



Food Stamp Nutrition Education Program
A joint project of Texas AgriLife Extension,
Texas Department of Human Services,

TEXAS A&M
AGRI LIFE
EXTENSION

Swisher County
310 West Broadway
Tulia, Texas 79088

February, 2017

Winter Fun Food

25 Heart-Healthy Cooking Tips

Reviewed by Taylor Wolfram, MS, RDN, LDN

To lower your risk of heart disease or to manage your existing disease, try these tips for preparing meals.

Limit Saturated and Trans Fat

- Select lean cuts of beef and pork, especially cuts with "loin" or "round" in their name.
- Cut back on processed meats high in saturated fat, such as hot dogs, salami and bacon.
- Bake, broil, roast, stew or stir-fry lean meats, fish or poultry.
- Drain the fat off of cooked, ground meat.
- When you make a stew or soup, refrigerate leftovers and skim off the fat with a spoon before reheating and serving.
- Eat fish regularly. Try different ways of cooking such as baking, broiling, grilling and poaching to add variety.
- Include plant foods as sources of protein, including soybeans, pinto beans, lentils and nuts.
- Replace higher-fat cheeses with lower-fat options such as reduced-fat feta and part-skim mozzarella.
- Thicken sauces with evaporated fat-free milk instead of whole milk.
- Move toward using lower-fat milk and yogurt. Start with 2-percent products, then move to 1-percent and finally to fat-free to adjust to the new taste.
- Use liquid vegetable oils and soft margarine instead of stick margarine or shortening.
- Limit *trans* fats often found in foods such as cakes, cookies, crackers, pastries, pies, muffins, doughnuts and French fries. Many food manufacturers have removed *trans* fats from their foods. Check the Nutrition Facts Label on food packaging to see if *trans* fats are listed.
- Use small amounts of oils such as canola and olive in recipes and for sautéing.
- Make salad dressings with olive or pecan oil.

Eat Foods Containing Omega-3 Fatty Acids

- Select oils that provide omega-3 fatty acids, such as canola or flaxseed oil.
- Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings, too.
- Eat two 4-ounce portions of fatty fish each week, such as salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.

Reduce Salt (Sodium)

- Prepare foods at home so you can control the amount of salt in your meals.
- Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
- Add no additional salt to food at the table.
- Select reduced-sodium or no-salt-added canned soups and vegetables.
- Check the [Nutrition Facts Label](#) for sodium and choose products with lower sodium content.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

Source: www.eatright.org



Give Your Family More of the Good Stuff!



\$hop and \$ave

- ☼ Compare package sizes for the lowest cost per ounce.
- ☼ Bulk oats may cost less than packaged oats.
- ☼ Oats should smell faintly sweet or have no aroma. Avoid oats that have a musty or oily scent.



Oat Basics

*Oats are a good source of soluble fiber
which is great for heart health.*



Store Well Waste Less

Store oats in tightly covered containers to keep out moisture and insects.

- Keep in a cool, dark, dry cupboard. Quality is best when used in 3 to 6 months.
- When well packaged and stored in the freezer, they can last up to a year.



Types of Oats

Whole Oat grains are called groats.

Rolled Oats (Old Fashioned) – Whole oat groats are steamed and rolled into flakes. Cooking time is about 5 minutes.

Quick Oats – the groats are cut into pieces before being steamed longer and rolled thinner than regular rolled oats. Cooking time is about 1 minute.



Instant Oatmeal – pre-cooked oat pieces have been dried and rolled into thinner, smaller flakes. Just add hot water to prepare; can be very soft.

Steel Cut (Irish oats) – whole oat groats cut into 2 to 3 small pieces by steel blades. Cooking time is about 20 to 30 minutes. They will have a chewy texture. May also be available as quick cooking (3 minutes).



Scottish Oats – the groats are ground and broken into small bits. They have a creamy porridge consistency when cooked.

Oat Bran – the outer coating of the oat grain; very high in fiber.

Oat Flour – A whole-grain flour that can be used in baking or thickening.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Oats

Savory Oatmeal

Ingredients:

- ½ cup non-fat or 1% **milk**
- 1 ½ cups reduced-sodium **chicken broth**
- ½ cup **steel cut oats**
- ⅓ cup reduced-fat **cheddar cheese**, shredded
- ¼ cup **green onion**, diced
- ½ cup **tomatoes**, diced

Directions:

1. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.
2. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.
3. Stir in cheese and green onion. Top with tomatoes.
4. Refrigerate leftovers within 2 hours.

Makes 2 ½ cups

Prep time: 15 minutes

Cook time: 25 to 30 minutes

Cranberry Oatmeal Balls

Ingredients:

- 1 cup quick-cooking **oats**
- ⅓ cup **almonds**, chopped
- ⅓ cup reduced-fat **peanut butter**
- ¼ cup **honey**
- ⅓ cup dried **cranberries**

Directions:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Place balls on a cookie sheet. Refrigerate for 30 minutes.

Notes:

- ☀ Honey is not recommended for children under 1 year old.
- ☀ To avoid sticky fingers, keep the oat balls cool until ready to eat.

Makes 18 one-inch balls

Prep time: 10 to 15 minutes plus 30 minutes chilling

Visit
FoodHero.org
for more
oat recipes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ☀ wash veggies under cool running water
- ☀ measure liquid ingredients
- ☀ cut green onions with kitchen scissors
- ☀ grate cheese

Quick Fix

- ☀ Serve hot oatmeal with fruit – fresh, dried, frozen or canned.
- ☀ Add quick or rolled oats to a meatloaf recipe.
- ☀ Make overnight oatmeal in the refrigerator; just add milk or yogurt and top with fruit.

The Best Winter Foods for Kids

When the temperatures drop and the daylight hours are shorter, energy levels can take a big dip, right along with mood. Kids might be less active in the cold, winter months, making it extra important to focus on adequate nutrition this time of year. And while it hasn't been well-studied in children, kids could experience Seasonal Affective Disorder, which is a type of depression with a seasonal pattern, just like adults. Changes in mood, energy, focus, appetite and sleep are some common signs. These foods will help your kids stay healthy — and happy — this winter.

Salmon: The tryptophan in salmon and other animal proteins is a precursor to serotonin, a neurotransmitter associated with mood regulation. Salmon is also packed with omega-3 fatty acids, which have been shown in some studies to help manage depression. Some kids will eat salmon broiled or grilled — try using a marinade or sauce they love on other foods — or cut the fish into small pieces and make kebabs with veggies.

Clementines: Clementines are an adorable winter citrus packed with vitamin C and fiber. They also contain calcium, magnesium, phosphorus and potassium for strong bones and good muscle function. Kids love that they're usually seedless, easy to peel and fun to eat, making them perfect for school lunchboxes or snacks. You can also toss the sections into salads to make greens more appealing.

Winter Squash: Winter squash is rich in vitamin A and carotenoids, which have been shown to benefit heart health and immunity while promoting healthy skin. They're also a good source of fiber, which helps keep blood sugar levels stable.

Sweet Potatoes: Another great source of fiber, sweet potatoes are also packed with vitamin A and potassium. Their mellow, sweet taste works in all kinds of recipes. Slice into thin "coins" and toss with canola or olive oil before roasting. Sweet potato puree can also be used in foods like macaroni and cheese, oatmeal and brownies.

Cauliflower: This member of the cruciferous veggie family has been noted for its high phytochemical content and potential to help prevent cancer and inflammation. Cauliflower is delicious on its own but easily blends with other flavors. It's rich in vitamins A, C and K, as well as many B-vitamins. But that's not all. Cauliflower provides a small amount of protein (1.1 gram per serving), plus potassium, magnesium and manganese — important for growth and development — while the fiber promotes stable energy levels and good digestion.

Source: www.eatright.org

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Winter Fun Food Facts Newsletter is produced by the Swisher County Office of Texas A&M AgriLife Extension Service. If you need any type of accommodation to participate in this program or have questions about the physical provided.

Sincerely,



Calley Runnels

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Texas A&M AgriLife Extension Service MONTHLY Educational Programs

PROGRAMS

Car Seat Class

Wednesday

February 15, 2017

at 2:00 p.m.

Safe Riders Car Seat Distribution Program

at 2:00 p.m. in Annex Meeting Room

Pre-Registration Required

Call 995-3726