



EFNEP

Nutrition and You

Nutrition and Your Health:

Dietary Guidelines for Americans

Aim for Fitness...

- T Aim for a healthy weight.
- T Be physically active each day.

Build a Healthy Base...

- T Let the Pyramid guide your food choices.
- T Choose a variety of grains daily, especially whole grains.
- T Choose a variety of fruits and vegetables daily.
- T Keep food safe to eat.

Choose Sensibly...

- T Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- T Choose beverages and foods to moderate your intake of sugars.
- T Choose and prepare foods with less salt.
- T If you drink alcoholic beverages, do so in moderation.

Follow the dietary guidelines to:

- *Improve your quality of life*
- *Have a more productive life*

The dietary guidelines link diet to
7 health conditions:

- *Heart Disease*
- *Overweight*
- *Cancer*
- *Hypertension*
- *Stroke*
- *Osteoporosis*
- *Diabetes*

*Use the dietary guidelines to
make healthy food choices.*

Menu idea:

Pizza
Carrot strips
Apple
Milk smoothie

Pizza Wheel

Makes 1 14-inch pizza
pizza dough (see below)
3/4 pound lean ground beef
1 clove garlic, minced
1 (8 3/4 ounce) can kidney beans, drained, mashed
1 (8 ounce) can tomato sauce
1 tablespoon chili powder, if you like
1/2 cup (2 ounces) grated mild Cheddar cheese
1 (4 ounce) jar pimentos, drained, if you like

Prepare dough as directed. In skillet, cook beef over medium-high heat 5 minutes or until browned, stir to crumble. Drain. Add just enough hot water to cover the cooked and drained ground beef, and rinse. Add garlic, mashed beans, tomato sauce and chili powder; stir well. Cook for 5 to 7 minutes, stirring occasionally, until liquid is absorbed. Roll dough into 15-inch circle. Place in greased 14-inch pizza pan. Form a standing rim of dough around the edge of the pan. Cut a 7-inch X in the center of circle. Cut another X to form 8 wedges in the center. Spread a 3-inch-wide border of meat mixture evenly around the edge of the dough; sprinkle with cheese and pimentos. Pull the cut points of the dough over filling; tuck under rim of dough and press to seal. Bake at 425 degrees F on lowest oven rack for 15 to 20 minutes or until done.

Tips to lower fat:

1. Use 2 cans of kidney beans, drained, instead of the ground beef.
2. Use a 2-step process to cook ground beef.
Step one: Cook ground beef until it is no longer pink, then drain.
Step two: Add just enough hot water to cover the cooked and drained ground beef, and rinse.
3. Cut down on cheese.

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Food Safety Tips:

- Wash hands
- Brown all of the ground meat

Pizza Dough

Makes 1 (14-inch) thick crust pizza or
2 (12-inch) thin crust pizzas
1/2 cup cornmeal
2 1/2 to 3 cups all-purpose flour
1 package yeast
3/4 teaspoon salt
1 cup very warm water (120-130 degrees F)
2 tablespoons olive oil or vegetable oil

In large bowl, combine 2 cups flour, undissolved yeast and salt. Stir very warm water and olive oil into dry ingredients. Stir enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rise on floured surface 10 minutes. Lightly oil 1 (14-inch) or 2 (12-inch) round pizza pans. Sprinkle with cornmeal. Shape dough into smooth ball. Divide and roll dough to fit pans. Top pizza as desired. Bake at 400 degrees F for 20 to 30 minutes or until done.

Fat=15.5 grams, Calories=393, % of calories from fat=36. This recipe originally has 46% calories from fat! Good sources of iron and fiber.