

Smart Choices

Nutrition News

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Super Foods

Eating well is important to good health for life. Making smart choices in your food selections will help you get the most nutrients from the foods you eat. Try some of the foods listed below from each food group. They could be called “super foods” because they are very nutrient dense. This means they give you the most bang for the buck.

Vegetables:

Kale, collard greens, tomatoes, broccoli, spinach, carrots, peppers, pumpkin*, winter squash*, potatoes with the skin* and sweet potatoes*

(Vegetables marked with a star are starchy vegetables. If you have diabetes, you should include these foods in the grains/starch group.)



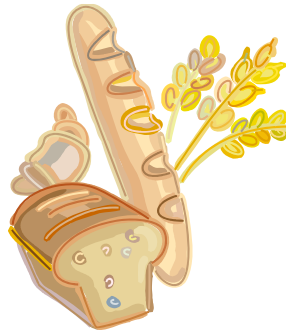
MAKE A SMART CHOICE:
 The most colorful vegetables have the most nutrients (with the exception of beets).

Grains:

Fortified oatmeal, whole grain breakfast cereal, brown rice, whole wheat bread, whole grain crackers

MAKE A SMART CHOICE:

Read the ingredient list to make sure your grain product is made with whole grains or whole wheat.



Meat & Beans:

Dry beans (legumes), sardines with bones, fish, light meat turkey and chicken without skin, round or loin cuts of pork and beef, eggs cooked without added fat

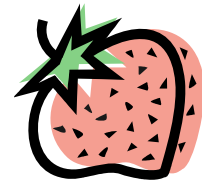
MAKE A SMART CHOICE:

If you prefer canned beans, drain and rinse them to remove excess sodium.



Fruits:

Oranges, cantaloupe, apricots, banana, strawberries, watermelon, blueberries and grapefruit



MAKE A SMART CHOICE:

Choose canned and frozen fruit with no added sugar.



Milk:

Non-fat or 1% milk fortified with vitamin D, low-fat yogurt, non-fat sour cream, Parmesan cheese, Ricotta cheese (part skim) and soy milk fortified with calcium and vitamin D

MAKE A SMART CHOICE:

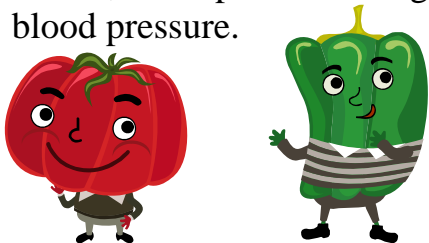
If you are lactose intolerant, try lactose reduced milk products and fortified soy products

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Benefits of Super Foods

Eating “super foods” will help you get lots of calcium and vitamin D for strong bones as well as B vitamins, fiber and other important nutrients. These nutrients will help protect you from diseases such as osteoporosis, heart disease, certain types of cancer, constipation and high blood pressure.



Make an effort to choose your foods wisely in order to boost the health benefits of the foods you eat. Making smart choices can be delicious and nutritious!

Chili Mac



- 1 pound lean ground beef
- 1 small onion, chopped
- 3 teaspoons chili powder
- 1/8 teaspoon garlic powder
- 1 large green pepper, chopped
- 2 (15 ounce) cans small red beans or black beans, drained and rinsed
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1/2 cup tomato paste
- 1 1/2 cups dry elbow macaroni
- 1 cup shredded reduced-fat cheddar cheese

Spray a 4 to 6 quart saucepan or large skillet with non-stick cooking spray; add ground meat, onions, garlic powder, chili powder and green pepper. Cook, stirring occasionally until meat is cooked through and no longer pink. Meanwhile, cook the macaroni following package directions, but omit salt. Add the drained beans, tomatoes, and tomato paste to the ground meat mix. Bring the sauce to a boil, and reduce heat. Cover and simmer for 4 to 5 minutes, stirring occasionally. Add water if sauce becomes too thick. Combine cooked macaroni and sauce. Sprinkle with cheese. Cover and cook over low heat until cheese melts. Serves 10 (Freezes well)

Calico Slaw

- 1/4 small head of cabbage
- 1 medium carrot
- 1/4 green pepper
- 1 apple
- 1/4 cup low-fat coleslaw dressing



Clean and wash vegetables and fruit. Shred cabbage. Peel carrot and shred. Chop pepper and apple. Combine all in a bowl and add salad dressing. Chill for 1 hour before serving. Refrigerate leftovers.

Serves 3 (2/3 cup each)

Nutrition Information (per serving); Calories: 120, Fat: 5 grams, Saturated Fat: 1 milligram, Cholesterol: 5 milligrams, Sodium: 190 milligrams, Carbohydrates: 17 grams, Protein: 2 grams

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

Issued in Furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with USDA. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This material was funded partially by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out how to apply, call 1-888-LAHELPU or visit: www.dss.state.la.us to download an application for Food Stamps