

# Eat Smart New York!



March 2008  
Vol. 9 No. 3

*Produced By Cornell Cooperative Extension*

## Start Your Day the **Healthy** Way

**Did you know** research shows that people who eat a healthy breakfast lost weight or kept their weight the same when compared to people who did not eat breakfast? Also, those who eat breakfast are less likely to overeat later in the day, so they eat less calories. While this is great news for adults, it is even more important to start your child's day with a healthy breakfast.

Children who eat a healthy breakfast are able to better concentrate in the classroom. A healthy breakfast may also help them to keep a healthy body weight. It is important to make it a habit of eating a healthy breakfast when your child is young because it is more likely they will continue this habit as they grow into adults.



### **What is a healthy breakfast?**

Try choosing 1 food from at least 3 of the food groups. When making your choices, choose low-fat dairy, whole grains and fruit instead of fruit juice.

#### **Healthy choices might include:**

- ◇ Unsweetened hot or cold cereal with 1% milk and 100% fruit juice or whole fruit
- ◇ Slice of whole wheat toast, small, low-fat yogurt and 100% fruit juice or whole fruit
- ◇ One egg, 1 slice of whole wheat toast and fresh or canned fruit slices

#### **You can also try:**

- ◇ Whole grain waffles with fruit yogurt and 1% milk
- ◇ Whole grain bagel with peanut butter and 100% fruit juice
- ◇ Scrambled egg with a small amount of cheese rolled in a whole wheat tortilla with fresh or canned fruit

# Healthy Breakfast Recipe



## Monterey English Muffins

- 4 English muffins
- 4 slices Monterey Jack or other mild cheese
- 2 oranges, peeled and cut into thick cartwheel slices (cut crosswise, not top to bottom)
- 4 slices lean cooked ham
- 1/4 cup orange marmalade

### Directions:

Split the muffins in half; place on a baking sheet. On 4 muffin halves, arrange cheese, orange cartwheel slices, and ham. Brush the top of the ham and the remaining 4 muffin halves with marmalade. Broil 6 inches from heat for 5 to 7 minutes, or until heated through. Press muffin halves together. *Makes 4 servings.*

\*\*Nutrition Facts: Serving size: 1 sandwich, 300 Calories; 30% Calories from fat; 10g Total Fat; 6g Saturated Fat; 0g Trans Fat; 40mg Cholesterol; 630mg Sodium; 35g Carbohydrates; 16g Protein; 8% Vitamin A; 60% Vitamin C; 25% Calcium; 10% Iron

Source: [www.sunkist.com](http://www.sunkist.com)

# Fresh Citrus Fruit Recipes

## Fun Thai Noodles

*Makes 4 servings*

- 8 ounces dried pasta (spaghetti or linguine, broken in half)
- 2 Tablespoons smooth peanut butter
- Grated peel and juice from 1 orange
- 1 Tablespoon soy sauce
- 1 small clove garlic, pressed
- 1 orange, peeled, cut into bite-size pieces
- 2 Tbsp green onions (scallions), thinly sliced

### Directions:

Cook pasta just until tender; drain in colander. In same pot, combine peanut butter, orange peel and juice, soy sauce and garlic; stir over low heat for a minute or two. Remove from heat, add cooked pasta and toss to coat. Add orange pieces; toss gently. Serve on plates with green onions sprinkled on top.

\*\*Nutrition Facts: Serving size: 1/4 of recipe, 280 Calories; 16% Calories from fat; 5g Total Fat; 1g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 270mg Sodium; 51g Carbohydrates; 11g Protein; 4% Vitamin A; 50% Vitamin C; 2% Calcium; 10% Iron

Source: [www.sunkist.com](http://www.sunkist.com)

## Pork and Orange Stir-Fry

- 8 ounces pineapple chunks in unsweetened juice
- 1/2 Tablespoon cornstarch
- Grated peel and juice from 1/2 lemon
- 1 Tablespoon brown sugar
- 1 teaspoon lite soy sauce (40% less salt)
- 1/2 pound pork, thinly sliced
- 1/2 Tablespoon vegetable oil
- 1 green pepper, cut into strips
- 1 small onion, cut in thin wedges
- 1 medium clove garlic
- 2 oranges, peeled, cut in half cartwheels
- 2 cups hot cooked rice



### Directions:

Combine drained pineapple juice with cornstarch. Add lemon peel and juice, brown sugar and soy sauce; set aside.

Spray 10-inch non-stick skillet or wok with non-stick cooking spray; stir-fry pork over high heat until just cooked through, 3 to 4 minutes.

Remove from skillet. Add oil to skillet; stir-fry pepper, onion and garlic over medium-high heat 3 to 4 minutes.

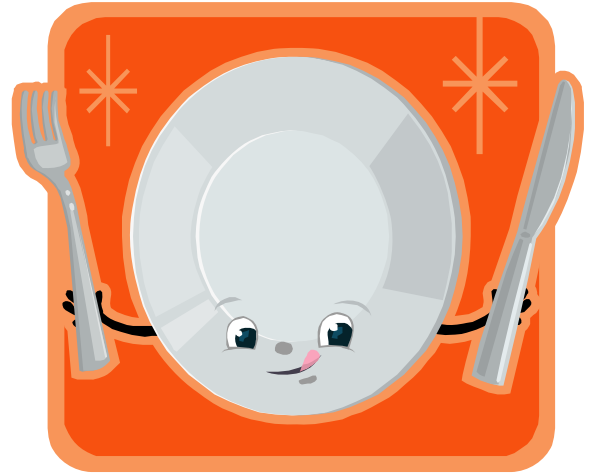
Stir cornstarch mixture; add to vegetables. Return pork and cook until mixture thickens, stirring constantly. Add oranges and pineapple, cooking just until heated through. *Serve over rice. Makes 4 servings.*

Nutrition Facts per serving: 381 calories (13% from fat, 12% from saturated fat), 23 g protein, 8 g fat, 55 g carbohydrate, 56 mg cholesterol, 136 mg sodium, 4 g dietary fiber, 583 mg potassium, vitamin C-163%, iron-12%

Source: [www.sunkist.com](http://www.sunkist.com)

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

# Five Easy Ways to Right Size Children's Food Portions



Supersizing is one of our biggest nutrition problems. Research shows that when kids are served supersized portions, they usually eat faster and eat more calories than they need. The tendency to overeat starts at around age 5 and can continue into adulthood.

## Here are 5 easy ways to smart size your child's portions:

**1** Use the right dishes - child sized plates, cups and utensils are small for a few reasons. Child size portions look right on child size plates and cups so food does not look overwhelming or skimpy. Child size tableware makes it easier for children to handle their food and make less spills.

**2** Let children start with a small serving - children have small stomachs and need small sized portions. If small portions are not available, split the portions in half. Teach your children to take a small amount of food and to have more if they are still hungry.

### Citrus Fruit It's What's in Season!

Winter time is when citrus fruits are at their peak and usually good deals, like buy one bag of oranges, get one bag free, are offered at area supermarkets. Citrus fruits are full of fiber, vitamin C, folic acid and potassium. A medium sized orange has 80 calories, no fat, no cholesterol, no sodium, 3 grams of fiber and 130% of the vitamin C you need each day. One half of a medium grapefruit has 60 calories, no fat, cholesterol or sodium, 2 grams of fiber and 100% of your daily needs for vitamin C. Citrus fruits are delicious snacks to eat on the run. Tuck one in your lunch, purse or briefcase today!

**3** Encourage a comfortable pace for eating - eating slowly allows us to enjoy our meals. It also gives our brains time to realize that we are full. It usually takes 20 minutes for this message to get from our stomach to our brains. Family meals filled with lots of laughter and conversation are perfect for slowing down how quickly you eat.

**4** Get out of the "eating from the package" habit - eating from bags, boxes and cartons can be a risky habit. It's hard to tell how much you've eaten and most people usually eat more than they want or need. The trick is to take a small portion out of the food package and place it in a small dish. Then put the package away - out of sight, out of mind.

**5** Get into the habit of sharing at restaurants - even kids' meals can be 2 to 3 times larger than what a child needs. Make a plan before you order and plan to share what you can. This not only saves calories, but saves money too! You can also plan to bring half of your meal home - ask for a to-go box when your food is brought to the table and place half of it in the box before you begin to eat.

Distributed by:

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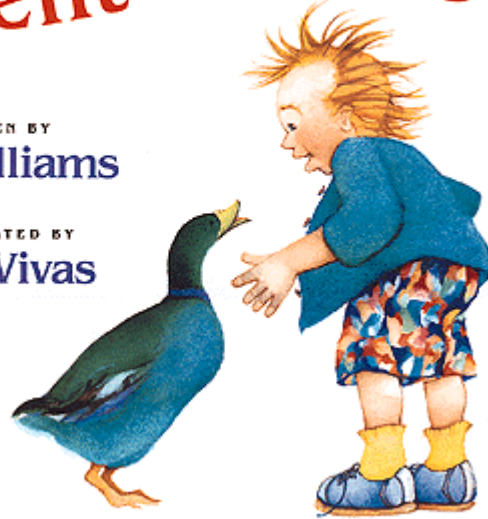
MAKING TASTY MEALS

# KORNER IDS

## I Went Walking

WRITTEN BY  
**Sue Williams**

ILLUSTRATED BY  
**Julie Vivas**



Visit your local library and pick up a copy  
of "I Went Walking" by Sue Williams.

After you read the book with your  
child, have her or him pick their  
favorite color from the book.

Next time you go to the grocery store  
together, have your child find foods that  
are the same color as the color they  
picked from the book.

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