

# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

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University of Kentucky  
College of Agriculture,  
Food and Environment  
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## Shift from solid fats to oils

**Y**ou may already know the average American diet is high in fat, but did you know there is a type of fat we aren't eating enough? The average diet is high in solid fats but lower-than-recommended in oils. The Dietary Guidelines for Americans recommends replacing solid fats in our diet with oils.

Solid fats are typically solid at room temperature like butter, margarine, shortening, and lard. Solid fats are high in saturated fat and low in heart-healthy fats like monounsaturated and polyunsaturated fats. Saturated fat has been proven to raise LDL cholesterol levels, often referred to as “bad” cholesterol because it can lead to clogged arteries and increase the risk for heart disease. Solid fats are also found naturally in foods or added to them. Some examples of foods high in solid fats include desserts and baked goods; many cheeses and foods containing cheese; processed meats like sausages, hot dogs, bacon, and ribs; ice



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## BASIC BUDGET BITES

### Fall in love with leftovers

**A** tried and true way to start saving money is to eat leftovers and pack your own meals when eating outside of the home. It's easy to think of excuses: "It takes too much time in the morning" or "I get bored eating the same thing," so here are some tips for sticking with it:

- After dinner when you are already putting leftovers away, take time to portion and put them into your to-go containers. Then in the morning it is a quick grab-and-go. Don't forget to throw an ice pack into your lunch bag to keep foods cold and safe.
- Skip a day before enjoying leftovers. Instead of eating the same thing for lunch the next day, skip a day and pack it for lunch the day after that. This will break up your meals and keep you from getting bored.
- Repurpose your leftovers. Get creative with your leftovers, and eat them differently for lunch. If you ate grilled chicken for dinner, mix it with low-fat plain yogurt and celery to make a healthy chicken salad sandwich on whole wheat bread, or make a whole grain wrap loaded with cheese and the vegetables of your choice.

Source: Amy Singleton, Regional Extension Agent for Kentucky Nutrition Education Program

## PARENT'S POW-WOW

### Water is a smart choice for kids

**W**ater is a great drink choice for kids because it doesn't contain added sugars or caffeine. Water helps to hydrate your child's body. Drinking tap water with fluoride (also known as fluoridated tap water) can help prevent cavities. Drinking water between meals and snacks can help rinse food from teeth.

Preschoolers need extra water when they are physically active or when it is hot outside to stay hydrated. It is important to have regular water breaks before and during active play.

#### Tips for getting your kids to drink more water:

- Offer water between meals and snacks.
- Encourage your child to drink water by being a role model and drinking water yourself.
- Keep child-sized cups by the sink where your child can reach them.

Source: USDA Nibbles for Health



## FOOD FACTS

### Potassium

**P**otassium is a mineral found in many foods. Your body needs potassium for almost everything it does, including proper kidney and heart function, muscle contraction, and nerve transmission. The amount of potassium you need each day depends on your age and sex. Most adult women need 2,600 mg a day, and most men need 3,400 mg a day. Potassium is found in many foods. You can get recommended amounts of potassium by eating a variety of foods, including fruits, such as dried apricots, prunes, raisins, watermelon, orange juice, and bananas; vegetables, such as acorn squash, potatoes, spinach, tomatoes, and broccoli; lentils, kidney beans, soybeans, and nuts; milk and yogurt; meats, poultry, and fish. The diets of many people in the United States provide less-than-recommended amounts of potassium. Getting too little potassium can increase blood pressure, deplete calcium in bones, and increase the risk of kidney stones.

Source: National Institutes of Health



## COOKING WITH KIDS

# Watermelon Refresher

- 1 small to medium watermelon
- 1/2 cup plain Greek yogurt
- 1 1/2 cups fruit (try a mix of blackberries, strawberries, blueberries, and raspberries)
- 2 tablespoons honey (optional)

1. Use a sharp knife to cut the watermelon horizontally into 1 1/2-inch thick rounds. Slice rounds into four wedges.

2. Dollop 1 tablespoon of yogurt onto each wedge, leaving the edges uncovered.
3. Sprinkle berries on each wedge.
4. Drizzle with honey, if using.

**Yield:** Makes 6 servings

**Serving size:** 1 watermelon round (4 wedges)

**Nutrition facts per serving:**

250 calories; 1 g total fat; 0.5 g saturated fat; 0 g trans fat; 0 mg cholesterol; 5 mg sodium; 61 g carbohydrate; 4 g fiber; 57 g sugar; 5 g added sugar; 5 g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: 2019 Food and Nutrition Calendar, UK Cooperative Extension Service



## RECIPE

# Watermelon Tomato Salad

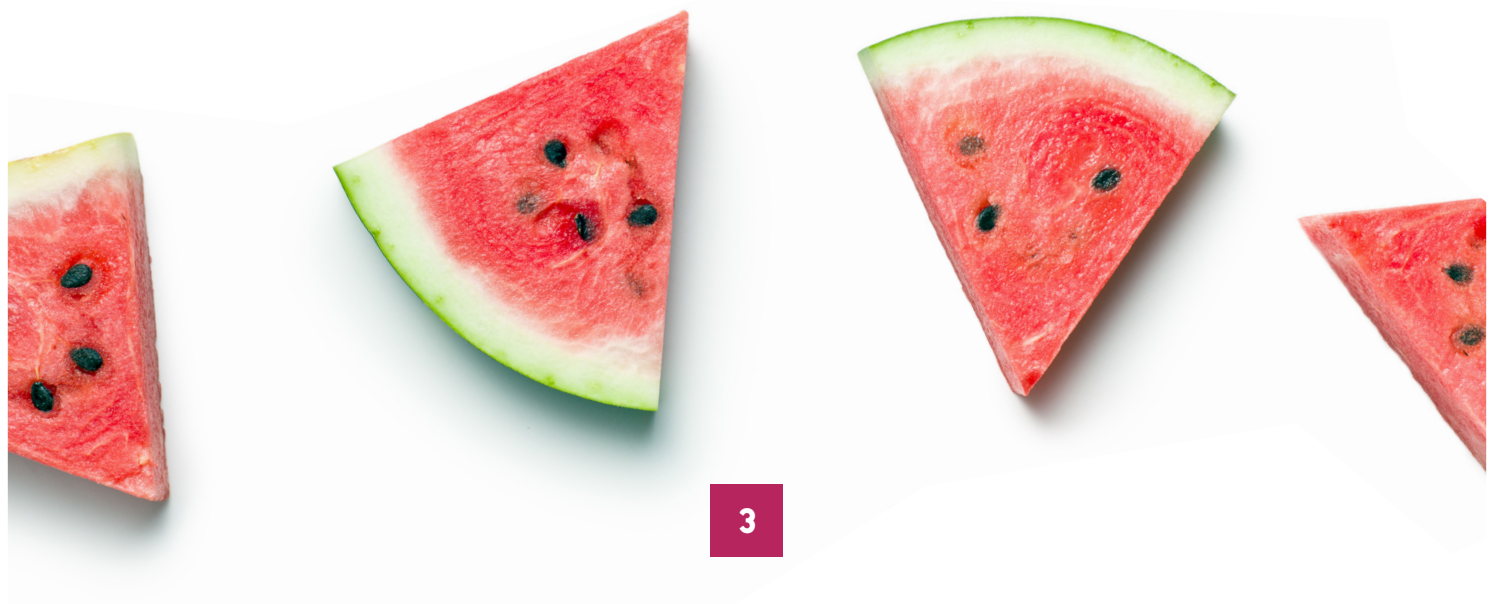
- 5 cups seeded watermelon cubes (3/4 inch)
- 3 cups of cubed tomatoes (3/4 inch)
- 1/4 teaspoon salt
- 1 small, quartered, and thinly sliced red onion
- 1/4 cup red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon black pepper
- 6 lettuce leaves

1. Combine watermelon and tomatoes in a large bowl.
2. Sprinkle with salt; toss to coat. Let stand 15 minutes.
3. Stir in onion, vinegar, and oil. Cover and chill 2 hours.
4. Serve chilled on lettuce leaves, if desired.
5. Sprinkle with cracked black pepper to taste.

**Yield:** Makes 6, 1 1/2 cup servings

**Nutritional analysis:** 100 calories, 5 g fat, 2 g protein, 18 g carbohydrate, 0 mg cholesterol, 105 mg sodium.

Source: Plate It Up! Kentucky Proud



## SMART TIPS

### Refrigeration needed

**R**efrigeration is required for many foods we eat. It helps slow the growth of microorganisms that can cause foodborne illness. Refrigeration is also used to preserve the quality of foods by slowing the deterioration of flavor, color, and texture. It is important to notice where a product is stored in the grocery store as this can be an indication of how it is best to store it at home. It is also important to read labels carefully. Many products like broth, chia seeds, milled flax, peanut butter, mayonnaise, and ketchup are not refrigerated at the store but the food label indicates it should be refrigerated after opening. Failing to store foods as directed can lead to spoilage and increase your risk for foodborne illness. Set your refrigerator to store food at 40 degrees Fahrenheit or below.

Source: Food and Drug Administration



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### Shift from solid fats to oils

cream and other dairy desserts; fried potatoes like French fries if fried in a solid fat or hydrogenated oil; regular ground beef and cuts of meat with marbling or visible fat; fried chicken and other chicken dishes with the skin.

Oils provide essential fatty acids and vitamin E. They are found in different plants such as soybeans, olives, corn, canola, avocados, sunflowers, and peanuts. Choosing unsaturated oils instead of saturated fat can help you

maintain a healthy eating style. A few plant oils, including coconut and palm oil, are higher in saturated fat and should be eaten less often.

Choose foods higher in unsaturated fat and lower in saturated fat as part of your healthy eating style. Here are some simple shifts you can make to decrease solid fats and increase heart-healthy oils in your diet:

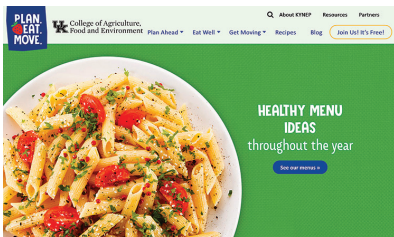
- Use oil-based dressings and spreads on foods instead of butter, stick

margarine, or cream cheese.

- Drink fat-free (skim) or low-fat (1%) milk instead of reduced-fat (2%) or whole milk.
- Buy lean cuts of meat instead of fatty meats, or choose these foods less often.
- Add low-fat cheese to homemade pizza, pasta, and mixed dishes.
- In recipes, use low-fat plain yogurt instead of cream or sour cream.

Source: USDA Choose MyPlate

## LOCAL EVENTS



## PlanEatMove.com

Connect with or contact your county to learn about free classes in your community! Visit [PlanEatMove.com/free-classes](https://PlanEatMove.com/free-classes) to learn more.

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



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