

# Food \$ense

Wisconsin Nutrition Education Program

Vol. 16 Issue 2 January-February-March 2016

<http://fyi.uwex.edu/foodsense/>

**UW**  
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University of Wisconsin-Extension



## Enjoy Foods From Many Cultures

As a diverse Nation, we can embrace our cultural traditions for the foods we love and still prepare them in healthier ways. Here's a few ideas on how to make favorite recipes healthier, and still remind us of our treasured food ways.

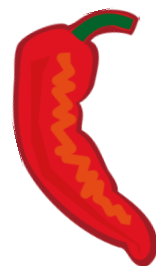
**Cook with others**—Learn about cooking different traditional or regional foods from others who use authentic recipes and ingredients and explore ways to improve the nutrition of some of your own family favorites. Cooking dishes at home allows you to add variety to meals. If needed, adapt recipes by cutting back on gravies, creams, and sauces; adding more vegetables; or baking instead of frying.

**Blend cultures**—Many popular foods and beverages in America blend the cuisines of many cultures. Celebrate our Nation's diversity

and be inspired by dishes that include more fruits, vegetables, whole grains, beans, seafood, lean meats, and low-fat dairy.

### Add a touch of spice—

Combinations of herbs and spices often remind us of dishes from our own heritage or our favorite ethnic food. Add flavor to meals with herbs and spices, such as chili, garlic, ginger, basil, oregano, curry, or cilantro, which can replace salt and saturated fat.



Remember, all types of foods fit on MyPlate. MyPlate is designed to remind Americans to eat healthfully, using foods from the food groups. Find more practical information, tips, tools, and recipes at **ChooseMyPlate.gov**.

Source: *Enjoy Foods From Many Cultures, Choose MyPlate 10 Tips Nutrition Education Series*

### Quick Pad Thai

*A simple and delicious alternative to take-out.*

6 ounces whole wheat thin spaghetti  
2 tablespoons oil (canola or vegetable), divided  
24 ounces frozen vegetable mix  
3 tablespoons light soy sauce  
1/4 cup water  
1/4 cup peanut butter  
2 tablespoons sugar  
1/2 pound boneless chicken breast (cut into bite sized pieces)  
3 eggs  
1/3 cup peanuts, chopped

1. Cook spaghetti according to package directions. Drain in colander. Toss with 1 tablespoon oil. Defrost vegetables in microwave.
2. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth. Set aside.
3. Heat 1 tablespoon of oil in large skillet over medium-high heat. Add chicken pieces. Cook and stir until no longer pink. Crack eggs into a small bowl and beat. Add to skillet with chicken. Scramble until firm.
4. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through. Add the soy sauce mixture. Stir to coat. Place in serving bowl and sprinkle peanuts on top.



Source: *Iowa State University Extension*

## Stretch your Fruit & Veggie Budget

There are many ways to purchase fruits and vegetables at the store. Some cost you less at the checkout.

**Buy it Canned**—Choose canned fruit packed in 100% juice and vegetables that have no salt. Rinsing regular canned vegetables before you eat them cuts down on the sodium.

**Cut at Home**—Pre-cut fruits and vegetables are convenient but cost more. Buy whole and cut it at home.

**Buy in Large Quantities**—Frozen fruits and vegetables cost less in larger quantities. You can take out smaller portions as you use them.

**Mix it Yourself**—100% juice from frozen concentrate is often less expensive per serving than pre-bottled juice.

**Keep it Simple**—Buy dry beans in their uncooked form instead of the packaged versions which cost more.



Source: *30 Ways in 30 Days to Stretch your Fruit and Vegetable Budget*, Centers for Disease Control & Prevention

## Pick the Perfect Dried Bean

Beans are an excellent source of protein and provide other nutrients such as iron and zinc. They are part of the Protein Foods Group; however, they are also part of the Vegetable Group because they are excellent sources of dietary fiber and nutrients such as folate and potassium. Different beans do not vary greatly in nutrient content, but they do differ in taste, texture, and uses.

**Black beans** are medium-sized with black skin. They are sweet-tasting with soft texture. Black beans are versatile and used in main dishes, soups, dips, and salads.

**Great Northern beans** are medium-sized with thin white skin. They have a mild flavor and are often used in soups, such as ham and bean.

**Kidney beans** are large, kidney-shaped beans with either deep red skin or light red/pink skin. They have a firm texture and hold up well in soups or other dishes that cook for a long time.

**Pinto beans** are medium-size with beige and brown skin. They are one of the most popular beans and are used to make refried beans.

Sources: *ChooseMyPlate.gov* and *The Bean Institute*

## Rice and Red Beans

*Try this vegetarian meal as a main dish, side dish, or as filling for tortillas!*

- 1/2 tablespoon oil (canola or vegetable)
- 1 medium onion, chopped
- 1/4 teaspoon garlic powder
- 2 medium tomatoes, finely diced **or** 1 (15 ounce) can diced tomatoes, drained
- 1 medium green bell pepper, chopped (about 1 cup)
- 2 ribs celery, sliced (about 1 cup)
- 1/2 teaspoon dried oregano
- 1 can (15 ounces) red beans (rinsed and drained) **or** 1 1/2 cups of cooked, dry beans, drained
- 4 cups brown rice, cooked

1. Place oil in large skillet and heat. Add onion and cook until soft. Add garlic, tomatoes, green pepper, celery, and oregano.
2. Cover and simmer until vegetables are crisp tender (about 5 minutes).
3. Add beans and simmer. Stir mixture every once in a while until heated through.
4. Cook rice according to package directions. Spoon the vegetable and bean mixture over rice.



Source: *Iowa State University Extension*

## Safe Storage in the Refrigerator

Wondering if the food in your refrigerator is safe to eat? Take a look at product expiration dates and check out the recommendations in the chart below. If you're not sure about the safety of a food product, here's a good rule of thumb to follow—when in doubt, throw it out!

Source: *Storage Times for the Refrigerator and Freezer*, [foodsafety.gov](http://foodsafety.gov)

Category	Food	Refrigerator (40 °F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days
Hot dogs	opened package	1 week
	unopened package	2 weeks
Luncheon meat	opened package or deli sliced	3 to 5 days
	unopened package	2 weeks
Bacon & Sausage	Bacon	7 days
	Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days
Hamburger & Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days
	Chops	3 to 5 days
	Roasts	3 to 5 days
Fresh Poultry	Chicken or turkey, whole	1 to 2 days
	Chicken or turkey, pieces	1 to 2 days
Soups & Stews	Vegetable or meat added	3 to 4 days
Leftovers	Cooked meat or poultry	3 to 4 days
	Chicken nuggets or patties	3 to 4 days
	Pizza	3 to 4 days



### Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Submit your question to Sue Keeney at [fyi.uwex.edu/foodsense/ask-sue-keeney/](http://fyi.uwex.edu/foodsense/ask-sue-keeney/)

Dear Sue,

I know dry beans are loaded with nutrients, fiber, and are budget-friendly. I'm trying to eat more, but I'm concerned about intestinal gas. Any suggestions?

Rosy Toot

Dear Rosy,

There are several things you can do to eat beans and avoid getting intestinal gas. Here are a couple suggestions:

- Let your body get used to eating beans. Eat small amounts (2 to 4 tablespoons) at first and increase the amount you eat over time.
- Soak beans before cooking, discard the soaking water and cook beans in more water. The longer you soak and cook beans, the easier they are to digest. For simple instructions on cooking dry beans, go to <http://www.extension.iastate.edu/foodsavings/recipes/preparing-dry-beans>.
- Try to rinse canned beans before eating.
- Look for gas-reducing enzyme tablets that are available over-the-counter in many pharmacies.

Sue

Source: *All About Beans*, North Dakota State University

## MyPlate Tip

Celebrate traditions, especially those that help you stay physically active.



## Wisconsin Women, Infants and Children (WIC) Program

In September 2015, Wisconsin WIC Program began rolling out their Electronic Benefit Transfer (EBT) or eWIC. EBT uses a magnetic stripe or smart card, similar to a credit card, that participants use in the check-out lane to redeem their food benefits.



EBT provides a safer, easier, and more efficient grocery experience and provides greater flexibility in the way WIC participants can shop. In addition to food packages, WIC participants have access to a number of resources, including health screening, nutrition education and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

To learn more about WIC eligibility and how to apply, visit <https://www.dhs.wisconsin.gov/wic/index.htm>.

Source: Wisconsin Department of Health Services

## Kids in the Kitchen...

### Liking New Foods Takes Time

It is normal for children, especially preschoolers, to reject foods before they have tried them. Young children may have to eat a food 15 times before they like it and eat it every time you give it to them.



### Make introducing new foods fun!

- Try pairing new foods with a favorite food.
- Have your child help you prepare the new food.
- Eat the new food with your child to show them you enjoy it.

### Remember, be patient and keep trying!

Source: *Feeding For Healthy Eating*,  
University of Maryland Extension

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in your county, please contact:

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the **State Information/Hotline Numbers** (click the link for a listing of hotline numbers by State); found online at [http://www.fns.usda.gov/snap/contact\\_info/hotlines.htm](http://www.fns.usda.gov/snap/contact_info/hotlines.htm).

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