINCOLN, UTAH STATE UNIVERSITY

## Ham and Brown Rice Bowl

Serving Size: 1.5 cup, Makes 6 servings  
\$4.75 for whole recipe/ \$0.79 per serving

- 1 14-ounce can low sodium chicken broth
- 2 1/2 cups cooked chopped ham
- 1/2 teaspoon minced garlic
- 1 1/2 cups of uncooked brown rice
- 1/2 teaspoon ground black pepper
- 2 cups of frozen or canned peas
- 2 tablespoons grated cheese (Optional)

### Nutrition Facts: (per serving)

Calories: 310  
Fat : 5g  
Protein: 22g  
Sodium: 1160mg  
Fiber: 4g  
Sugar: 8g

1. In a skillet combine broth, ham, and garlic. Heat to boiling.
2. Stir in rice and black pepper. Reduce heat to a simmer, cover and cook for 10 minutes.
3. Uncover; add peas and cook for a few more minutes.
4. Once rice is tender and peas are hot, remove from heat and serve.

Cooking Idea: Double the recipe and freeze for a future meal.

SOURCE: IOWA STATE EXTENSION

## What can *SuperTracker* do for Your Family?

USDA's *SuperTracker* is the perfect tool to help you and your family make healthy food and activity choices.

- ◆ Choose and compare different types of foods
- ◆ Log your foods and physical activity
- ◆ Get tips, support and so much more!

[www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)



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*The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/*

*TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.*