

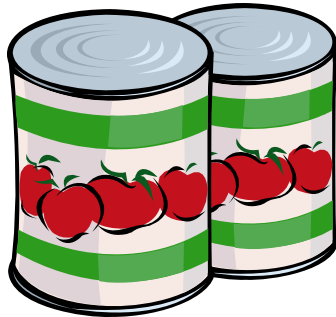
Smart Choices

Nutrition News

Prepared By: Cathy Agan, Extension Agent (FNP)
 Terri Crawford, Extension Agent (Nutrition)

It Doesn't Have to be Fresh to be Good for You!

Are frozen fruits and vegetables as nutritious as fresh? The answer is YES! Frozen fruits and vegetables are usually flash frozen, which locks in the nutrient content. Fruits and vegetables are typically picked at their peak of flavor and nutritional value.



In addition to being nutritious, frozen fruits and vegetables can help you get more for your money. In most cases, frozen fruits and vegetables cost less than their fresh counterparts. Even purchasing frozen juice concentrate can be less costly than buying fresh cartons of juice.

Canned foods are also a bargain. They are easy to store and have a

long shelf life. Canned foods can help stretch your food dollar. Canned vegetables and meat can be high in sodium though; so, look for those that say “reduced sodium” or “no salt

added”. Another alternative is to rinse canned vegetables or meats with water before using them in a recipe. Rinsing helps remove a good deal of the sodium.

Canned fruits packed in heavy syrup have added calories and sugar. Buy canned fruits that are packed in their own juice to reduce the sugar content.

The next time you go shopping, try more frozen and canned foods. Before you shop, plan

your menus for the week so you know how you will use the foods. For example, add frozen blueberries that have been thawed to pancake batter. Add frozen fruits such as strawberries or raspberries to smoothies or use frozen peas to add color and nutrients to a casserole.



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Salad Ideas . . .

If you want to add a punch of nutrition to your next salad, try using fresh spinach in place of or in addition to lettuce. Fresh spinach tastes great and is full of nutrients. Spinach can even be found already washed and packaged along with the salad mixes in the produce section of the grocery store.

Shredded green and red cabbage can also be used for something different



in a salad. Try adding some apple chunks or pineapple to the cabbage and mix with a low-fat ranch dressing for a quick and easy coleslaw. Remember that when it comes to fruits and veggies—More Matters.

Blueberry Coffee Cake



- 1 egg
- 1/2 cup fat-free milk
- 1/2 cup nonfat vanilla yogurt
- 3 tablespoons canola oil
- 2 teaspoons grated lemon peel (yellow only)
- 2 cups flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cup fresh (or frozen unsweetened) blueberries

Topping Ingredients:

- 3 tablespoons sugar
- 2 tablespoons coarsely chopped nuts
- 1/4 teaspoon cinnamon

1. Preheat oven to 400 degrees.
2. In a large bowl, whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.

(Instructions continued below.)

4. Gently fold in the blueberries. Pour the batter into an 8 or 9 inch baking pan coated with nonstick spray.
5. In a small bowl, combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake at 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

NOTE: When tightly wrapped in plastic wrap, this coffee cake will keep for 3 to 4 days in the refrigerator. It also freezes very well.

Nutrition Facts (per serving): 250 calories; 60 calories from fat; 6 g fat; .5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 420 mg sodium; 2 g fiber; 19 g sugars

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

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