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# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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## Make resolutions stick: Focus on family

**T**his is the year to add to the health of your family. Try a few of these ideas:

### Nutrition that counts

- **Offer routine meals during the day, along with nutrient-rich foods.**

Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.

- **Put the focus on health, not weight.**

Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.

- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.



### Fitness and wellness

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

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## SMART TIPS

# Muscle strengthening activities and health

Adults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

## FOOD FACTS

# Proteins

Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

### How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

### What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

## PARENT CORNER

# Raise healthy eaters in the new year

Ring in a new year by teaching kids the value of food and nutrition.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent, or adult caregiver, you can raise healthy eaters during these growing years by doing your best to:

- Serve routine, balanced meals and snacks with nutrient-rich foods.

- Plan calm, pleasant mealtimes when adults and children can talk together.
- Remove TV, phones, and tablets so your thoughts are on each other.
- Allow children to use their inner signals to decide how much and what to eat.
- Explore foods from other cultures and cuisines.
- Make food safety, such as washing hands, part of each meal.

- Teach basic skills for making good food choices away from home.

This may seem like a long to-do list. Two family habits that go a long way to making all this happen are routine family meals and linking kids and nutrition from the ground up.

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

## COOKING WITH KIDS

# Pocket Fruit Pies

- 4, 8-inch flour tortillas
  - 2 medium peaches, pears, or apples
  - 1/4 teaspoon cinnamon
  - 2 tablespoons packed brown sugar
  - 1/8 teaspoon nutmeg
  - 2 tablespoons fat-free milk
  - Additional sugar for topping (optional)
  - Nonstick cooking spray
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Preheat oven to 350 degrees F.
  3. Warm tortillas in microwave or oven to make them easy to handle.
  4. Peel and chop fruit into pieces.
  5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

**Notes:** This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

**Safety tip:** Allow pie to cool slightly before tasting - the steam and sugar can burn.

**Makes 4 fruit pies**

**Serving size:**

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension



## RECIPE

# Shepherd's Pie

- 2 large potatoes with skin, diced
  - 1/3 cup skim milk
  - 1/2 pound (85% lean) ground turkey
  - 2 tablespoons flour
  - 1 package (10 ounces) frozen mixed vegetables
  - 1 can (14.5 ounces) low-sodium vegetable broth
  - Shredded cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Preheat oven to 375 degrees F.
  3. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until tender (about 15 minutes).

4. Drain potatoes and mash. Stir in milk and set aside.
5. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil.
7. Spoon vegetable and meat mixture into an 8-inch square baking dish. Spread potatoes over mixture.
8. Bake 25 minutes.
9. Serve hot. Garnish with shredded cheese (optional).
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**

**Serving size:** 1/6 of recipe

Nutrition facts per serving: 190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

\*Note: Nutrition analysis does not include cheese.

Source: Adapted from ONIE Project – Oklahoma Nutrition Information and Education

## BASIC BUDGET BITES

### Food label dates

- **Use-by, best if used by, best by, best before:**

“Use-by” and “best” dates are often found on shelf-stable products such as ketchup, salad dressings, and peanut butter. The date tells you how long the product is likely to stay at its best quality when unopened. It is not a safety date. Check the product



to gauge the quality after the date and throw away foods that have an off odor, flavor, or do not look good.

- **Sell-by:** Most sell-by dates are found on foods like meat, seafood, poultry, and milk. The date is for stores to know how long they can display the item. Buy products before the sell-by date. You can still store it at home for some time beyond that date if you follow safe storage methods. Milk that has always been refrigerated will be good for about a week after you bring it home, even if the sell-by date runs out during that time.

- **Expires on:** The only place you are likely to see this type of date is on baby formula or baby foods. The federal government controls this dating. Always use the product before this end date.

- **Stamped dates on packages:** Products like bagged salad greens, bread, and pre-cut veggies often feature a date stamped on the package. This date helps the store decide how long to leave it on the shelf. It can also help the buyer know the time limit to use the product at its best quality. It is not a safety date.

Source: Adapted from Iowa State University Extension and Outreach: Spend Smart. Eat Smart.

## LOCAL EVENTS

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

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