

JANUARY / FEBRUARY 2021

HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



This material was partially
funded by USDA's
Supplemental Nutrition
Assistance Program —
SNAP. This institution is an
equal opportunity provider.



This work is supported
by the Expanded Food
and Nutrition Education
Program from the USDA
National Institute of
Food and Agriculture.

How to handle food cravings

What happens when you crave a certain food, eat too much, and then feel guilty? Some people try to follow diets of a few foods only. Some people try to cut out groups of foods. This causes cravings to become more intense. It can lead to a cycle of eating too much and having guilt. A balanced eating plan allows foods you enjoy — even high fat, high-calorie foods. This plan can be easy to keep since you will not be cutting out those foods from your life.

If you sometimes crave chocolate, keep some dark chocolate on hand. Be mindful when you eat it, enjoy the experience and put it away when you are content. When you always have chocolate on hand, you are less likely to overeat it.

Here are other tips for handling food cravings:

- **Schedule your snacks.** Plan for healthy snacks to keep your body fed. Keep nutrient-dense snacks handy in your desk, backpack or car.



- **Take a walk, work on a hobby or call a friend.** When intense cravings hit, take a moment to think about what else you might need at that moment. Are you truly hungry or are you bored or lonely?
- **Keep a craving journal.** What time of

day did your craving appear? How long did it last? What was the food you craved? How did you handle the situation?

Source: Adapted from <https://www.eatright.org/health/weight-loss/tips-for-weight-loss/how-to-handle-food-cravings>

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

PARENT'S POW-WOW

Make family meal times a priority

Sometimes a simple act can have helpful, long-term benefits. Parent and health experts say that is just the case with family mealtimes. Eating and talking together helps to:

- Support family unity
- Stop behavior problems at home and school
- Boost academic success
- Improve diets
- Promote healthy weight for kids

With this list of benefits, it is worth making the time and effort to enjoy more family meal times each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for



family dinners, set aside time for a weekend breakfast or lunch. After a few months of this new pattern, you can add one more family meal each week. Before you know it, you will be eating together on most days.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>

BASIC BUDGET BITES

Shop smarter

Before shopping

- Plan your weekly meals and snacks. This will help you know what you need. It will also help put leftovers to good use.
- Use store flyers and go online to look for coupons, sales, and store specials. Only use coupons on foods your family will eat. Make sure the coupons give you the best value for your money.
- For added savings, sign up for the discount card or bonus card at your local store.

During shopping

- Eat before you go shopping so you can stick to your shopping list when you are not hungry.

- Try store brands. They are the same quality and cost less.
- Compare products for the best deal. Use unit pricing and the Nutrition Facts labels to get the best deal for your money.
- Check “sell by” or “use by” dates. Buy the freshest food possible.

After shopping

- Store food right away in the fridge or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packs. Label the food and freeze it for later use.
- Use dated foods first that will expire.

Source: Adapted from USDA Eat Right When Money's Tight

FOOD FACTS

Fats

Saturated fat

Think about a building made of solid bricks. This building is like the tightly packed bonds that make “saturated” fat. The bonds are often solid at room temperature like butter or the fat around meat. They are sometimes called “solid” fat. Saturated fats are most often found in animal products such as beef, pork, and chicken. Leaner animal products, like chicken breast or pork loin, often have less saturated fat.

Unsaturated fat

Now, think about the links in a chain that bend, move, and flow. The chain links are like the loose bonds that make “unsaturated” fat fluid or liquid at room temperature. Think about the oil on top of salad dressings or in a can of tuna. Most of the time, unsaturated fat comes from plant sources like olives, nuts, or seeds. However, it is also found in fish. Sometimes unsaturated fat is called oils. It contains mostly monounsaturated and polyunsaturated fat. Coconut oil, palm oils, or whole milk is liquid at room temperature but high in saturated fat.

Trans fat

Trans fat can be made from vegetable oils through a process called hydrogenation. Small amounts of -trans fat is found in some animal products like meat, whole milk, and milk products. Check the food label to find out if trans fat is in your food. It is often found in cakes, cookies, crackers, icings, margarines, and microwave popcorn.

Source: Adapted from USDA Choose MyPlate

COOKING WITH KIDS

Fruit Yogurt Parfait

- 1/2 cup Greek yogurt, non-fat vanilla
- 1 cup fruit of your choice (fresh, frozen, or canned in juice/water)
- 1/2 cup low-fat granola or crunchy cereal

1. Spoon yogurt into glass, then top with fruit and granola.

Number of servings: 1

Serving size: 1 Parfait

Nutrition Facts per Serving:

230 calories; 1 g total fat;
0 g saturated fat; 130 mg sodium;
51 g cholesterol; 6 g fiber; 5 g protein

**Nutrition information includes blueberries and Cheerios for analysis.*

Source: Saint Joseph College SNAP-Ed
Nutrition Education Team (NET)



RECIPE

Baked Lentils Casserole

- 1 cup lentils, rinsed
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper, optional
- 1/2 cup onion, chopped
- 1/4 teaspoon garlic powder
- 1 can tomatoes
- 2 carrots, thinly sliced
- 1/2 cup cheddar cheese, shredded

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in 2-quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350 degrees for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

Number of servings: 5

Serving size: 1/5 of casserole

Nutrition Facts per Serving:

200 calories; 4 g total fat;
2 g saturated fat; 12 mg cholesterol;
418 mg sodium; 29 g carbohydrates;
11 g fiber; 6 g sugar; 14 g protein

Source: University of Wisconsin, Cooperative
Extension Service, Let's Make Meatless Meals



SMART TIPS

How can we fit physical activity into our day?

- Take a brisk walk to and from the parking lot or bus stop.
- Walk the dog for 15 minutes before or after work.
- Add a 10-minute walk at lunchtime or during a coffee break.
- Walk up and down courts or fields or around the area when kids are at sports practice.
- Do stretches or exercises while watching TV.
- Play with kids after school or in the evening.
- Get up 15 minutes early and use this time for a run, walk, sit-ups and push-ups, or stretching.
- Turn chores into a workout. Set the timer for 20 minutes and see how much of the house you can clean. Try to be as quick-paced as possible.

Source: Adapted from Montana State University
Cooperative Extension, SNAP-Ed.

LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.

VISIT US ONLINE AT
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)