

# Food \$ense

**UW**  
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**Wisconsin Nutrition Education Program**

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## Stay Healthy Over the Summer

Make the most of your summer by making healthy choices. Follow these tips this summer to stay healthy and happy.

### Have healthy cook-outs.

- **Choose lean meats to grill.**

Fish, chicken or lean beef can be delicious and healthy options.

- **Add veggies to the grill.** Make veggie kabobs, bake white or sweet potatoes in foil or grill corn on the cob; all are sure to please.



### Stay active!

- **Plan physical activity.** Incorporate times to be active into your summer schedule.
- **Stay Hydrated.** Drink plenty of water before, during and after activities to avoid dehydration.

### Make your road trips fun and healthy.

- **Pack Healthy Snacks.** Bring along fruit, vegetables and whole grain snacks to be sure you have healthy options on your trip.
- **Plan for Stops.** Bring shoes, a ball, or a jacket to be able to stop the car, stretch and get some activity in.

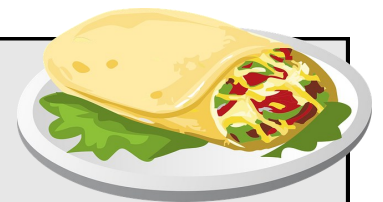
Source: *Summer Tips for a Healthy Heart,*  
American Heart Association

### Chicken Fajita

*Try making these on the grill!*

- 1 pound boneless, skinless chicken breast
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 1/2 tablespoons oil (canola or vegetable)
- 1 red bell pepper (thinly sliced)
- 1 green bell pepper (thinly sliced)
- 1 medium onion (thinly sliced)
- 6 whole wheat tortillas (8")

1. Freeze chicken 30 minutes until firm and easier to cut. Cut chicken into 1/4" strips. Place in a single layer on a plate. Wash hands, knife, and cutting board. Sprinkle both sides of strips with chili and garlic powder.
2. Add oil to a 12" skillet. Heat to medium high. Add chicken strips. Cook about 3-5 minutes, stirring frequently.
3. Add bell peppers and onion. Stir and cook until vegetables are tender and chicken is no longer pink.
4. Scoop chicken mixture (2/3 cup each) onto tortillas. Top with your favorite toppings. Serve flat or rolled.



Source: *Iowa State University Extension*

## Check out the Farmers Market!

Shopping at a farmers market is a great way to get fresh, seasonal, locally grown fruits and vegetables. The market can seem overwhelming at first, but here are a few tips to make sure that your trips are successful and fun.

**BYO Bag!**—Bring a couple of durable, reusable bags to carry all of your delicious farm-fresh fruits and vegetables. You can also bring storage containers for the more delicate fruits and vegetables.

**Don't let the crowd's overwhelm you!**—Farmer's Markets can get crowded and busy. Be patient, and take your time checking out each vendor's produce. Stop at each vendor's stand and compare prices before making a purchase. For the best selection, go to the farmers market early.

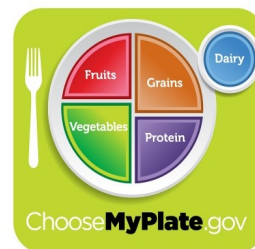


**Talk to the growers!**—Try the samples, especially if they are something new. If something is unfamiliar, ask the growers how it tastes and how they like to prepare it.

Source: *Center for Nutrition Policy and Promotion  
United States Department of Agriculture*

## MyPlate Tip

Shop the  
farmers market  
for fresh, locally  
grown produce.



## Summer Food Safety

Summer holidays give us a break, but providing safe food should never take a vacation. Keep these food safety practices in mind this summer.

**Clean:** Even if you are not eating the outside of a fruit or vegetable rinse the outside before cutting to prevent the spread of bacteria to the inside.

**Separate:** Place meats and vegetables in separate, sealed bags inside coolers to avoid cross contamination. Keep raw meats separate from cooked meat or vegetables.

**Cook:** Use a meat thermometer to determine if meat is cooked to the safe temperature, do not trust what it looks like.

**Chill:** Keeping food cool on hot days can be challenging. Place cold food items in a bowl inside another bowl of ice to keep chilled.

Source: *Summer Food Safety,  
University of Delaware Cooperative Extension*

## Zesty Whole Grain Salad

*Cool down your summer with this refreshing salad.*

- 2 cups cooked whole grain (brown rice or quinoa)
- 2 tablespoons oil (canola or vegetable)
- 1/4 cup apple cider vinegar
- 1 tablespoon honey
- Salt and pepper to taste
- 2 apples, chopped
- 1/2 cup chopped nuts (pecans, walnuts)
- 1/2 cup dried fruit (cranberries, cherries, raisins)
- 1 bunch kale or 10-ounce package spinach (about 6 cups), torn into bite-sized pieces

1. Cook whole grain according to package directions. Cool.
2. In a large bowl, whisk together oil, vinegar, honey, salt, and pepper.
3. Stir apples, nuts, dried fruit, and whole grain into dressing.
4. Toss greens with other ingredients.

**TIP:** Substitute 2 cups of chopped fruit (strawberries, grapes, oranges) for the apples.

Source: *Iowa State University Extension*



## Grilling Fruits & Veggies

Use your grill to cook more than meat; throw on some fruits and vegetables to add color, flavor, texture, and nutrition to your meals. The *Dietary Guidelines for Americans* recommend filling half your plate with fruits and vegetables. Grilling them brings out their natural sweetness and adds a slightly smoky flavor.

Almost any vegetable or fruit can be cooked on the grill. Just follow a few simple tips...

- Choose fruits and veggies that are ripe, but not too soft so they'll hold up well on the grill.
- Avoid direct heat or flames.
- Cut fruits and vegetables into large equal pieces to ensure even cooking and keep them from falling through the grates.
- Other options include using a grill pan, a double layer of heavy-duty aluminum foil, or skewers to make kabobs.
- Vegetables are cooked when you can gently pierce with a fork. Fruits should be hot and slightly golden.

Give these veggies a try on the grill: bell peppers, tomatoes, squash, onions, eggplant, asparagus, corn, and mushrooms. Before grilling, brush vegetables lightly with olive oil and your favorite spices or marinate them in an oil-based Italian-style dressing for added flavor.



For desert, try grilled bananas! Slightly under-ripe bananas work best. Brush peeled, whole bananas with canola or sunflower oil. Grill about five minutes per side and serve with low-fat frozen yogurt. Other fruits that taste great grilled include peach halves, pineapple, and watermelon slices.

Sources: *Fruits & Veggies More Matters*,  
*Academy of Nutrition and Dietetics*



### *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'm usually in charge of the grilling at our house. My family prefers to have their meat a little bit pink on the inside, especially when it comes to steak and burgers. Is this safe?

Porter Haus

Dear Porter,

Detecting "done-ness" based on color or texture isn't the most reliable when it comes to food safety. Just because meat is brown on the outside and the juices run clear doesn't always mean the meat is safe to eat. Likewise, a pink color doesn't necessarily mean that meat is undercooked.

Using a meat thermometer is the best way to determine proper doneness. Heating the meat to proper internal temperature will help ensure that harmful bacteria will be destroyed. For ground meat and poultry, it is especially important to get meat cooked thoroughly to the proper temperature:

- Ground meat (burgers) —160°F
- Steak, roasts, chops—145°F (and maintain temperature for 3 minutes before serving.)
- Poultry—165°F

You can find instant-read food thermometers in your local hardware or supercenter for just a few bucks. It's priceless if it prevents food-borne illness.

Sue

Source: *Can Rare Meat Be Safe?*  
*Academy of Nutrition and Dietetics*

## Be Prepared for Summer Fun!

The arrival of spring and summer means days at the pool, family picnics, baseball and other outdoor activities. Here's a few tips to consider when getting ready for some fun in the sun.

**Stay hydrated!** Drink plenty of water before, during, and after physical activity to avoid dehydration.

**Protect your family from the sun.** Wear hats, and remember to always apply water-resistant sunscreen and reapply every 2 hours.



**Beat the heat!** Avoid intense activities between noon and 3 p.m. when the sun is at its strongest. Wear lightweight clothing and sunglasses to protect your eyes.

Source: *Summer Tips for a Healthy Heart*,  
American Heart Association

## Kids in the Kitchen...

### It's Picnic Time!

Summer days are perfect for enjoying a picnic with family and friends. When it comes to a picnic with kids, skip the pasta salad and complicated sandwiches and bring kid-friendly finger foods.



So, what are some good picnic foods?

- Simple sandwiches
- Fresh fruits and vegetables—watermelon, berries, grapes, carrots, peppers and cucumbers pack quite easily and work well as finger foods.
- Low-fat cheese and whole grain crackers

Source: *Family Picnic Fun*,  
Michigan State University 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 <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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