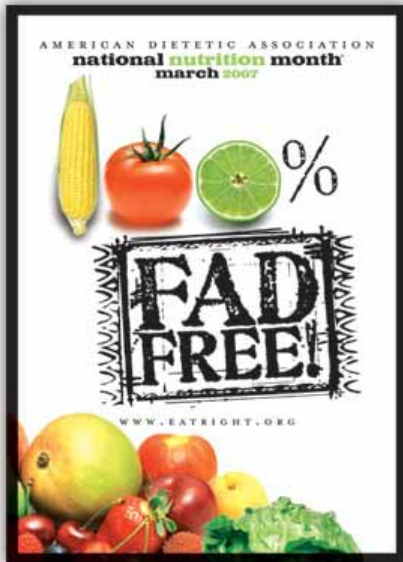


Eat Smart New York!



Produced By Cornell Cooperative Extension



2007

National Nutrition Month®



Every year the American Dietetic Association sponsors National Nutrition Month®. It is a time to reinforce the role nutrition plays in staying healthy. This year's theme is 100% Fad Free!

How to eat 100% Fad Free!

- ◇ Use MyPyramid as your reference for healthy eating. Many times people join the latest fad in eating – from low carb, to leaving out certain foods (and the nutrients that go with them), eating a lot of the same food (like the grapefruit diet), or taking lots of supplements. Get back to basics and stay healthy.
- ◇ Choose foods by looking at the whole picture. A single food or a single meal does not make or break a healthy way of eating. All foods fit when eaten in reasonable amounts.
- ◇ Be on the lookout for a food fad. A food fad is when a claim about a single food or supplement sounds too good to be true. There are no magic bullets for healthy eating. Being mindful of portion size, fitting in physical activity each day and choosing fruits, vegetables, whole grains and low fat dairy products will put you on the road to better health.
- ◇ Misinformation about food and nutrition can be harmful to your health and your wallet. The nutrition information you receive from Cornell Cooperative Extension is 100% Fad Free! and based on nutritional science and research.



100% Fad Free!

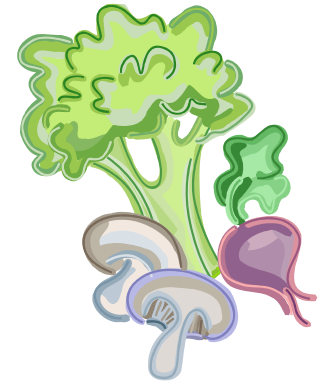
In the spotlight this month:

Frozen Foods

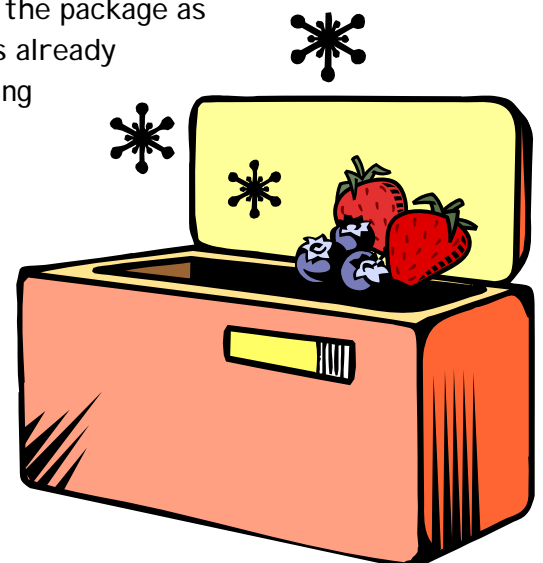
March is National Frozen Food Month. Frozen foods offer lots of health and financial benefits.

Did you know that frozen produce may be even fresher than fresh produce?

How can this be? Produce that is frozen is picked and frozen when it is freshest. Freezing produce at its height of freshness preserves its nutrients. Fresh produce starts losing some of its nutrients during shipping, sitting at the supermarket, then sitting in your refrigerator.



- ◇ Store frozen foods at 0° in your freezer to keep them safe. This temperature also helps to retain the nutrients in the food. Use a freezer thermometer to make sure your freezer is set correctly.
- ◇ Cook frozen vegetables until tender-crisp, so they still have a bit of crunch when you chew them. Boiling frozen vegetables in too much water only helps to drain the vitamins and minerals from the food. Try steaming (on the stove or in the microwave) or stir frying for best results.
- ◇ When buying frozen food, choose food in packages that are clean, firm, ice free and in undamaged packages. At the supermarket, pack all your frozen foods together to keep them cool. In summer, place frozen foods in a cooler with ice or ice packs for the trip home. Stop at the frozen foods department just before you head to the check out.
- ◇ Frozen produce is easier on your budget because you pay only for the edible parts of the fruits and vegetables, so there is no waste. With fresh produce, you are paying for pits, seeds, skins and peels. Frozen produce has a longer shelf life than fresh produce. Frozen foods also are convenient because you can use as much or as little from the package as you need at one time. An added bonus - frozen produce is already washed, prepped and cut for use in recipes, so your cooking preparation time is shorter.
- ◇ Many frozen fruits and vegetables have nothing added to them - no sugar, no salt, no preservatives. They easily fit into your family's healthy eating plan.



Pasta Primavera with Lemon Pepper Sauce

Makes 4 servings

- 1 package (8 oz.) linguine
- 1 bag (16 oz.) frozen mixture Broccoli, Cauliflower & Carrots
- 1 packet (1.8 oz.) white sauce mix
- 2 teaspoons grated lemon zest
- ¼ cup grated parmesan cheese
- ¼ teaspoon cracked black pepper



Directions:

In a large saucepan, cook pasta according to package directions; add vegetables during last 8 minutes. Place in colander and drain. In same saucepan, prepare sauce mix according to packet directions adding lemon zest, cheese and pepper. Stir in pasta and vegetables; heat through over medium heat. Season with additional cheese and cracked black pepper if desired. (Prep time: 20 min., Cook time: 16 min.)

**Nutrition Facts: Yield-4 servings; Serving size-1 cup; 330 calories, 60 calories from fat, 18% calories from fat, 6 g total fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 230 mg sodium, 57 g carbohydrate, 5 g dietary fiber, 12 g protein, 120% vitamin A, 100% vitamin C, 10% calcium, 15% iron

Source: <http://www.birdseyefoods.com>

Vegetable, Chicken and Rice Casserole

Makes 4 servings



- 1 can (10¾ oz.) 98% fat-free cream of mushroom soup
- 1 cup skim milk
- 1 cup low-fat shredded cheddar cheese
- ½ cup uncooked regular long-grain white rice
- ½ cup chopped onion
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- 1 package (16 oz.) frozen cauliflower, carrots, snow pea pods
- 4 boneless, skinless chicken breast halves

Directions:

Preheat oven to 375°F. In large bowl, mix soup, milk, cheese, rice, onion, salt, pepper, garlic powder and vegetables. Pour into a 9x13-inch greased baking dish. Top with chicken. Cover tightly with aluminum foil. Bake in oven for 45 minutes or until done. (Prep time: 5 min., Cook time: 45 min.)

Nutrition Facts: Yield-4 servings; Serving size-1 breast with 1 cup vegetables and rice; 350 calories, 5 g total fat, 2 g saturated fat, 0 g trans fat, 75 mg cholesterol, 730 mg sodium, 33 g carbohydrate, 4 g dietary fiber, 40 g protein, 60% vitamin A, 30% vitamin C, 25% calcium, 10% iron

Source: <http://www.birdseyefoods.com>

Mmm, dumplings...

Even Mom
couldn't
make this
heart-
warming
soup better
or easier!

Chicken-Vegetable Soup with Dumplings

Makes 6 servings — Prep time: 10 min. Start to finish: 30 min.

- 2 cups cut-up cooked chicken
- 1 teaspoon dried thyme
- 1 cup baking mix
- 4 cups chicken broth
- 1 bag (1 lb.) frozen mixed vegetables, thawed and drained
- 1/3 cup skim milk
- 1 teaspoon dried parsley

Directions:

- In 3-quart saucepan, heat all ingredients except baking mix and milk to boiling, stirring occasionally.
- In small bowl, stir baking mix and milk with fork until soft dough forms. Drop dough by 18 teaspoonfuls onto boiling soup. If dumplings sink into soup, carefully bring them to top of broth using slotted spoon. Reduce heat to medium-low.
- Cook uncovered 10 minutes. Cover and cook 15 minutes longer.

**Nutrition Facts: Yield-6 servings; Serving size-1 cup; 220 calories, 45 calories from fat, 13% calories from fat, 4.5 g total fat, 1.5 g saturated fat, 0.5 g trans fat, 40 mg cholesterol, 610 mg sodium, 24 g carbohydrate, 2 g dietary fiber, 19 g protein, 20% vitamin A, 6% vitamin C, 8% calcium, 10% iron

Source: <http://www.bettycrocker.com>

**Nutrition Facts calculated by the Food Processor(R) Nutrition Analysis Software from ESHA Research, Salem, Oregon

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*Building Strong and Vibrant
New York Communities*

Get Your Kids Moving!

*Help them start a lifetime of fitness
and good health. Strengthen their
bodies with these simple tips.*

Make it fun.

Get the family involved. Walk
the dog, take a hike, play a
game of tag, or dance with them
to their favorite music.

Limit screen time to two hours a day.

This includes television, video
games, and computer time.
Make it easy. Don't put a TV in
their room. Keep the computer
in a family area.

Set a good example.

Set aside time each day for
physical activity. Let your
children know that it is a way of
taking care of their bodies.

If you use WIC checks or Food Stamps,
you qualify for our **FREE program!**
Call (585) 786-2251 and ask to speak to
a nutrition educator!

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*This material was funded by USDA's Food Stamp
Program and Expanded Food and Nutrition
Education Program.*

KORNER IDS

Explore Different Cultures!

This month read with your children and
learn more about different cultures.
A couple of great books to try:



"How My Parents Learned to Eat"

by Ina R. Friedman

A story about an American sailor and a Japanese school girl
who meet and fall in love. While falling in love they learn how
different and how similar their cultures are and best of all,
learn that people from different cultures can peacefully
coexist.



"Abuela"

by Arthur Dorros

A story of Rosalba and her adventures with
her grandmother, her abuela.

"Tar Beach"

by Faith Ringgold

This book is about Cassie Lightfoot and her imagination as
she flies over Harlem.

After reading these books with your children, talk
about your own family customs and cultures.



What makes your family unique and special?

What cultural traditions do your family follow?

What cultural foods do you enjoy?