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HEALTHY CHOICES FOR HEALTHY FAMILIES



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Clean grilling

The warm summer months are a great time for grilling. It's a perfect time to get outside and put your grill to use. But you also must keep some food safety tips in mind. These tips will help stop the spread of germs that could make you, your family, and guests sick this season.

- **Wash hands before, during, and after food preparation.** Proper hand-washing can stop a lot of food poisoning. Germs move from hands to other foods and surfaces with ease. Always wash your hands for 20 seconds with clean water and soap. Wash hands after you change tasks such as handling raw meats and then touching vegetables.
- **Wash plates between uses or use separate plates: one for holding raw meat, poultry, and seafood, another for cooked foods.** The juices from raw meats and poultry are not always easy to control. They tend to spill over and/or leak on foods and surfaces. These juices may carry harmful



germs. Use two different plates to help prevent cross-contamination, a leading cause of foodborne illness.

- **Clean grilling utensils with hot, soapy water.** After using knives, grilling tongs, or forks to touch raw meats and poultry, clean thoroughly with hot soapy water before handling cooked foods. This will help prevent cross-contamination. Too much hassle to clean the dishes while you're

cooking? Use two sets of utensils at the grill: one for raw meats and the other set for cooked foods.

- **Use a food thermometer to check the doneness of meats, poultry, and seafood.** Trusting color alone to check the doneness of foods isn't the best method. A food thermometer is the only way to know food is cooked to the right temperature. Cook foods like steak to at least 145 degrees F and allow to rest for three minutes. Cook hamburgers and other ground meats to at least 160 degrees F. Cook chicken and turkey to at least 165 degrees F. Fish and shellfish are ready to eat when the temperature reaches 145 degrees F.
- **Clean the grill according to the manufacturer's instructions.** Put a little extra elbow grease into cleaning the grill to kill any germs that may be leftover.

Source: Adapted from
<https://www.eatright.org/homefoodsafety/safety-tips/outdoor-dining/clean-grilling>

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PARENT'S POW-WOW

10 MyPlate snack tips for parents

Snacks can help children get the vitamins and minerals needed to grow and maintain a healthy weight. Make single-serving snacks for younger children to help them get just enough to ease their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit the children's section of ChooseMyPlate to help you and your kids choose great ideas.

1. Save time by slicing veggies:

Store sliced veggies in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped veggies, and low-fat shredded cheese. Melt in the microwave.

2. Mix it up: For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

3. Grab a glass of milk: A cup of low-fat or fat-free milk is an easy way to drink a healthy snack. Try soy milk if you cannot drink low-fat milk.

4. Go for great whole grains: Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber. These snacks should be low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.

5. Nibble on lean protein: Choose lean protein foods such as low-

sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6. Keep an eye on the size:

Snacks should not replace a meal, so look for ways to help your kids know how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7. Fruits are quick and easy: Fresh, frozen, dried, or canned fruits can be an easy "grab-and-go" choice that needs little planning. Offer whole fruit and limit the amount of 100% juice served.

8. Make it easy: A single serving of low-fat or fat-free yogurt or single wrapped string cheese can be just enough for an after-school snack.

9. Swap out the sugar: Keep healthy foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a 1/2 cup of 100% fruit juice instead of giving them soda.

10. Prepare homemade goodies:

For homemade sweets, add dried fruits like apricots or raisins, and reduce the amount of sugar in the recipe. Adjust recipes that call for fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

Source: United States Department of Agriculture. For more information, visit <https://www.myplate.gov>



BASIC BUDGET BITES

Best buys for cost and nutrition

- **Breads and grains:** Choose whole-grain breads. Look for deals on day-old breads. Buy regular brown rice and old-fashioned oats and grits to save money. The instant packs cost more money. You also win by eating less sugar, salt, and calories.
- **Vegetables:** Buy large bags of frozen vegetables. When choosing canned veggies, look for "low sodium" or "no added salt" on the label.
- **Fruits:** Buy fresh fruit in season. Most of the time it will cost less. You can buy frozen and canned fruits all year long. The nutrition is about the same as fresh.
- **Low-fat or fat-free milk products:** Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before going bad. Most of the time, large sizes of dairy cost less per serving than smaller sizes. Ultra-treated milk found on store shelves will last longer and won't spoil as fast.
- **Meat and beans:** Dried beans and peas are a good source of protein and fiber. They can last a year or more without going bad. Canned tuna packed in water is a low-cost healthy protein choice.

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

FOOD FACTS

Is sodium the same thing as salt?

Sodium is a mineral found in many foods. Your body needs it for normal muscle and nerve functions. It also helps keep body fluids in balance. Most table salts are made from sodium chloride. So, salt used when fixing foods contains sodium. Doctors and nurses often use the words sodium and salt to mean the same thing.

Is sodium bad?

Though you need some sodium, too much may be bad for your health. Eating a lot of high-sodium foods can cause your body to retain excess water. And because of this extra body water, your organs must work harder. This adds to your risk for high blood pressure, which can harm your heart and kidney function.

How much sodium do you need?

The average diet contains more than 3,400 milligrams of sodium. Most of it comes from eating out and packaged convenience foods. Adding more salt at the table also adds to high intakes of sodium. One teaspoon of salt has 2,300 milligrams of sodium. If you are 14 years of age or older and eat more than 1 teaspoon of salt per day, experts say to cut back on your daily intake of sodium. The 2020-2025 Dietary Guidelines for Americans recommend healthy adults limit their daily intake of sodium to 2,300 milligrams or less. Youth under age 14 should eat even less.

Source: Adapted from <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/is-sodium-the-same-thing-as-salt>

COOKING WITH KIDS

Tic Tac Toe Veggie Pizza

- 1 medium carrot
- 1/2 red bell pepper
- 1 medium summer squash
- 4 whole-wheat pita rounds (about 6" diameter)
- 3/4 cup reduced-sodium pasta sauce
- 4 sticks reduced-fat string mozzarella string cheese

1. Place rack in middle of oven, and preheat oven to 400 degrees F.
2. For X's, cut carrot and bell pepper into small sticks about 2 inches long. For O's, cut summer squash into 12 slices. For grid, pull apart each cheese

stick to make four strips.

3. Place pita rounds on baking sheet and spread pasta sauce on each.
4. Let kids build tic tac toe pizzas with cheese and vegetables.
5. Bake about 10 minutes or until cheese is bubbling.

Number of servings: 4

Serving size: 1 veggie pizza

Nutrition facts per serving:

294 calories; 5 g total fat; 1 g saturated fat; 449 mg sodium; 5 g cholesterol; 9 g fiber; 6 g sugar; 12 g protein

Source: USDA ChooseMyPlate



RECIPE

Breakfast Pizza

- Cooking spray
- 2 (8 ounce) tubes reduced-fat crescent rolls
- 1/2 pound breakfast sausage
- 1 cup (4 ounces) fresh mushrooms, chopped or sliced
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup chopped tomatoes
- 4 well-beaten eggs
- 1 cup shredded cheddar cheese

1. Preheat oven to 375 degrees F. Spray a cookie sheet with cooking spray.
2. Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.
3. Pinch up the edges to hold toppings.
4. In a skillet, brown sausage and drain.

5. Sprinkle sausage, mushrooms, onion, green pepper, and tomatoes evenly over the dough.
6. Pour eggs over top and sprinkle with cheese.
7. Bake for 20 minutes or until lightly browned.
8. Cut into squares with a pizza cutter and serve.

Number of servings: 12

Serving size: 1/12 pizza (3-inch square)

Nutrition facts per serving:

250 calories; 17 g total fat; 7 g saturated fat; 75 mg cholesterol; 580 mg sodium; 18 g carbohydrates; 0 g fiber; 3 g sugar; 10 g protein

Source: Plan Eat Move, University of Kentucky Nutrition Education Program



SMART TIPS

Exercise safely in hot weather: hydrate, hydrate, hydrate

When the weather heats up, make sure you drink enough fluids during the day to stay hydrated. Enjoy water-rich foods including crisp lettuce, watermelon, grapefruit, broccoli, and tomatoes.

It's very easy to lose a few pounds of water weight through sweating. Weigh yourself before and after working out. Replace each pound of weight loss with 2 to 3 cups of water. Water is a good choice because it moves quickly through your intestines and into your tissues. If you sweat a lot or workout for more than 60 minutes, sports drinks can help your body refuel and rehydrate.

Source: Adapted from <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/exercise-safely-in-hot-weather>

LOCAL EVENTS

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

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY