

# Food \$ense

Wisconsin Nutrition Education Program

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

**UW**  
**Extension**  
Cooperative Extension



## Eat Healthy! Live Well!

The results of many studies show that healthy eating patterns and regular physical activity can help people achieve and maintain good health throughout their life. These behaviors promote health and help you live well and be active every day.

### Create a healthy eating pattern for yourself. Include:

- A variety of colorful vegetables.
- Fruits, especially whole fruits.
- Whole grains (such as brown rice, whole grain bread and pasta, oats, barley and rye).
- Fat-free or low-fat dairy, including milk, yogurt, cheese and fortified soy products.



- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts and seeds.
- Limited intake of solid fats, trans fats, added sugars, and sodium.

Healthy eating patterns can include many different foods and flavors. A low-cost, vegetarian meal with a southwest flair might feature Santa Fe Stuffed Potatoes (recipe below) with a whole wheat tortilla and glass of milk. A low-cost meal with an Asian flavor could include Teriyaki Rice Bowl (see page 2 for recipe) with apple slices and a glass of fortified soy beverage.

Sources: *U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Iowa State University Extension and Outreach, Spend Smart, Eat Smart recipes.*

### Santa Fe Stuffed Potatoes

*Give your traditional baked potato a Southwest flair!*

- 4 medium potatoes
- 1 cup black beans (drained and rinsed if canned)
- 1 cup salsa
- 1 cup corn (canned or frozen)
- 1 cup low-fat shredded cheese

*TIP: Reduce preparation time by cooking potatoes in the microwave for 15-17 minutes.*

1. Preheat oven to 425°F.
2. Scrub potatoes and prick with fork. Bake for 1 hour or until cooked through.
3. Stir together beans, salsa, and corn in a saucepan about 10 minutes before the potatoes are done. Heat over medium heat until simmering.
4. Remove potatoes from oven. Cut in half lengthwise on plates. Spoon bean mixture over the top of each potato.
5. Sprinkle 1/4 cup cheese over each potato.



Source: Iowa State University Extension

## Making Choices between Food *Needs* and Food *Wants*

**Food needs:** Basic food choices that are needed for health.

**Food wants:** Foods you'd like to have, but could survive without them—often convenience foods.

### Get more for your food dollars:

- Plan meals and make your shopping list.
- Think about your food needs first, then make choices from your food wants list if you have enough funds to purchase them.

**Example—Food needs:** Fruits and vegetables in season, whole chicken and oatmeal.

**Example—Food wants:** Pre-made fruit smoothies, meat that is pre-cut or instant oatmeal in individual packages.

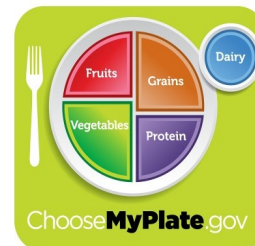


- Limit food wants that are low in nutrients but high in fat and calories. These are "once-in-a-while" foods.
- Try to limit convenience foods when planning meals.

Source: *University of Maryland Extension*

## MyPlate Tip

Start with small changes to make healthier choices you can enjoy.



## Be Active! Move More!

Regular physical activity is one of the most important things you can do to improve your health. Adults need at least 2 hours and 30 minutes of moderate intensity physical activity each week. Children, ages 6 to 17, need at least 60 minutes per day. Try one of these ideas:

### At home:

- Join a walking group in the neighborhood.
- Do exercises while watching T.V.
- Plant and care for a vegetable garden.

### At work:

- Park a few blocks away and walk the rest.
- Replace a coffee break with a walk.
- Take part in an exercise program at work.

### At play:

- Take a class in aerobics, dance, or yoga.
- Most important: have fun while being active!

Source: *ChooseMyPlate.gov*

## Teriyaki Rice Bowl

*Try using leftover cooked meat for a quick-fix dinner!*

- 2 teaspoons oil (canola or vegetable)
- 3/4 pound boneless chicken, beef, or pork (cut into strips)
- 2 cloves garlic, minced or 1/4 teaspoon garlic powder
- 2 cups water
- 1/2 cup low sodium teriyaki or soy sauce
- 2 cups instant brown rice, uncooked
- 1 package (14 to 16 ounces) frozen stir fry vegetables

1. Heat oil in large nonstick skillet on high heat. Add meat and garlic. Cook and stir 5 minutes.
2. Add water and teriyaki or soy sauce and stir. Bring to a boil. Stir in rice. Return to boil. Reduce heat to low and cover. Simmer 5 minutes.
3. Stir in frozen vegetables. Heat until vegetables are hot (about 5 minutes).
4. Let stand 5 minutes. Fluff with a fork.



**TIP:** Use leftover (or planned-over) cooked meat if desired.

Source: *Iowa State University Extension*

## Dietary Guidelines: A Guide to Healthy Eating

Every 5 years, The US government updates guidelines for how Americans can choose healthy diets to help them achieve optimal health.

The newly released 2015-2020 Dietary Guidelines recognizes the importance of focusing less on individual nutrients or food groups— and more on the variety of what people eat and drink. By looking at healthy eating patterns as a whole, we can bring about lasting improvements in health.

**By focusing on small shifts in what we eat and drink, eating healthy becomes easier and more enjoyable.**

How will you choose to incorporate the new Dietary Guidelines? **Consider starting with more fruits and vegetables.**

- Fruits and vegetables tend to have fewer calories than most other foods.
- When you add fruits or vegetables onto your meal plate, they take the space of higher calorie foods and while helping you full and providing more nutrients for fewer calories!
- If a fruit or vegetable is not liked, try it again in a different form. For example, raw asparagus has a very different mouth feel, texture and flavor than roasted asparagus.

**Don't give up! Each healthy change can develop into a habit which can have lifelong benefits.**

For more information on the details of the Dietary Guidelines, go to

<http://www.cnpp.usda.gov/dietary-guidelines>

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



### *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 recently had a baby and am looking for a diet plan to help me lose the extra baby weight. Every magazine I read suggests different diets and weight loss advice! With so much conflicting advice, and so many weight-loss options, how do I know which diet might work best for me?

Sincerely, Atty Kins

Dear Atty,

When it comes to diets and weight loss advice there is no shortage of information. The key isn't to find the right "diet" that works for you, but the right eating "style" that works for you.

Healthy eating styles are based on choosing foods that contain vitamins, minerals, fiber, and other healthful nutrients or ingredients— as well as choosing the right amount of calories you need to maintain a healthy weight.

The most nutritious or nutrient-dense foods include vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry – all with little or no saturated fat, sodium, and added sugars.

I would suggest checking out MyPlate-Daily Checklist and MyPlate SUPERTRACKER at <https://www.supertracker.usda.gov/> to help you create a healthy eating style for you!

Sue

Source: *Supertracker, www.ChooseMyPlate.gov*

## Food for Thought...

## Support the Health of Children



Celebrations involving children often include unhealthy choices like cupcakes, soda, and candy. While there is nothing wrong with an occasional treat, unhealthy foods are often the norm. These treats are found at parties, vending machines, stores and are often used as rewards, fundraisers and snacks.

Creating healthy food environments can influence children's health and teach healthy lifestyle choices. While parents may be trying to offer healthy food options at home, the constant treats offered other places are hard to compete with.

### Make changes that make a difference:

- **Include physical activity into celebrations**—play games outside when weather is nice.

- **Ask for healthy options at the concession stand**—try fresh fruit as an alternative to candy.
- **Choose healthy fundraisers**—get involved and be creative!
- **Make healthy snacks fun**—try presenting fruits or vegetables in the shape of a seasonal symbol (such as a tree or turkey).
- **Ask schools and organizations to not reward children with unhealthy foods**—use things like school supplies or an extra recess as a reward instead.
- **Celebrate by going somewhere special**—go on a hike as a family or visit a park.

Source: *Healthy Celebrations*,  
Connecticut State Department of Education

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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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## Support the Health of Children

Creating healthy food environments can influence children's health and teach healthy lifestyle choices.

- Include physical activity into celebrations.
- Ask for healthy options at the concession stand.
- Make healthy snacks fun.
- Ask schools and organization to not reward children with unhealthy foods.
- Celebrate by going somewhere special.



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