4-H FAX

Healthy Living

LSU AgCenter

February Supplement

Frozen Fruit Cups

INGREDIENTS:

3 bananas
24 ounces of frozen strawberries, thawed with the juice
8 ounces caned crushed pineapple with the juice

DIRECTIONS:

1. Line 18 muffin-tin cups with paper baking cups or use small disposable paper cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items. Spoon into muffin-tin cups and freeze at least 3 hours or until firm.
4. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

HELPFUL HINTS:

Try a variety of fresh, frozen and canned fruits. Choose fresh fruits in season to save money.

For a special Valentine treat, use muffin tins or ice trays shaped like hearts! As cups begin to harden, pop in toothpicks or popsicle sticks for a snack-on-a-stick.

THE FUNNY BOX!

If an apple a day keeps the doctor away, what does an onion do?

Keeps everyone away!

What fruit tastes so good that you always get two of them

Pears!

Why were the little strawberries upset?

Because their parents were in a jam!

Sample Label for Macaroni and Cheese

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV
5% or less is low
20% or more is high

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

READ the Label

We need fats to stay healthy, but some fats are better for you than others. For example, *trans* fats, are the worst kind of fat. They are found in cakes and cookies that you buy at the store or frosting that comes in a can. You should try to avoid these "trans fats." You can do so by making sure you read the Nutrition Facts Label.

Look at the total fat and check out how many different kinds of fat are listed on the label. Mono-saturated fats are the best kind of fats, while saturated and trans are the not-so-good varieties. If the percentage of fat in one serving is 20% or more, the food is HIGH in fat.

AG FACTS

All about FRUIT!

Did you know?

The term "fruit" usually refers to plant foods that are sweet and fleshy, like bananas, strawberries and apples. But there are a lot of vegetables, nuts and grain foods that are considered the "fruit" of the plant. Some of these include cucumbers, tomatoes, peas, beans, corn, eggplant, sweet pepper and peanuts!

Fruits are classified as different types too:

- **Tropical and Exotic:** banana, pineapple, mango
- **Citrus:** lemon, lime, orange
- **Berries:** grapes, strawberry, blueberry
- **Tree fruit:** apple, cherry, peach, fig, pear
- **Melons:** watermelon, cantaloupe, papaya
- **Nuts:** peanuts, almonds, pecans, walnuts
- **Fruit/Vegetables:** avocado, tomato, peppers, squash
- **Olives**

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www.lsuagcenter.com/en/our_offices/parishes/Madison/

Fats...the good, the bad & the ugly!

D O U G H N U T S X Q A K Z M U O S C Y Z D C G M
D E T A R U T A S O N O M C E D S T U N E Z H N A
B U T T E R L P O L Y U N S A T U R A T E D I I R
I C E C R E A M E S E E H C T N X H A S D S C N G
S R E K C A R C J L E L O I F Z O R S E H P K E A
C A N D Y C D E H E G V O X A I U L A I P I E T R
T A B L X L L X W A A Q I W T T N Q A K F H N R I
A Z K L I O T U N O C O C L A L Z V K O Z C F O N
J Z C E T A F S N A R T P S O L I V E O I L A H E
V E G E T A B L E O I L I O M L A P Q C F L T S V

GOOD	BAD	UGLY—look for *trans* on the label
Avocado	Butter	Cake
Canola oil	Cheese	Candy
Fish	Chicken fat	Chips
Mono-saturated	Coconut oil	Crackers
Nuts	Ice cream	Cookies
Olives	Meat fat	Doughnuts
Olive Oil	Lard	Margarine
Polyunsaturated	Palm oil	Shortening
Vegetable oil	Saturated	Trans fat

Some foods have more fat than others. Choose fried foods, like do-nuts, and other high-fat foods, like cookies, cake, chips and candy, in moderation.

Try fresh and raw foods like fruits and vegetable, low-fat milk and yogurt instead.

Facts about FAT

Fat is a nutrient found in food that gives us calories (energy). Some foods, including most fruits and vegetables, have almost no fat. Other foods have plenty of fat. They include nuts, oils, butter, and meats like beef.

The name — fat — may sound really bad, like something you shouldn't eat. But fat is an important part of a healthy diet! Fat helps our bodies grow and work like they should.

There are different types of fats, some of them good and some not-so-good. Choose to limit foods with saturated fat. Eating a lot of saturated fat increases the chance of heart disease. You can tell a saturated fat because it is solid at room temperature. Butter, stick margarine, and fat in meat are some good examples.

Eating lots of any fat, saturated or not, can also add up to too many calories.

Fat has more calories (food energy) per gram than carbohydrates and protein. This can cause you to gain weight. Fat weighs in at 7 calories per gram, while carbohydrates and protein only have 4 calories per gram.

When selecting snack choices, choose mostly lean and low-fat foods to help you keep a healthy weight. And don't forget to exercise! Fats help our bodies burn more calories for energy.

Provided by LSU AgCenter Community Nutrition Programs