NUTRITION KNOW HOW

A free resource provided for area food bank visitors by the Leon County office of the Texas A&M AgriLife Extension Service

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Starting with this issue, this newsletter will now be distributed bi-monthly. Its goal is to provide nutrition and health information as well as nourishing recipes using ingredients you might pick up at your local food pantry. Please contact me if you have any suggestions or feedback. Thank you!!

Healthy Foods Under $1 Per Serving

Eating healthy on a budget can seem difficult, but it can be done! Being creative can help you stick to your budget and incorporate nutritious foods into your diet. DV = Daily Value

Apples (raw with skin) – Great for snacks and salads. A serving of 1 large apple provides about 116 calories, 5.4g fiber, 17% DV for vitamin C, 7% DV for potassium.

Baby Carrots (raw) – Great for snacks, casseroles, stews, veggie platters and side dishes. A serving of 8-10 baby carrots (3 oz) provides about 30 calories, 2.5g fiber, 234% DV for vitamin A.

Yogurt (plain, low fat or fat-free) – Great for smoothies, yogurt parfait, dips and dressings. A serving of a 6-ounce container provides 95 calories, 10g protein, 34% DV for calcium, 12% DV for potassium.

Broccoli - Great for side dishes, tossed in salads, mixed in brown rice or whole wheat pasta dishes. A serving of 1 cup raw or ½ cup cooked provides 31 calories, 0 fat or cholesterol, 11% DV for vitamin A, 135% DV for vitamin C.

Source: American Heart Association

http://leon.agrilife.org
http://fch.tamu.edu

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DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION

Cut Down on Saturated Fats

Limiting saturated fats is important for your health — and it doesn't mean you have to cut down on flavor. Learn how to swap out saturated fats for healthier options.

The *2015–2020 Dietary Guidelines for Americans* recommends limiting calories from saturated fats to less than 10% of the total calories you eat and drink each day. That's about 200 calories for a 2,000 calorie diet.

What are saturated fats?

Saturated fats are one type of fat in the foods we eat and the beverages we drink. Most come from animal products, like dairy, meat, and poultry. To limit the amount of saturated fats you eat, choose lower-fat and lean options of dairy, meat, and poultry — like skim milk, lean beef, and grilled chicken breast without the skin.

Eating too many foods high in saturated fats can be bad for your health. By replacing saturated fats with unsaturated fats, you may lower your risk of getting heart disease.

What foods and beverages are higher in saturated fats?

- Meats higher in fat, like beef ribs, sausage, and some processed meats
- Higher-fat dairy, like regular-fat cheeses and whole or 2% milk
- Butter, stick margarine, cream, and cream cheese
- Some tropical oils, like coconut and palm kernel oil
- Cakes, cookies, and some snack foods

Dishes with many ingredients — like pizza, casseroles, burgers, tacos, and sandwiches — tend to have ingredients that are high in saturated fats.

Choose ingredients for these dishes that are low in saturated fats — like vegetables, whole grains, low-fat and fat-free dairy products, most oils, and lean cuts of meats and poultry.

What are *un*saturated fats?

Unsaturated fats are found in some foods and most oils. There are 2 types of unsaturated fats: monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA).

While saturated fats have health risks, unsaturated fats have health *benefits.*

Focus on getting unsaturated fats from:

- Seafood (like salmon, trout, herring, tuna, and mackerel)
- Walnuts, almonds, cashews, and most other nuts
- Sesame, pumpkin, and flax seeds
- Olive, canola, peanut, sunflower, safflower, corn, soybean, and cottonseed oils*
- Avocados

* The *Dietary Guidelines* recommends that adult women get 1.5–2 tablespoons and adult men get 2–2.5 tablespoons of oils each day.

How can I cut down on saturated fats?

The best strategy is not just to limit saturated fats — it's also to **replace them with healthier unsaturated fats.**

Studies show that swapping saturated fats for unsaturated fats may have health benefits. It can help lower "bad" LDL cholesterol in the blood. It may also lower the risk of heart disease.

Here are 3 things you can do.

1. **Find out how many calories from saturated fats you're getting now.**

   You can use USDA's SuperTracker (https://supertracker.usda.gov) to get an idea. If it's more than 10% of your daily calories, find small changes you can make today and build on over time.

2. **Check the Nutrition Facts label.**

   The label shows **total fat** broken out by **saturated fat and *trans* fat.** Labels may also list monounsaturated fatty acids and polyunsaturated fatty acids. These are types of unsaturated fats.

   Pay attention to the specific types of fats listed. Choose options that are lower in or have no saturated fats and *trans* fats or have unsaturated fats instead.

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

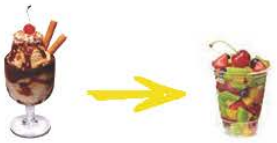
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

3. **Make some healthy *shifts*.**

   Replace foods and beverages higher in saturated fats with healthier options.

Cook with olive oil instead of butter or stick margarine

Go for grilled chicken breast (without the skin) instead of fried



Have fruit salad instead of ice cream for dessert

You can still have some foods and beverages with saturated fats — just choose smaller portions or have them less often. For example, you can:

- Replace some of the meat or poultry in your taco recipe with fish, beans, or other vegetables
- Use less meat and more vegetables to make a stir fry cooked with a small amount of oil
- Limit desserts to special occasions and use small bowls and plates to encourage smaller portions

Want to learn more about saturated fats and how to build a healthy eating pattern that works for you? Check out DietaryGuidelines.gov for more information on the *Dietary Guidelines* and ChooseMyPlate.gov for online tools, recipes, and more.

What about *trans* fats?

Like saturated fats, *trans* fats may increase the risk of heart disease.

Food companies have lowered the amount of **artificial** *trans* fats they add to foods. But there may still be some artificial *trans* fats in packaged foods like snacks, desserts, frozen pizzas, margarine, and more.

The *Dietary Guidelines* recommends eating and drinking as few artificial *trans* fats as possible.

Small amounts of **natural** *trans* fats are in dairy and meat.

The *Dietary Guidelines* recommends lowering how many natural *trans* fats you get by choosing fat-free or low-fat dairy and lean meats and poultry.

Stir-Fry Potato Salad

Try using different vegetables to create new recipes!

4 medium potatoes, halved length-wise and thinly sliced
1 cup celery, diagonally-sliced
⅓ cup sliced onions
1 large tomato, cut into wedges (optional)
2 tablespoons soy sauce, light or low sodium
1½ teaspoons cornstarch
1 cup carrots, diagonally-sliced
1½ cups green bell pepper strips
1 garlic clove, minced (optional)
3 tablespoons canola oil, divided
½ cup water

Source: Better Living for Texans

Wash and cut potatoes, carrots and celery. In a large skillet or wok, heat 1½ tablespoons of oil. Add potatoes; cook and stir over medium-high heat until almost tender, about 20 minutes. Remove potatoes and keep warm. Heat remaining 1½ tablespoons oil in skillet. Add carrots, celery, peppers, onions and garlic. Cook and stir 3-4 minutes until vegetables are crisp-tender. In a small bowl combine water, soy sauce and cornstarch. Add potatoes and cornstarch mixture to vegetable mixture in skillet. Cook and stir about 2 minutes, just until sauce thickens and mixture is heated through. Spoon onto platter and garnish with tomato wedges, if desired.

Magical Fruit Salad

Source: http://www.choosemyplate.gov

The whole family will love making this as much as they love eating it! Pineapple, grapes, and bananas add flavor and texture to this creamy and delicious dessert.

1 can pineapple chunks (20 ounce)
2 banana
1 package pudding mix, instant, lemon or vanilla (3 1/2 ounce)
1/2 cup grapes, seedless, red or green
1 3/4 cup milk, non-fat or low-fat

Drain off the juice. Put chunks in a large bowl. Rinse the grapes and drain. Add the grapes to the bowl. Peel the bananas and cut into bite-sized pieces. Add to the bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Refrigerate leftovers within 2 hours.

Mango Tango Black Bean Salsa

Mangos are high in both Vitamin A, which is crucial for our vison, and Vitamin C, which helps heal and repair body tissues and keep our immune system strong.

Source: http://food.unl.edu

1 mango
1 (15 oz.) can black beans, drained and rinsed
1 (7 oz.) can whole kernel corn with peppers, drained
1/4 cup onion, finely chopped
1/4 cup fresh cilantro, washed and coarsely chopped
2 Tablespoons lime juice
1 teaspoon garlic salt
1/4 teaspoon ground cumin

Wash and peel the mango, then cut in half length-wise. Throw away the seed. Cut into 3/4-inch cubes. In a medium bowl, combine all ingredients and mix well. Refrigerate until ready to use. Serve with tortilla chips.