



Food Bucks



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Newsletter

Make Half Your Plate Fruits and Vegetables with MyPlate

The United States Department of Agriculture has unveiled a new icon, **MyPlate**. This icon replaces MyPyramid and serves as a quick, simple reminder to make healthy food choices.

MyPlate encourages us to make half of our plate fruits and vegetables and shows the other important food for a well-balanced meal; whole grains, lean proteins, and low-fat dairy.

To use **MyPlate**, plan menus to include fruit and vegeta-

ble dishes. Start with breakfast by adding fruits to cereal or pancakes. Try strawberries, bananas, apricots, peaches, and apples.

Bring along fruit for a snack. If you are at the office, in your car, or at a sporting event, enjoy a piece of fruit. Grapes, apples, and pears are tasty.



Before you put anything else on your plate for lunch or supper, start with vegetables. Try a heap of green beans, a salad, a baked sweet potato or several stalks of broccoli.

Vegetables on your pizza is another great idea. Enjoy sweet, roasted vegetables with every slice. Try

grated carrots in lasagna or spaghetti sauce. Potato puree can be used to thicken soups instead of cream.

Plan a produce adventure. Buy one new fruit or vegetable on your next trip to the grocery store.

And most of all, enjoy using MyPlate as part of your daily routine and make half of your plate fruits and vegetables.

Penny Pincher Ideas

To save money on fresh produce, purchase what is in-season and, if possible, locally grown. These fruits and vegetables are usually tastier and last longer since they have not spent many days transported in a truck or sitting in a supermarket bin.

Choose each vegetable individually, instead of



just grabbing a handful. Use your senses to choose produce that is bright colored, has a pleasing smell, and smooth, unbroken skin without blemishes or bruises.

Purchase only the produce you will use or freeze within a week. Refrigerate cut or peeled produce.

Cleaning Your Fruits and Vegetables

As you enjoy fruits and vegetables, handle them safely to prevent food borne illness. Gently rub produce under running water. There is no need to use soap or a special produce wash. Wash before peeling, so the dirt and bacteria are not transferred from the knife to the fruit or vegetable. Use a clean brush to scrub firm produce, such as potatoes and melons. Dry fruits and vegetables with a clean cloth or paper towel.

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What Counts as One Serving?

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The following amounts of food count as one serving. If you eat a larger portion, count it as more than one serving:

Grains Group (make half your grains whole):

- 1 slice bread
- 1 cup of breakfast cereal
- 1/2 cup cooked cereal, rice, or pasta



Vegetable Group:



- 1/2 cup cooked or chopped raw vegetables
- 1 cup raw leafy greens
- 3/4 cup vegetable juice

Fruit Group:

- 1 medium apple, banana, orange, pear or peach
- 1/2 cup chopped, cooked, or canned fruit
- 3/4 cup fruit juice

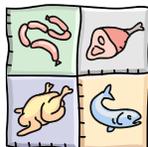


Dairy Group:

- 1 cup of milk
- 1 1/2 ounces hard cheese
- 2 ounces processed cheese



Protein Group:



- 2-3 ounces cooked meat, fish, or poultry
- 1/2 cup cooked beans, 1 egg, or 2 Tablespoons peanut butter counts as 1 ounce of lean meat

Exercise! Regular exercise is important for everyone. Exercise helps you maintain your desired weight and keeps muscles fit. Exercise also lowers the risk of heart disease, high blood pressure and diabetes. As parents, you can play a major role in teaching your children how to develop healthful eating and exercise habits that will last a lifetime.

Did you Know???

There is more calcium in your body than any other mineral? Almost all the calcium is in your bones and teeth. Together with other vitamins and minerals, it helps make bones and teeth strong and sturdy.

The rest of the calcium in your body is used for important body operations, like keeping your heat and other muscles functioning normally. Most of the calcium you get comes from the Milk Group. You also get calcium when you eat dark green, leafy vegetables like broccoli, and greens from kale, collards, and turnips.

Measuring Math



For dry and liquid ingredients:

3 teaspoons = 1 Tablespoon

4 Tablespoons = 1/4 cup

5 Tablespoons + 1 teaspoon = 1/3 cup

8 Tablespoons = 1/2 cup

16 Tablespoons = 1 cup

Recipe Corner

This is an easy, nutritious dessert to make for the ones you love...

Yogurt Berry Pies

(serves 6)

- 1 carton (8 ounces) mixed berry yogurt or flavor of your choice
- 2 cups whipped topping
- 1 package (6 count) individual graham cracker tart shells (you can use one regular pie shell).
- Blueberries and raspberries or strawberries

1. In a bowl, stir the yogurt and whipped topping until combined.
2. Spoon into tart shells.
3. Cover and freeze for 20-30 minutes.
4. Top with berries.

