

Food \$ense

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Extension
Cooperative Extension

FOOD
WISE
Healthy choices, healthy lives.



Get the Scoop on Processed Foods

One of the best ways to eat healthfully is to choose foods with little or no processing such as fresh fruits, raw veggies and whole grains. Highly processed foods often contain added sugar or sodium, which most Americans consume in excess.

Some processed foods can be healthy. The process of pasteurizing milk kills harmful bacteria. Frozen berries without added sugar may be less expensive than their fresh counterpart.

By focusing on small shifts in what we eat and drink, eating healthy becomes reasonable.



How can you be smart about shopping for foods in the MyPlate food groups and processed foods?

- Choose whole grain products in place of refined grain products.
- Use the ingredient list on food labels to find cereals, canned and frozen fruits and veggies, and other foods without added sugar and salt.
- Shop the perimeter of the store where you will find fresh fruits and veggies, and raw meats, poultry and seafood.
- Use common sense. A frozen veggie may be a healthier (and more convenient) choice than a fresh vegetable that has been sitting in the refrigerator for a week.

Overnight Oatmeal with Berries

Get your morning off to a great start with this simple breakfast!

1/2 cup low-fat milk (or less for thicker oatmeal)
1/4 cup fat-free Greek yogurt
2 teaspoons honey
1/4 teaspoon cinnamon
1/4 teaspoon vanilla extract
1/2 cup uncooked rolled oats
1/4 cup raspberries, frozen without added sugar

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight. Enjoy cold or heat as desired.



NOTE: Substitute frozen blueberries or strawberries in place of raspberries.

Source: *What's Cooking?* USDA Mixing Bowl

Healthy Shopping Tips

You don't have to drastically change the way you shop to eat healthy.

- **Plan** your meals a week in advance. To make shopping trips more efficient and avoid impulse buying, **make a list**.
- **Shop the perimeter.** Fresh produce, meat and seafood departments are usually found on the outer edge of grocery stores, which is where you want to concentrate most of your shopping.
- **Check food labels** to compare nutritional values of products to make healthy choices.
- **Load up on whole-grain** breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of the ingredients list.
- **Don't skip the fruits and veggies.** Most frozen fruits and vegetables contain as many nutrients as fresh produce. Or check out a Farmer's Market to find fresh regionally grown food.



Source: *Shopping Healthy Tips*

MyPlate Tip

Fill your cart with budget-friendly and healthy options from each food group.



How Many Calories Do You Burn?

The following chart shows the approximate calories used (burned) by a 5' 10", 154-pound man in 1 hour and in 30 minutes.

MODERATE physical activities:

	1 hr.	30 min.
Hiking	370	185
Gardening/yard work	330	165
Golf (walking)	330	165
Bicycling	290	145
Walking (3.5 mph)	280	140

VIGOROUS physical activities:

	1 hr.	30 min.
Running/jogging (5 mph)	590	295
Bicycling (over 10 mph)	590	295
Swimming (slow laps)	510	255
Aerobics	480	240
Basketball (vigorous)	440	220

Source: *How many calories does physical activity use (burn)?* www.ChooseMyPlate.gov

Turkey and Cucumber Sandwich

Cucumber and dill add great crunch and flavor to this sandwich.

8 slices whole wheat bread
1/2 cup plain fat free yogurt
2 fresh dill sprigs (chopped)
1/2 cup cucumbers, chopped
1/4 cup onion, chopped
1/8 teaspoon black pepper
8 ounces turkey breast, thinly sliced (or you can use fat free, low-sodium deli turkey)
Additional cucumber slices, as desired
1/8 teaspoon salt (optional)

1. Mix the yogurt, dill, onion, pepper and chopped cucumbers.
2. Divide the yogurt/cucumber mixture on all 8 slices of bread.
3. Top 4 slices of bread with the turkey and cucumber slices.
4. Cover with the remaining bread slices.



Source: *What's Cooking? USDA Mixing Bowl*

Nutrient Dense Foods

Achieving a healthy eating pattern means shifting typical food choices to more nutrient-dense options—that is, foods with important nutrients that aren't packed with extra calories or sodium.

What is a nutrient dense food?

Nutrient-dense foods and beverages are naturally lean or low in solid fats and have little or no added solid fats, sugars, refined starches, or sodium. Come to think of it, nutrient dense foods are those foods that found usually around the perimeter of the store. Foods like lean meat, produce, whole grains and low-fat dairy. For example, fresh or frozen peaches without added sugar is a nutrient dense food, where as canned peaches in heavy syrup are not. Whole baked chicken with herbs is nutrient dense, but fried chicken is not.

To inform customers on the nutrient density of a food item some grocers use a nutrient score on a shelf tag. For example, white flour may have a nutrient score of 35 whereas the score of whole wheat flour is 60. Stock your home shelves with as many nutrient dense foods as possible.

High-nutrient dense food

- Fruits/vegetables with no added sugar or salt
- Fat-free milk
- Pork chop



Low-nutrient dense foods

- Chips
- Ice cream
- Bacon

By focusing on small shifts in what we eat and drink, eating healthy becomes reasonable.

Source: *U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015.*



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/

Dear Sue,

I have a very limited budget for food. I try to purchase foods that are low cost, can go a long ways and are easy to prepare. I know these are not the most healthy options. How can I eat healthy and not go broke?

Carl Full Spender

Dear Carl,

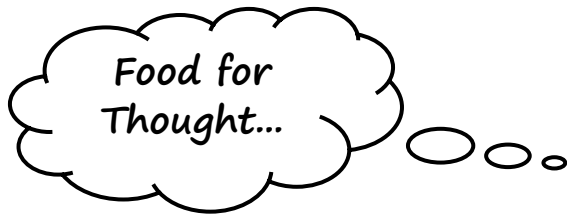
One way to add more nutrition to your meals is by including all the food groups into your meals.

Try these tips when preparing your next meal.

- **Add vegetables.** Include frozen or canned vegetables to pre-packaged noodle or rice mixes.
- **Include fruit as a side dish.** Mix different forms of fruit to make a salad to add variety.
- **Eat raw vegetables on the side.** By adding vegetables to your meals you will not need to eat as much of the main meal to feel full and will get more nutrients.
- **Drink low-fat milk.** Include low-fat dairy foods into your meals by having a glass of milk or adding low-fat cheese to a dish.
- **Don't forget the protein.** Use tuna, canned chicken or beans to add protein without breaking your budget.

Sue

Source: *Healthy Eating: Improving Your Convenience Foods, University of Florida Extension*



Healthy Retail

If people cannot purchase healthy foods close to where they live they are less likely to eat healthy food items on a regular basis.

There are ways you can help increase healthy food items at your local food store.

- Purchase the healthy food items offered.
- Talk with the store to share items you would purchase regularly.
- Encourage others to purchase healthy items at local food stores.



As a customer, you influence what the store offers every time you make a purchase.

Source: *Stock Healthy, Shop Healthy, University of Michigan Extension*

Did you know that you have a role in the kinds of food that are offered at your local grocery store or corner store? The type of foods that are offered depends on cost and demand.

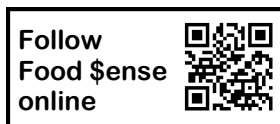
Stores are willing to buy and sell foods that their customers are willing to purchase. Many times stores choose foods that have a longer shelf life to ensure they will be able to sell the item before it goes bad.

This is why many food stores struggle to provide a variety of fresh fruits and vegetables. While they know the food option is important for their customers many times they find themselves looking at food that is spoiled because it is not purchased.

Limited access to healthy food options can have a large impact on the health of individuals.

FoodWise 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 FoodWise in your county, please contact:



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Food for
Thought...

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