

# Smart Choices

## Nutrition News

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

### Filling Up, Not Out!

Heard the saying “A minute on the lips, a lifetime on the hips”? That statement can become fact unless we follow a healthy eating plan and stick to a few tips along the way.

#### Don't Let Those Extra 100 Go To Your Waist

A pound equals 3500 calories. One hundred extra calories a day can cause a 10 pound weight gain over a year. All the extra bites we take in during the course of a day can quickly add up. For example: that extra tablespoon of butter on top of the baked potato added 100 more calories to your diet. Maintaining a healthy weight is a matter of balance: Calories In = Calories Out.

#### Avoid Portion Distortion

You have probably noticed that portion sizes have got-

ten bigger in recent years. We have graduated from small to super-size. Portions may be large enough to feed at least two people. With this growth have come increases in waistlines and body weight. The best tip to get control of the portions you are eating is to learn what recommended serving sizes are for foods and then measure, weight, and count out what you eat. Once you become more aware of the amounts you will probably not need to measure, weight or count.

#### Slow Down to Slim Down

It takes about 20 minutes for your brain to begin getting signals that you are getting full. How often do you take 20 minutes or longer to eat a meal? If you are like most people the answer to that question would be - not often. Take time to enjoy your food and savor

the flavors and aromas of what you are eating.

#### Choose Nutrient Dense Foods

Choosing nutrient dense foods that are higher in fiber and water while lower in fat and sugar will allow you to feel full, get the nutrients you need and aid in weight loss and maintenance. Examples of these foods are: whole grain breads and cereals, skim milk, fruits and vegetables, and lower fats forms of meats.

#### In this Issue:

- [Recipe](#)
- [Stretching Food Budgets: Food Stamps](#)
- [Ways to Cut 100 Calories](#)

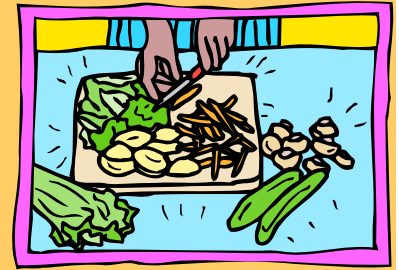
## What's the Purpose of Food Stamps?

The goal of the Food Stamp Program is helping people with limited incomes improve their nutrition for better health and disease prevention. 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.

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](http://www.dss.state.la.us).

## Sauteed Green Beans

1 tablespoon canola oil  
1 small sweet onion, chopped  
1 clove garlic, chopped  
1/4 cup slivered almonds  
2 (15 1/2 ounce) cans green beans, drained  
Black pepper to taste



1. Heat a large skillet over medium-high heat. Saute the onion, garlic, and almonds in oil until onions are clear, about 5 minutes.
2. Stir in green beans and season with pepper.
3. Cover skillet with lid and cook for 8 minutes, stirring a few times so mixture does not burn.

**Yield: 6 servings**

**Calories per serving: 60; Total fat: 3 g; Saturated fat: 0 g; Cholesterol 0 mg; Carbohydrates: 6 g; Protein: 2 g; Sodium: 480 mg**

## Ways to Cut 100 Calories

- Use mustard or low-fat mayonnaise on your sandwich instead of regular mayonnaise.
- Have a piece of fresh fruit in place of cookies or chips.
- Drink diet soda instead of regular soda.
- Choose sherbet, sorbet, or low-fat ice cream over super-premium ice cream.
- Top your favorite pasta with a red sauce instead of a cream sauce.
- Order a small drink instead of a super-sized drink.
- Hold the bacon on your sandwich or at breakfast.
- Use water-packed tuna instead of oil-packed.
- Eat a snack-sized chocolate bar instead of a whole candy bar.
- Leave 3 to 4 bites of food on your plate.
- Pass on the gravy on your mashed potatoes.
- Leave the cheese off your sandwich or burger.
- Switch to low-fat salad dressing instead of regular.
- Have a side salad instead of French fries as a side dish.
- Remove the skin from poultry before eating.

Provided by LSU AgCenter Community Nutrition Programs

Visit our Web Site: [www.lsuagcenter.com](http://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](http://www.dss.state.la.us) to download an application for Food Stamps

Information Adapted From: NutriNews from University of New Hampshire Cooperative Extension