

Smart Choices

Nutrition News

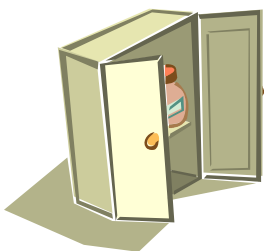
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What's On Hand?

Are you planning to eat healthier this year? If you are, one of the first things you will want to do is to take a look around your kitchen and see what types of foods you have on hand. You may have a supply of healthy foods in the cupboard, refrigerator or freezer already. Having a well-stocked kitchen can prevent you from having to ask, "What's for dinner"? Preparing more meals at home can save money as well as making it easier to eat a healthy diet. Here's a quick guide to help you stock up on healthy foods.

In the cupboard

- ◆ Canned fruits and vegetables low in sodium and sugar
- ◆ Canned, bottled, or boxed 100% juices

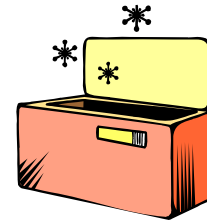


- ◆ Tomato products low in sodium

- ◆ Canned soups and broths (check for sodium content)
- ◆ Powdered or evaporated skim milk
- ◆ Peanut Butter
- ◆ Canned or dried beans
- ◆ Pastas, rice and other grains
- ◆ Whole grain breads and breakfast cereals
- ◆ Dried fruit, nuts, popcorn (low-fat or air popped)
- ◆ Vegetable oils
- ◆ Baking ingredients
- ◆ Dried herbs and spices

In the refrigerator

- ◆ Low-fat or fat-free milk and milk products
- ◆ Eggs and egg substitutes
- ◆ Fruits and vegetables
- ◆ Lean deli meats, such as turkey or chicken
- ◆ Mustard, ketchup, reduced-fat mayonnaise



In the freezer

- ◆ Frozen vegetables
- ◆ Frozen fruits such as berries, peaches
- ◆ 100% frozen juice concentrate
- ◆ Lean meats, poultry and fish
- ◆ Breads, pizza dough, tortillas, and English muffins

Keeping these foods stocked in your kitchen will make it easier to put together a fast and healthy meal.

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- ◆ What's on Hand?
- ◆ Keeping Your Food Safe When Buying
- ◆ Oven Crispy Chicken
- ◆ Rainbow Pasta Salad

Keeping Your Food Safe

When buying food keep these tips in mind:

- ✓ Buy only the amount that you know you will use or can freeze for use at a later time.
- ✓ Always look at the freshness date on packages.
- ✓ Don't buy cans that are badly dented or rusty.
- ✓ Refrigerate perishable foods immediately or wrap and freeze for later use.

Oven Crispy Chicken

1 1/2 pounds chicken thighs, skinless, boneless, cut into strips
1/4 cup 2% milk
1/2 cup all-purpose flour
1 teaspoon paprika
1/2 teaspoon ground black pepper
1 cup ready-to-eat flake cereal, slightly crushed

- 1. Remove all visible fat from chicken.**
- 2. Place milk in large bowl, Add chicken pieces; turn to coat.**
- 3. Combine flour, paprika and pepper on a plate.**
- 4. Lift chicken pieces from milk and reserve milk. Coat chicken thoroughly with seasoned flour and place on a wire rack or wax paper until all pieces are coated.**
- 5. Re-dip chicken pieces in reserved milk.**
- 6. Place crushed cereal on a plate. Place chicken pieces on crushed cereal. Using two forks, turn chicken pieces in crushed cereal to coat.**
- 7. Place chicken on a foil-lined baking tray.**
- 8. Bake at 400 degrees F for 15 minutes. Turn chicken pieces over; continue to bake until chicken is thoroughly cooked and crust is crisp, about 15 more minutes.**

Yield: 5 servings. Each 4 ounce serving provides about 280 calories, 12 g fat (4 g saturated fat, 0 trans fat), 19 g carbohydrates, 22 g protein, 1 g dietary fiber, 73 mg cholesterol, 87 mg sodium. Source: East Carroll Parish EFNEP

Rainbow Pasta Salad

3 cups cooked macaroni
1/2 cup chopped red onion
2 cups chopped tomatoes
1 cup chopped bell pepper
1 cup canned black beans
1 cup canned corn
1 tablespoon vinegar
1 teaspoon vegetable oil
Black pepper to taste
2 teaspoons Italian seasoning

- 1. Combine all of the ingredients in a large mixing bowl.**
- 2. Refrigerate until ready to serve, up to 24 hours.**
- 3. Optional garnish: sprinkle with grated Parmesan cheese**

Yield: 12 servings. Each 1/2 cup serving provides about 95 calories, 1 g fat (less than 1 g saturated fat), 19 g carbohydrates, 4 g protein, 3 g dietary fiber, 0 mg cholesterol, and 39 mg sodium.
Source: Food and Health Communications

What's the Purpose of Food Stamps?

The Food Stamp Program isn't about welfare. Its goal is helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons.

Food stamp coupons have been replaced by an electronic card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using food stamps. The Food Stamp Program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LAHELPU or visit www.dss.state.la.us.

Provided by LSU AgCenter Community Nutrition Programs
Visit our Web Site: www.lsuagcenter.com

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