

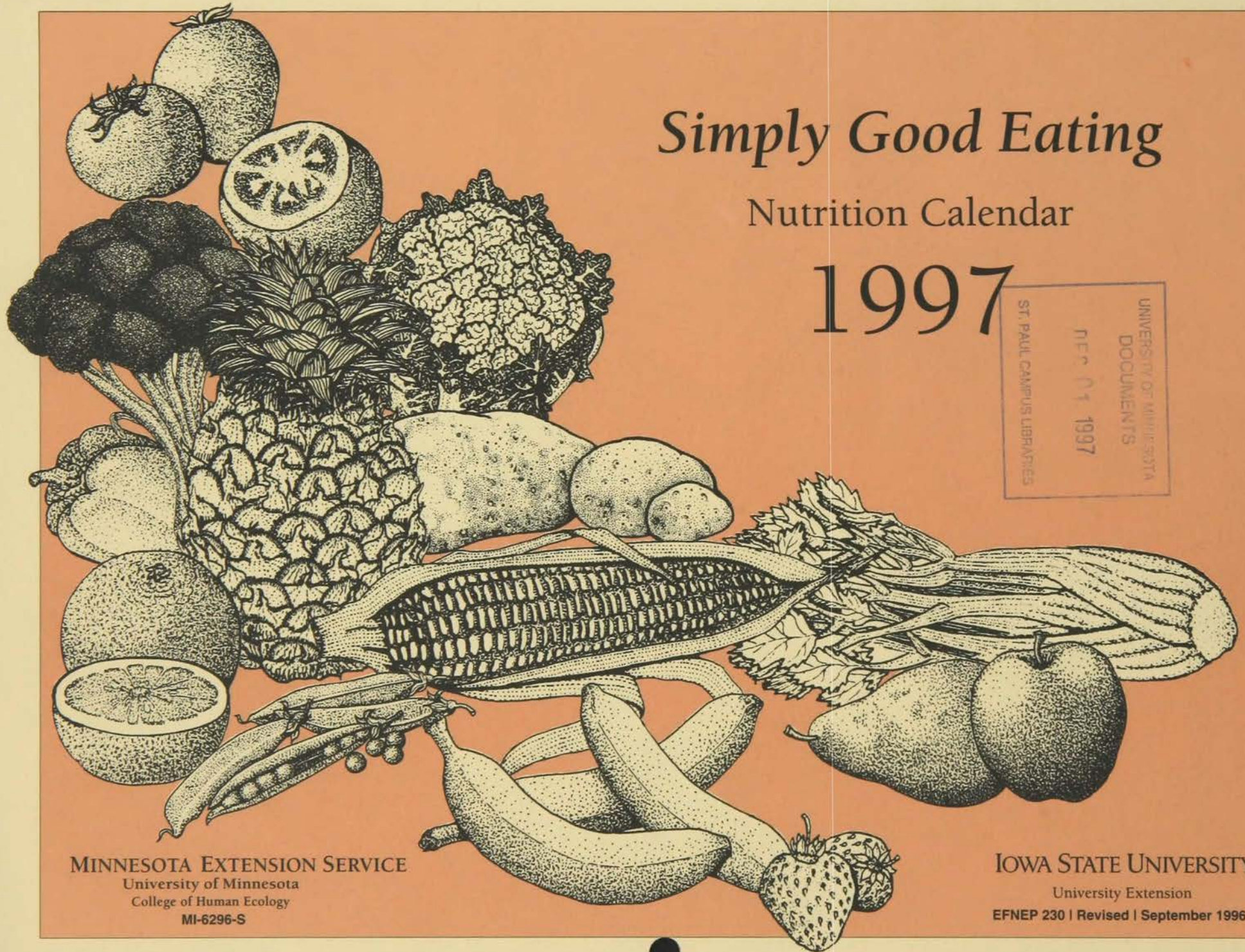
MN 2500 MI - 6296

Simply Good Eating

Nutrition Calendar

1997

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MINNESOTA EXTENSION SERVICE
University of Minnesota
College of Human Ecology
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University Extension
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Potato-plus Soup

Makes 4 servings.

- 2 cups water
- 2 teaspoons or 2 cubes chicken bouillon
- 4 cups skim milk
- 1 teaspoon crumbled dried parsley flakes
- 2 cups potato flakes
- 3 cups cauliflower pieces or broccoli pieces or combination of both (3 cups is about 1 medium head of broccoli or cauliflower, fresh).
- 1 tablespoon water
- 2 ounces shredded cheese (1/2 cup shredded)
- Pepper as desired

1. Combine 2 cups water, bouillon, milk, and parsley. Heat to simmer.
2. Microwave cauliflower or broccoli in a covered dish with 1 tablespoon of water until vegetables are tender.
3. Add potato flakes to simmering liquid. Stir in cauliflower, broccoli, and cheese. Heat until cheese is melted and serve.
4. Refrigerate leftovers.



Nutritional Analysis Per Serving

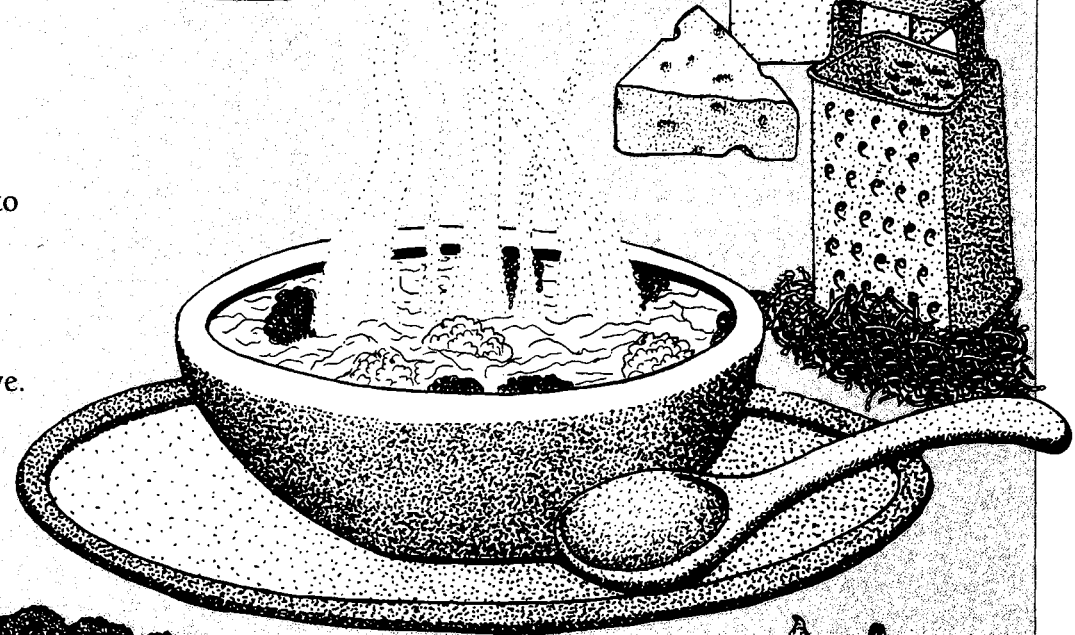
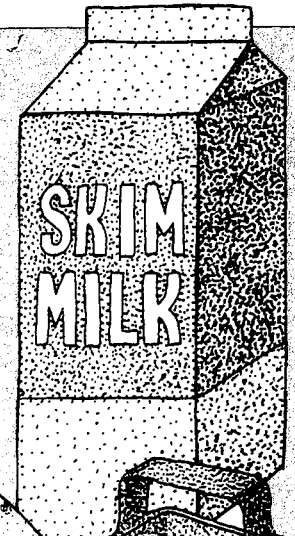
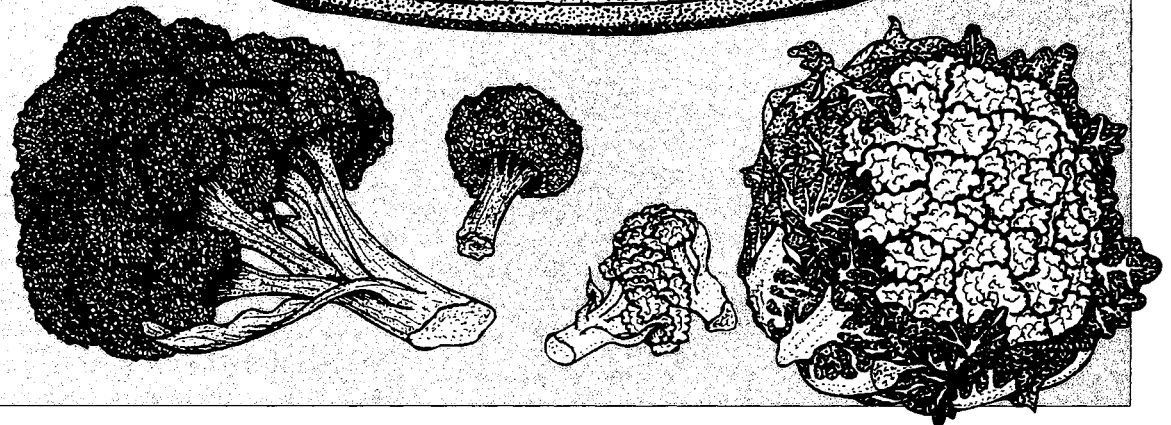
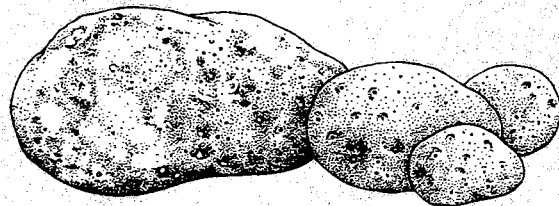
Calories: 249

Calories from Fat: 50

Total Fat: 5.5 grams

Cholesterol: 19 milligrams

Sodium: 279 milligrams



Best Buys

- bananas • grapefruit • oranges
- broccoli • cabbage • lettuce
- onions • potatoes • raisins

Menu Idea

- Potato-plus soup • Milk
- Breadsticks • Canned fruit

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Make a pot of soup to celebrate National Soup Month.</p> 			1 If you eat less and exercise more, you can lose weight.	2	3	4
5	6	7	8	9	10 Enjoy a family meal together.	11
12	13	14 Plan ahead for snacks you like and are nutritious too.	15	16	17	18
19	20 Freeze leftovers in lunch-sized freezer containers for quick and easy lunches.	21	22	23	24	25
26	27	28	29	30 Add cut-up raw vegetables to everyone's brown bag lunch.	31	



◆ Skillet Lasagna

Makes 6 servings.

1/2 pound ground beef, pork, or turkey
1/2 cup chopped onion (about 1 small onion)
1 15-ounce can tomato sauce
1 1/2 cups water
1/4 teaspoon garlic powder
1/2 teaspoon oregano
1/2 teaspoon basil
3 cups uncooked noodles (1/2 inch wide)
1 10-ounce package frozen chopped spinach
1 cup fat-free or low-fat cottage cheese
2 ounces shredded mozzarella cheese (about 1/2 cup shredded)

1. Brown ground meat in a large skillet. Drain and rinse to remove fat.
2. Combine meat with onion, tomato sauce, water, and spices. Cover and bring to a boil.
3. Add noodles. Cover and simmer for 5 minutes.
4. Defrost spinach in the microwave. Stir spinach into frying pan mixture. Cover and simmer for 5 minutes.
5. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.
6. Refrigerate leftovers.



Nutritional Analysis Per Serving

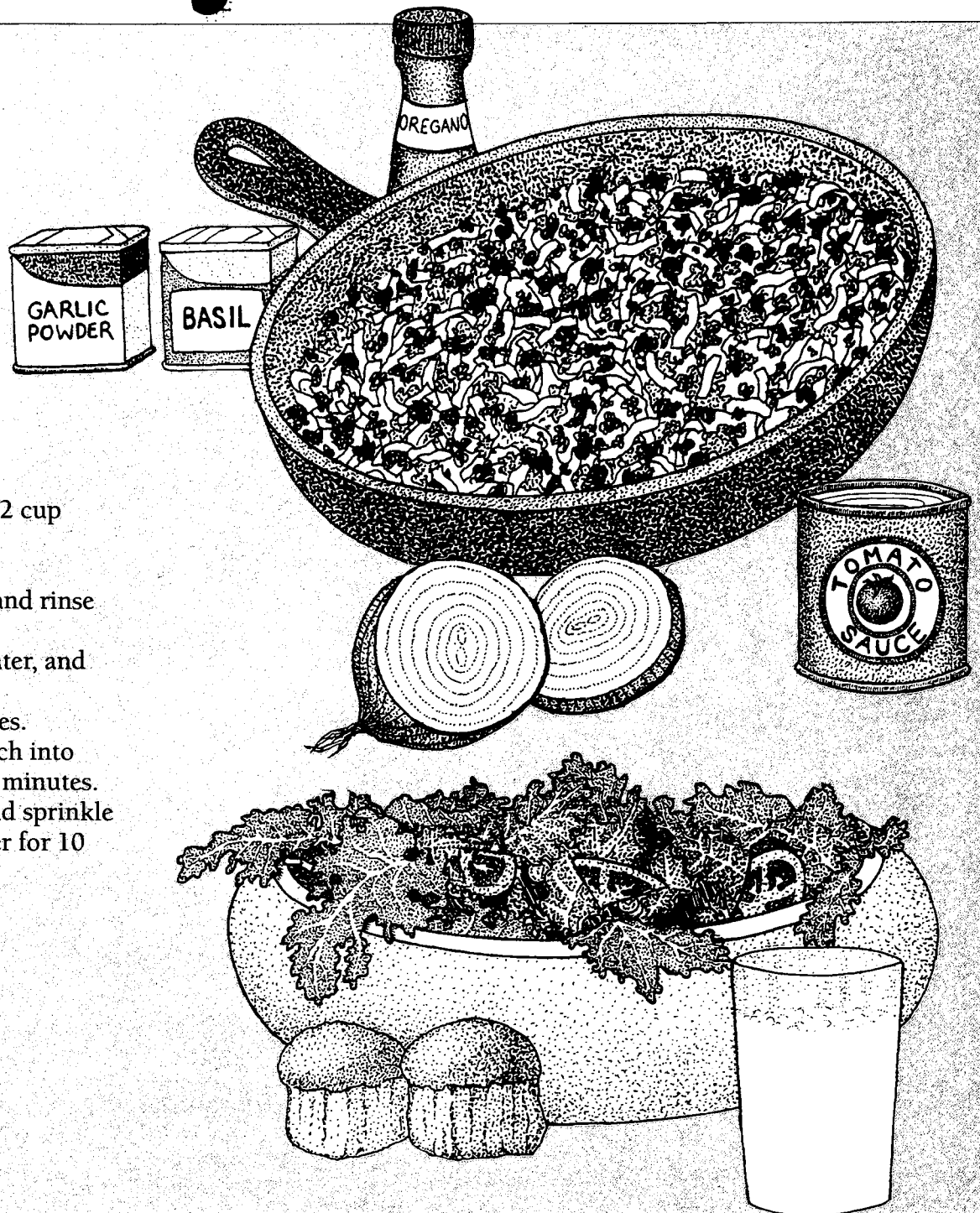
Calories: 283

Calories from Fat: 125

Total Fat: 13.9 grams

Cholesterol: 60 milligrams

Sodium: 737 milligrams




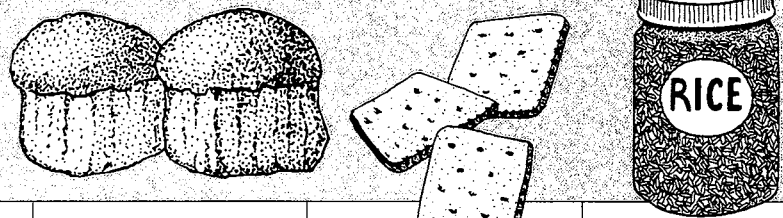
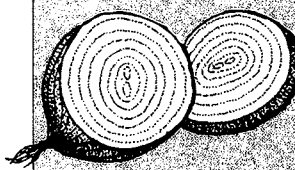
Best Buys

- bananas
- raisins
- carrots
- grapefruit
- broccoli
- lettuce
- oranges
- cabbage
- potatoes

February

Menu Idea

- Skillet Lasagna
- Rolls
- Green salad
- Milk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Grains are an important foundation for a healthy eating plan.</p> 						1
2	3 Planning menus as a family can be a learning experience for children.	4	5	6	7 Use the stairs instead of the elevator.	8
9	10	11 Choose part skim or low fat cheeses when available.	12	13	14	15
16	17	18	19 To reduce calories, mix powdered salad dressings into plain lowfat yogurt instead of oil or sour cream.	20	21	22
23	24	25	26	27 Core an apple and fill it with peanut butter for a quick snack.	28	



Corn and Broccoli Bake

Makes 8 servings.

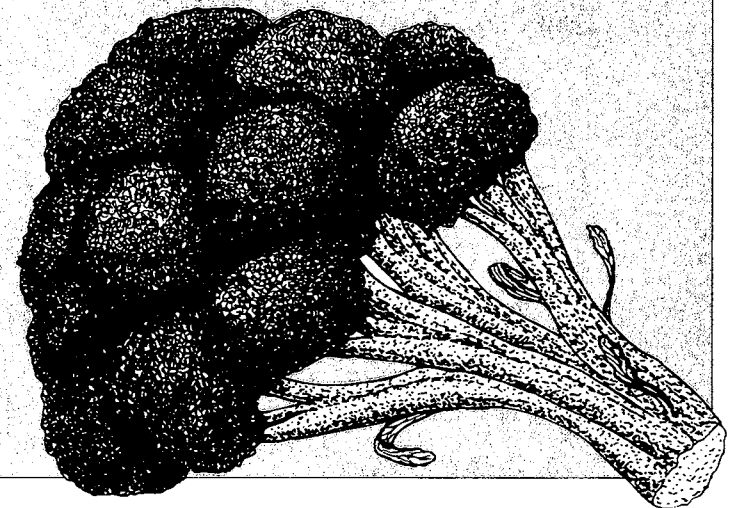
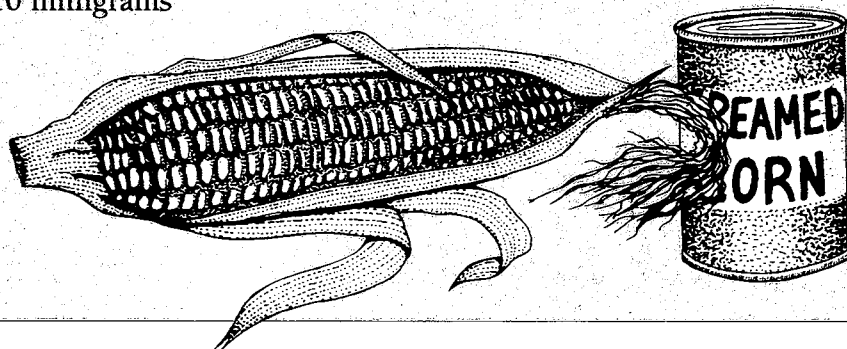
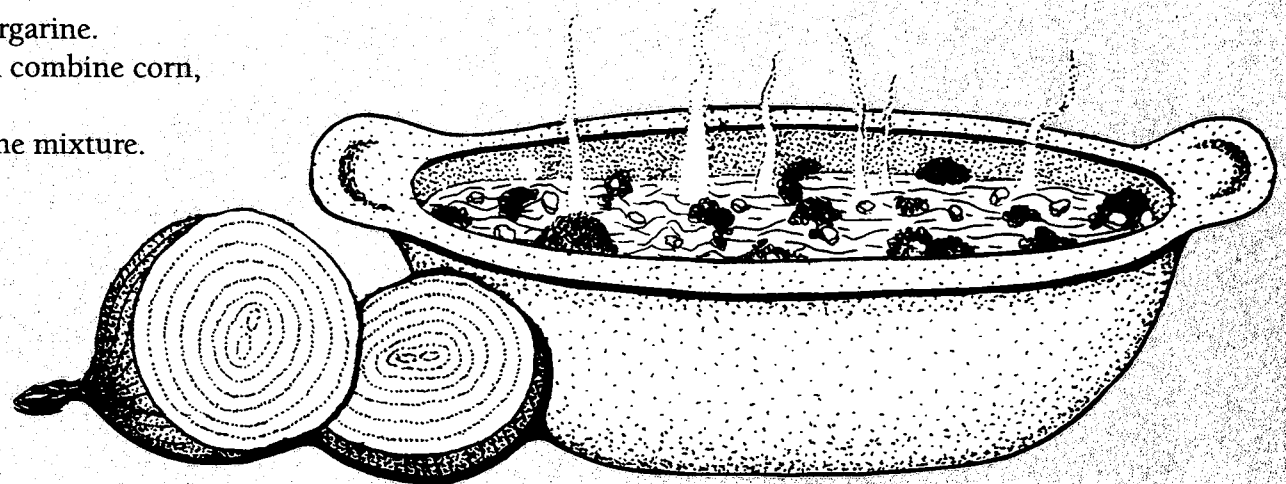
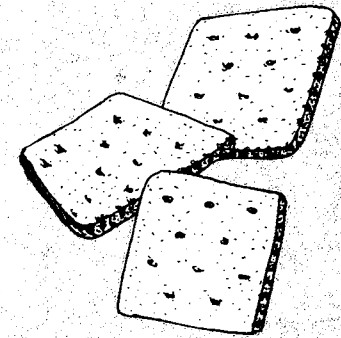
- 1 16-ounce can creamed corn
- 1 8-ounce package frozen broccoli, thawed
- 1/2 teaspoon onion
- 6 saltine crackers, crushed
- 2 teaspoons margarine, melted

1. Preheat oven to 350° F.
2. Mix together cracker crumbs and margarine.
3. In a 1-quart over-proof casserole dish combine corn, broccoli, and onion.
4. Top with cracker crumb and margarine mixture.
5. Bake until the broccoli is tender.
6. Refrigerate leftovers.



Nutritional Analysis Per Serving

- Calories: 66
- Calories from Fat: 14
- Total Fat: 1.5 grams
- Cholesterol: 0 milligrams
- Sodium: 210 milligrams




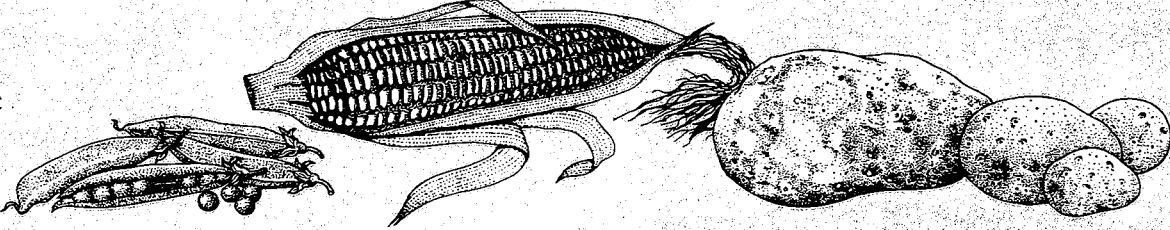
Best Buys

- bananas • prunes • cabbage
- grapefruit • raisins • carrots
- oranges • broccoli • potatoes

March

Menu Idea

- Meatloaf • Corn and broccoli bake
- Rolls • Milk • Orange slices

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Try a new recipe with your favorite vegetable.</p> 						1
2	3 Make mealtime pleasant with conversation and sharing. Turn the TV or radio off at mealtime.	4	5	6	7	8
9	10	11 Keep a running grocery list on the refrigerator — when something is gone, put it on the list.	12	13	14	15
16	17	18	19 Add fruit — a quick and easy dessert.	20	21	22
23	24	25	26	27 Help your children be active everyday — turn on the radio and dance together.	28	29
30	31					

❖ Carrot-Apple Salad Supreme

Makes 8 to 10 servings.

- 1 6-ounce can concentrated orange juice, defrosted
- 1 6-ounce can cold water
- 2 pounds carrots, scraped and shredded (about 12 to 14 medium carrots)
- 3 apples, cored and shredded
- 1 cup raisins
- 1/2 cup coarsely chopped peanuts

1. Place the juice and water in a mixing bowl.
2. Add all the other ingredients except the peanuts. Mix well.
3. At serving time, mix in the peanuts.
4. Refrigerate leftovers.



Nutritional Analysis Per Serving

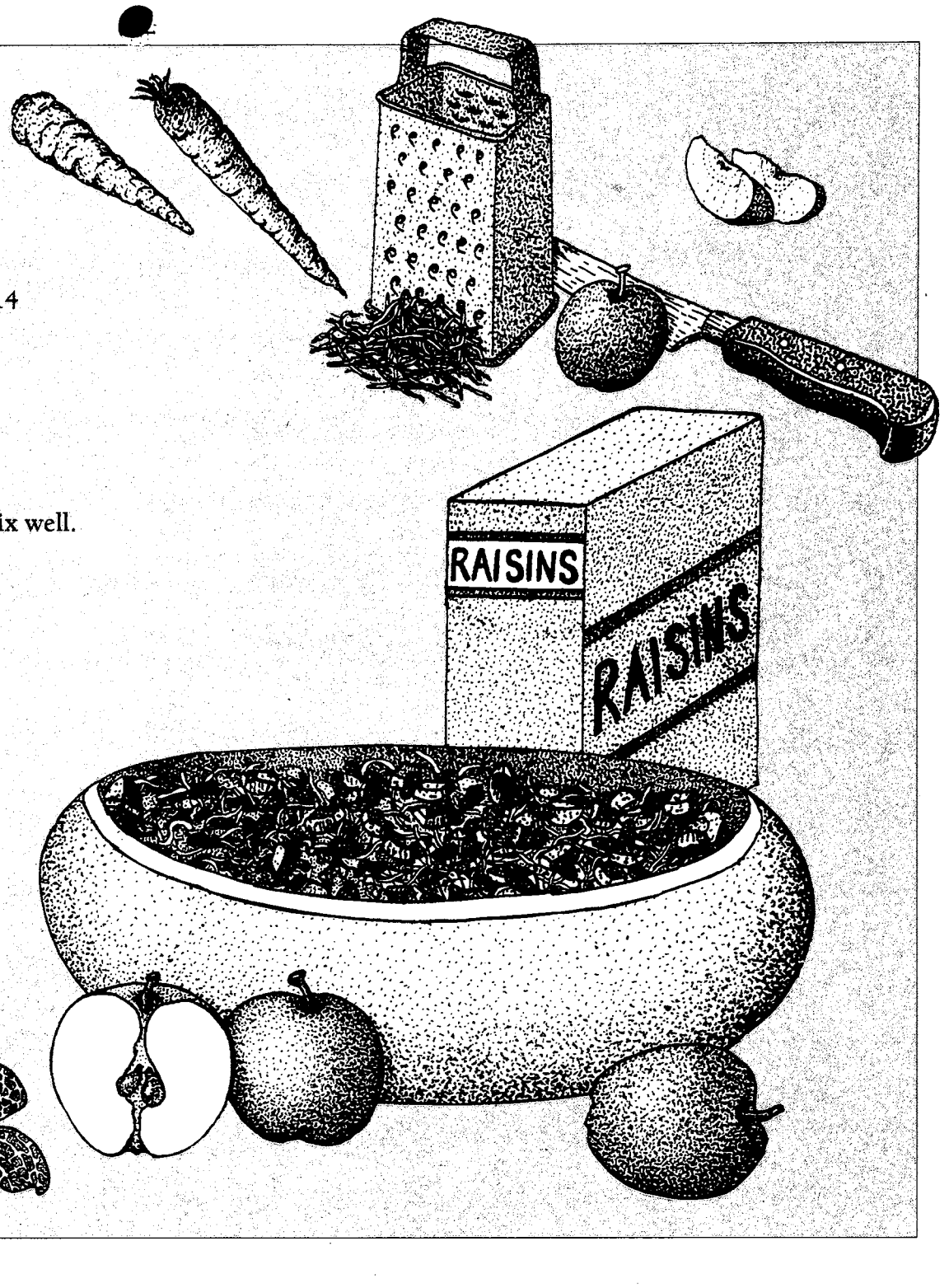
Calories: 219

Calories from Fat: 45

Total Fat: 5 grams

Cholesterol: 0 milligrams

Sodium: 45 milligrams



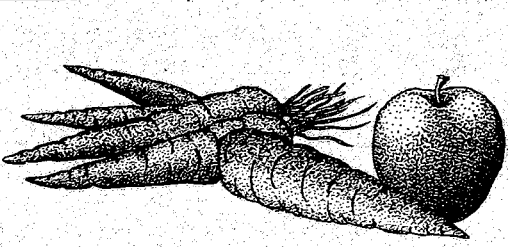

Best Buys

- bananas
- pineapple
- broccoli
- grapefruit
- raisins
- celery
- oranges
- rhubarb
- peas

April

Menu Idea

- Ham sandwich
- Milk
- Carrot-apple salad supreme
- Pineapple slices

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Ride a bike, run, skate, or walk to places close by.		
6	7	8	9	10	11	12
	Enjoy eating a variety of foods.					
13	14	15	16	17	18	19
		Teach children how to clean vegetables and make a salad.				
20	21	22	23	24	25	26
			Let children make their own sandwiches.			
27	28	29	30	 <p>Most people need to eat more fruits and vegetables everyday for the vitamins, minerals, and fiber they supply.</p>		



Taco Rice Skillet

Makes 8 servings.

- 1 1/2 pounds ground beef
- 1 1/2 cups uncooked rice
- 4 cups water
- 1 cup chopped onion (about 1 medium onion)
- 3 to 4 teaspoons chili powder
- 3 cups chopped tomato (fresh or canned)
- 3 cups shredded cheese (about 12 ounces)
- 1 1/2 cups shredded lettuce

1. Brown ground meat in a large skillet. Drain and rinse to remove fat. Add water.
2. Add rice, onion, and chili powder. Simmer over low heat until rice is cooked, about 25 minutes.
3. Stir in tomatoes.
4. Serve on plates. Sprinkle cheese, then lettuce over top. Serve with taco sauce, if desired.
5. Refrigerate leftovers.



Nutritional Analysis Per Serving

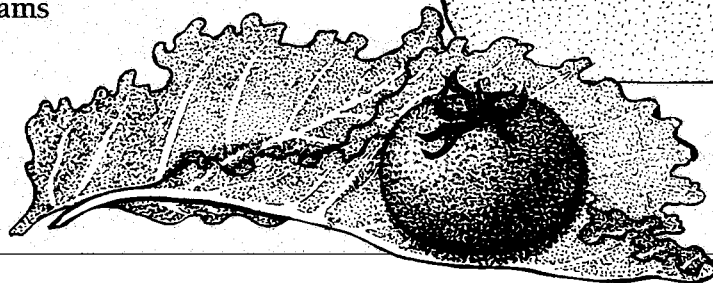
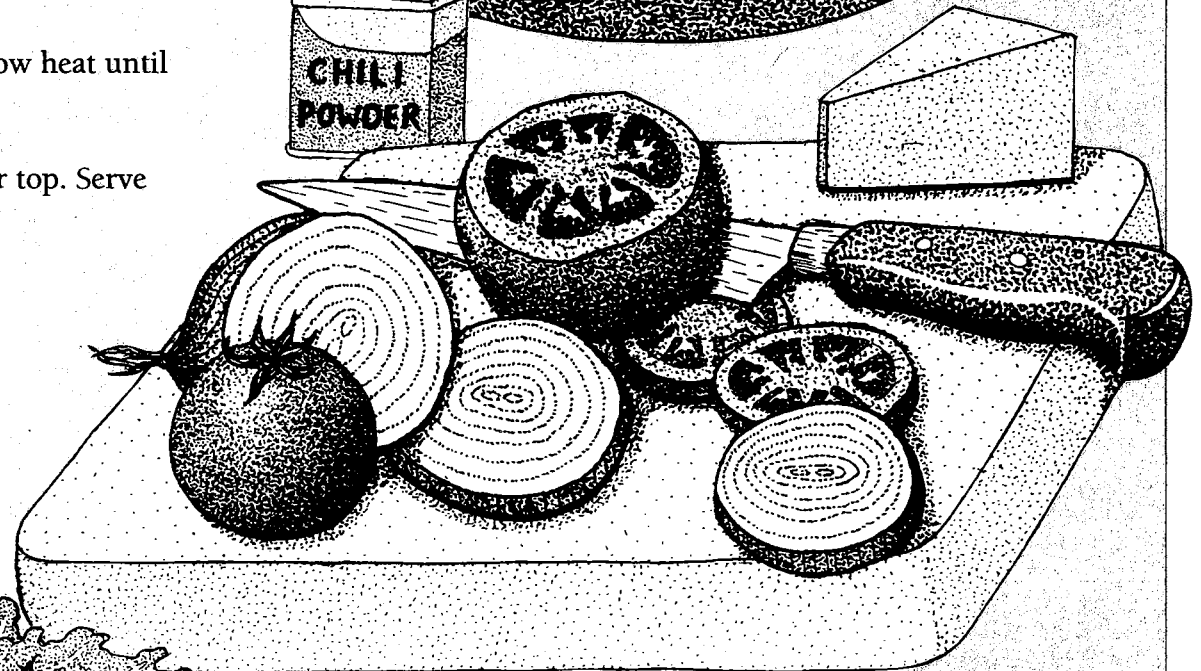
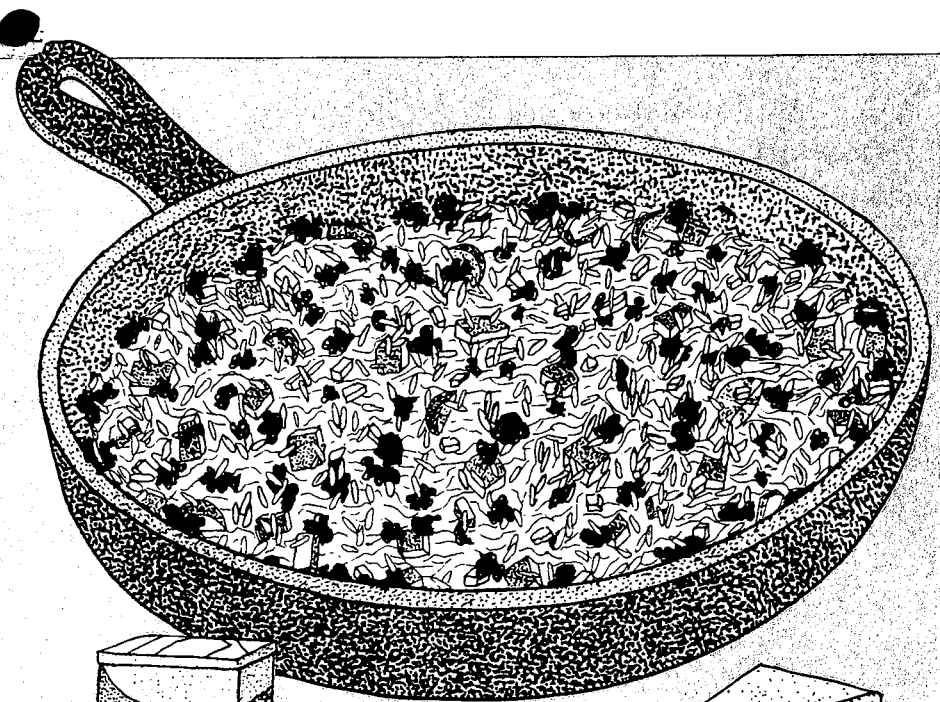
Calories: 589

Calories from Fat: 337

Total Fat: 37.4 grams

Cholesterol: 117 milligrams

Sodium: 562 milligrams



Best Buys

- bananas
- asparagus
- peas
- rhubarb
- cabbage
- salad greens
- strawberries
- onions

May

Menu Idea

- Taco Rice Skillet
- Milk
- Tortilla Chips

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Extend meat, poultry, or fish in main dishes by combining them with rice, pasta, or vegetables.</p> 				1	2	3
				<p>Current recommendation: Use plastic cutting boards rather than wooden ones. Thoroughly wash and rinse any cutting board (plastic or wooden).</p>		
4	5 Try to maintain regular family meals every day — breakfast, lunch, or dinner.	6	7	8	9	10
11	12	13 Quick and easy lunch idea: plain lowfat yogurt and fruit.	14	15	16	17
18	19	20	21 Plan to buy a variety of foods from each of the food groups.	22	23	24
25	26	27	28	29 Go on family walks together.	30	31

◆◆ One-pan Macaroni and Cheese

Makes 4 to 6 servings.

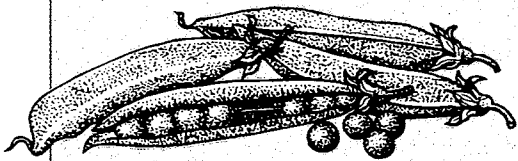
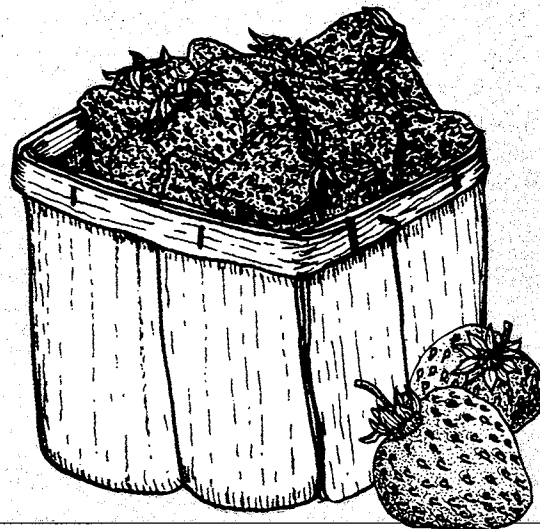
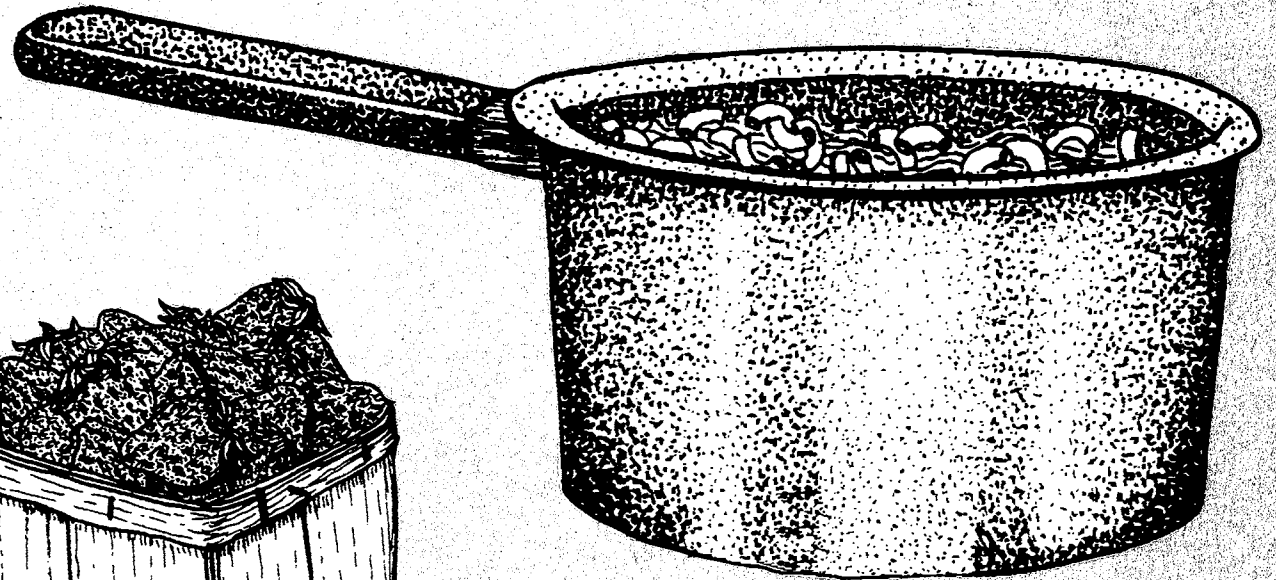
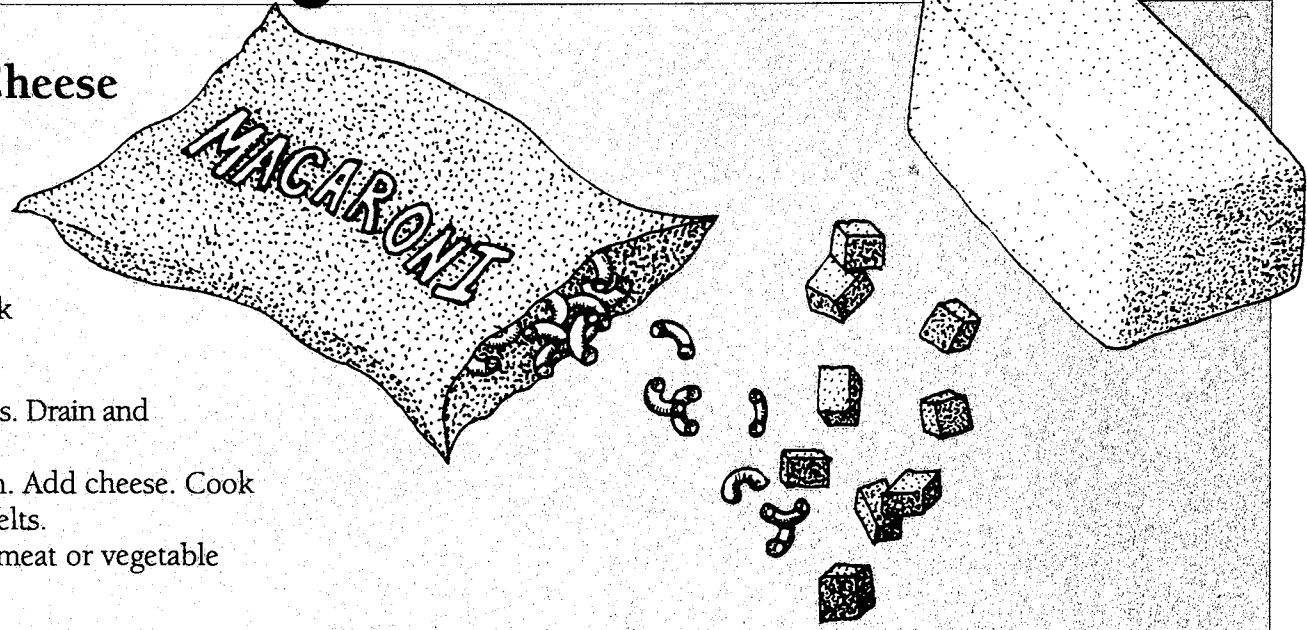
- 1 cup uncooked macaroni
- 1/2 cup water
- 2/3 cup nonfat dry milk OR substitute
- 1/2 cup skim milk for the water and dry milk
- 1 cup diced processed cheese

1. Cook macaroni according to package directions. Drain and set aside.
2. Mix water and nonfat dry milk in a saucepan. Add cheese. Cook over low heat, stirring gently until cheese melts.
3. Add cooked macaroni to cheese sauce. Add meat or vegetable leftovers if desired.
4. Refrigerate leftovers.



Nutritional Analysis Per Serving

Calories: 276
Calories from Fat: 85
Total Fat: 9.4 grams
Cholesterol: 31 milligrams
Sodium: 293 milligrams



Best Buys

- apricots • asparagus • onions
- berries • beets • peas
- lemons • lettuce • potatoes

June

Menu Idea

- Macaroni and cheese • Milk
- Peas • Corn muffin
- Fresh strawberries

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Family dining helps keep the family budget under control.	2	3	4	5	6	7	
8	9 Use skim or lowfat milk in soups, puddings, baked products, or sauces for casseroles.	10	11	12	13	14	
15	16	17 Let your children help you fix dinner.	18	19	20	21	
22	23	24	25 Serve raw vegetables with spinach dip for a nutritious snack.	26	27	28	
29 Give your child a ball or jump rope.	30	 <p>Wash fruit in water before eating them. Do not use any soap or detergent.</p>					

◆ Fruit Parfait

Makes one serving.

- 1/4 cup vanilla yogurt
- 2 tablespoons instant vanilla pudding mix (powder)
- 1/2 cup cut-up fresh fruit or unsweetened canned fruit
(apples, bananas, pineapple, and strawberries work well)
- 1/4 cup crushed graham crackers (about 2 crackers)

1. Wash and cut up fresh fruit OR drain canned fruit well.
2. Stir 2 tablespoons vanilla pudding mix into the yogurt.
3. Put 1/2 of the crushed graham crackers into the bottom of a glass. Add half of the fruit and half of the pudding/yogurt mixture. Repeat again with graham crackers, fruit, pudding/yogurt mixture.
4. Top with a fresh strawberry, if desired.



Nutritional Analysis Per Serving

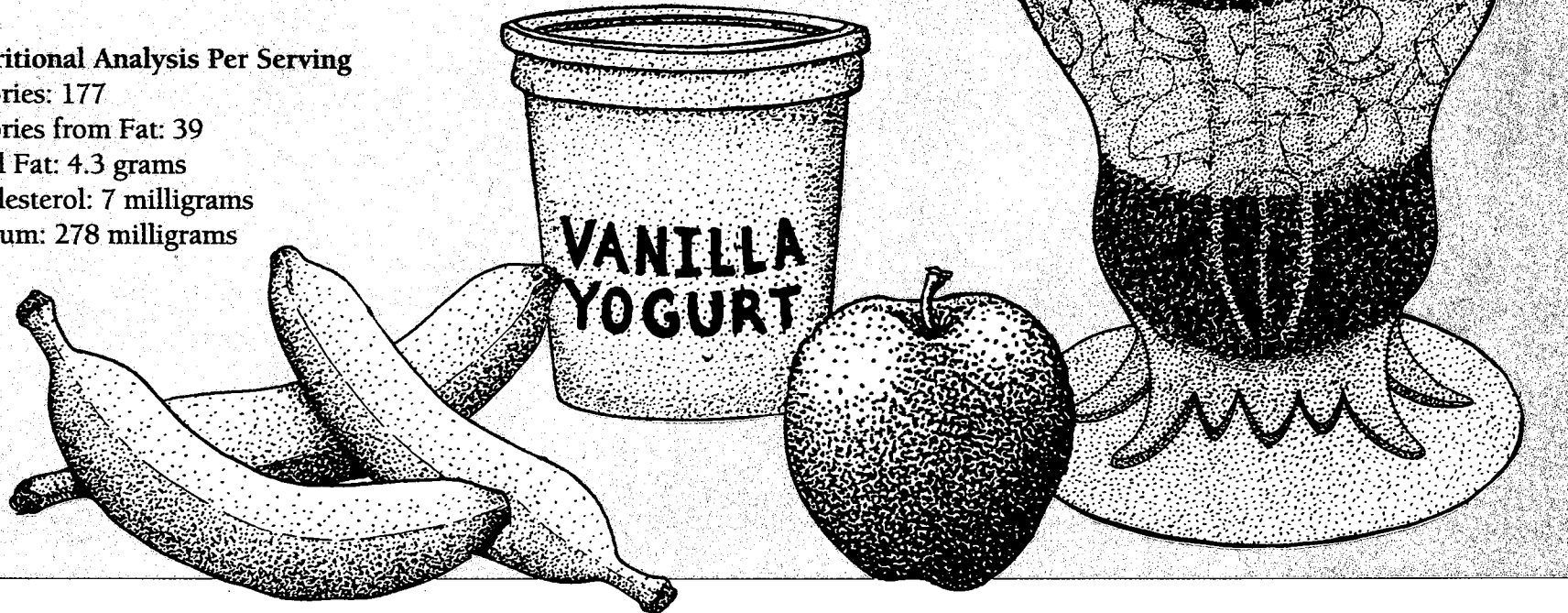
Calories: 177

Calories from Fat: 39

Total Fat: 4.3 grams

Cholesterol: 7 milligrams

Sodium: 278 milligrams



Best Buys

- cantaloupe
- tomatoes
- cucumbers
- peaches
- watermelon
- green beans
- plums
- beets
- summer squash

July

Menu Idea

- Hamburger on bun with lettuce, tomato
- Fruit parfait
- Milk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Visit a farmer's market. Try a new fruit or vegetable.</p>		1	2	3	4	5
					Eat as many meals as possible with the whole family.	
6	7	8	9	10	11	12
	Grill vegetables along with meat or chicken when you grill out.					
13	14	15	16	17	18	19
		Grill meat, poultry, or fish. It is a lowfat way to cook.				
20	21	22	23	24	25	26
			Thirsty? Pour 100% fruit juice in a glass, add some ice, and enjoy.			
27	28	29	30	31		
				Take a walk each day at lunch or walk to work.		

◆ Make-Your-Own Herbed Rice Mix

Makes 6 servings, 1/2 cup each.

Dry rice mixes can be made ahead, packaged, and stored in a cool, dry place.

To make rice mix, mix together:

- 1 cup regular long grain enriched rice
- 1 tablespoon instant minced onion
- 1/2 teaspoon celery salt
- 1 teaspoon basil leaves
- 1/8 teaspoon garlic powder
- 2 teaspoons instant chicken or beef bouillon granules

To cook:

1. Mix 1 cup of rice mix with 2 cups cold water and 1 tablespoon margarine in a saucepan.
2. Bring to a boil on high heat. When it boils, turn heat to simmer.
3. Stir once with a fork. Cover tightly and simmer 20 minutes, or until all liquid is gone.
4. Refrigerate leftovers.



Nutritional Analysis Per Serving

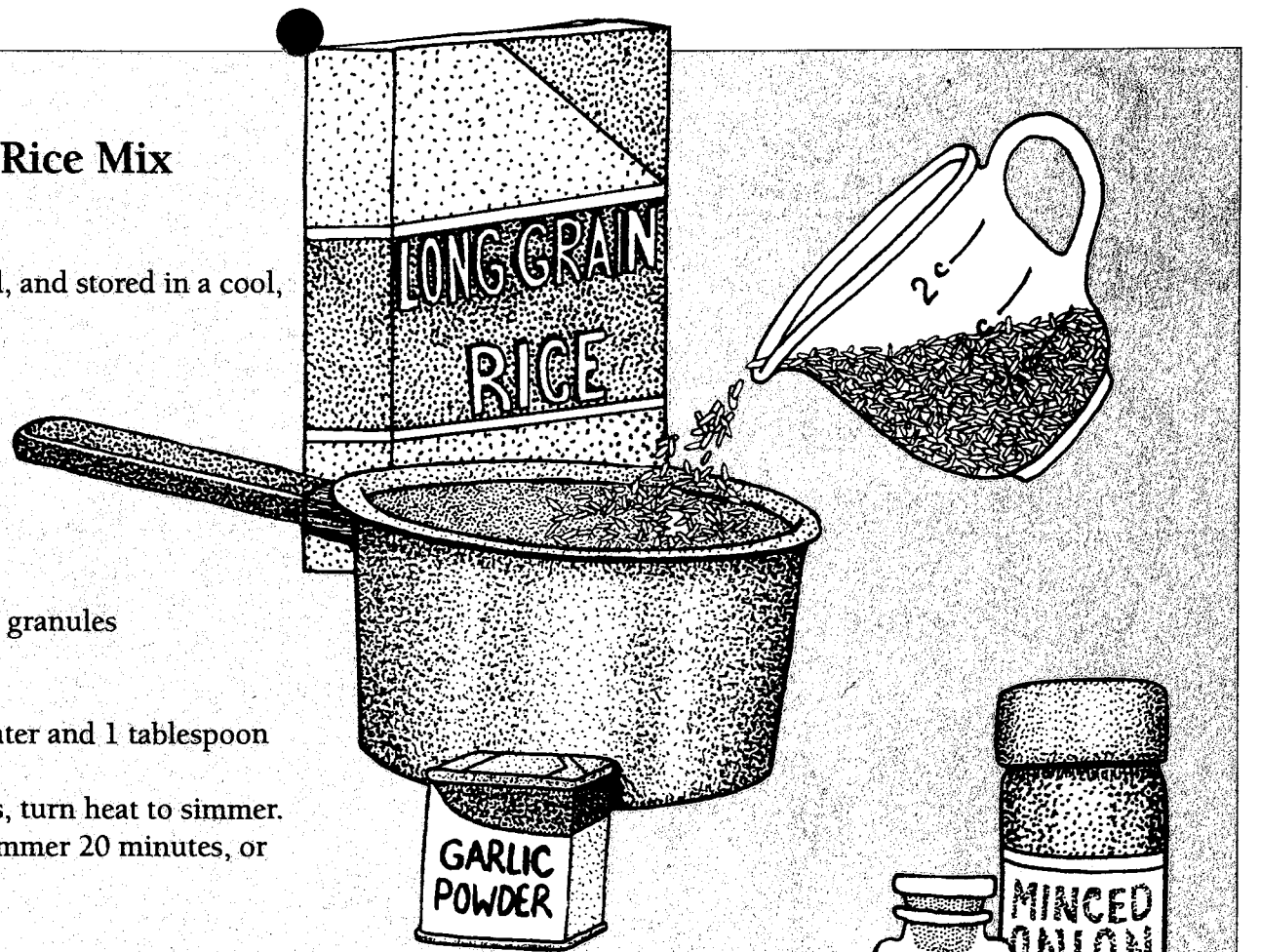
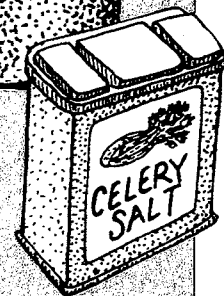
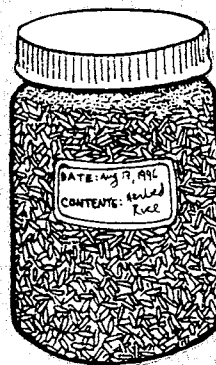
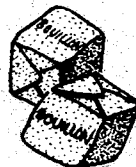
Calories: 114

Calories from Fat: 2

Total Fat: .2 grams

Cholesterol: 0 milligrams

Sodium: 150 milligrams





Best Buys

- apples
- pears
- tomatoes
- cantaloupe
- peaches
- green peppers
- grapes
- corn
- watermelon

August

Menu Idea

- Stir-fried beef and vegetables
- Herbed rice
- Peaches
- Milk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Stir-fry meat or poultry and vegetables and serve with quick-cooking rice. 					1	2
3	4	5 No time for breakfast? Take along a container of lowfat yogurt, a bagel, and a can of juice.	6	7	8	9
10	11	12	13 Healthy families value family mealtimes and conversation. It is hard with busy schedules, but do try.	14	15	16
17	18	19	20	21 Choose lowfat grain-based snacks — graham crackers, pretzels, fig bars, gingersnaps.	22	23
24	25	26	27	28	29	30
31					Go on family walks together.	

◆ Broccoli and Carrot Stir-fry

Makes 4 servings.

- 1 tablespoon oil
- 1 teaspoon garlic, minced
- 1 teaspoon ginger
- 1 head broccoli, cut into flowerets
- 3 medium carrots, sliced thin
- 1 onion, sliced thin
- 2 tablespoons water
- 1 teaspoon soy sauce

1. In a large skillet heat the oil briefly. Add the garlic and ginger and stir-fry for 15 seconds.
2. Add the broccoli, carrots and onion, tossing the vegetables to mix them well. Add the water, then cover the skillet. Cook the vegetables for 3 minutes over medium heat.
3. Remove the cover and turn the heat up to high. Cook the vegetables, stirring them 5 minutes longer or until tender crisp.
4. When the vegetables are cooked, mix in the soy sauce.
5. Refrigerate leftovers.



Nutritional Analysis Per Serving

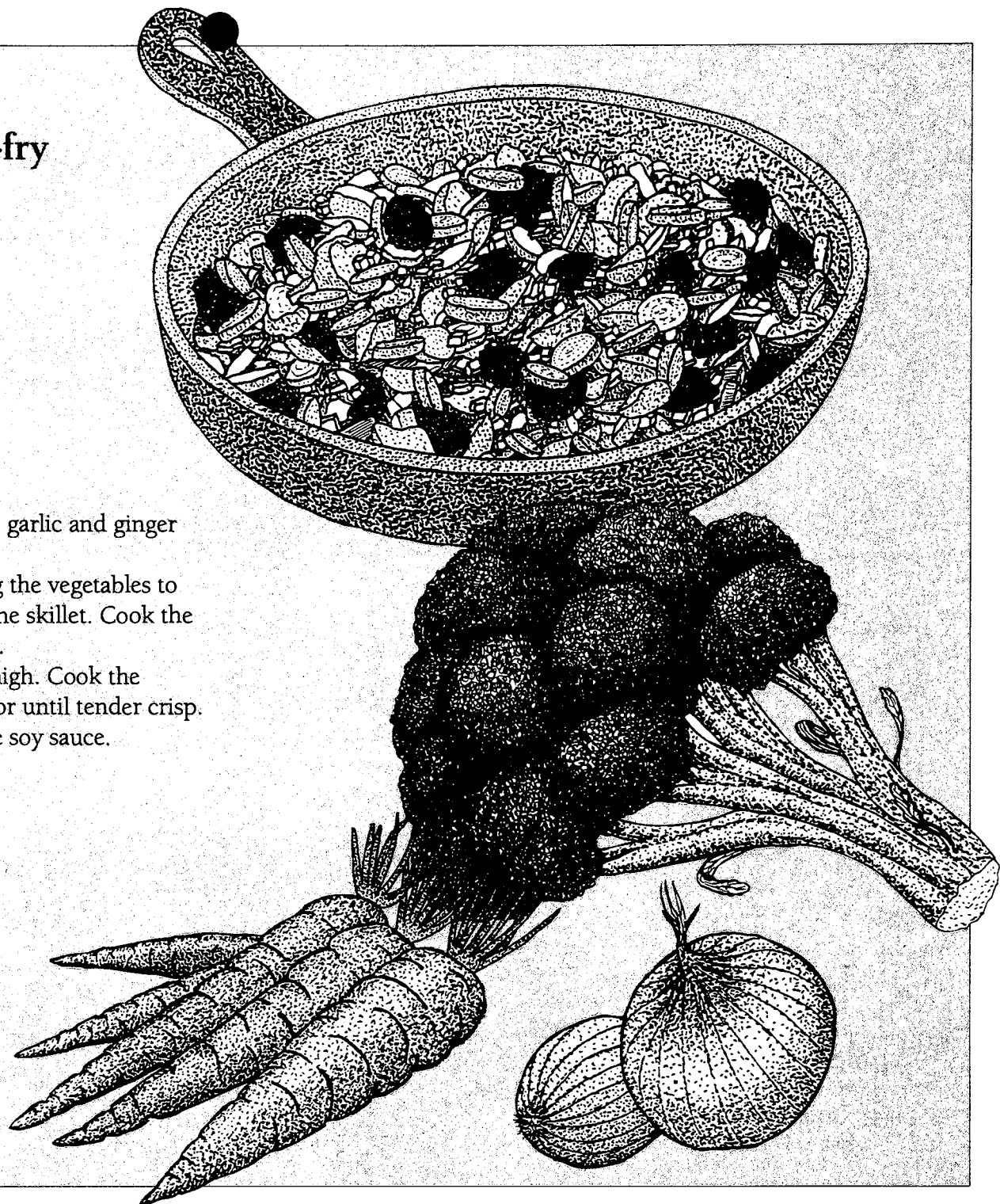
Calories: 74

Calories from Fat: 33

Total Fat: 3.7 grams

Cholesterol: 0 milligrams

Sodium: 232 milligrams



Best Buys

- apples
- cabbages
- green peppers
- pears
- corn
- lettuce
- plums
- eggplant
- onions

Menu Idea

- Sautéed chicken
- Apple slices
- Rolls
- Broccoli and carrot stir-fry
- Milk

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
	<p>At the grocery store, take turns naming vegetables and fruits with your children.</p>			<p>Have children eat school breakfast when it is available.</p>		
14	15	16	17	18	19	20
		<p>Quick and easy lunch idea: raw vegetable salad and strips of lean cooked meat or poultry.</p>				
21	22	23	24	25	26	27
			<p>Make time for physical activity.</p>			
28	29	30	<div style="display: flex; align-items: center; justify-content: center;">  <div style="margin: 0 20px;"> <p>Fruits and vegetables taste great, are easy to fix and serve, and are good for your health.</p> </div>  </div>			

◆ Oven Roasted Vegetables

Makes 4 servings.

- 2 tablespoons oil
- 1 tablespoon lemon juice
- 1/2 teaspoon rosemary or tarragon
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 cups fresh vegetables, cut up (suggestions: potatoes, broccoli, carrots, green beans, cauliflower)

1. Preheat oven to 450° F
2. Mix oil, lemon juice, rosemary, salt, and pepper in a 13 x 9 inch oven proof pan.
3. Place vegetables in pan and coat with oil mixture.
4. Bake for 20 minutes. Stir once during that time.
5. Refrigerate leftovers.



Nutritional Analysis Per Serving

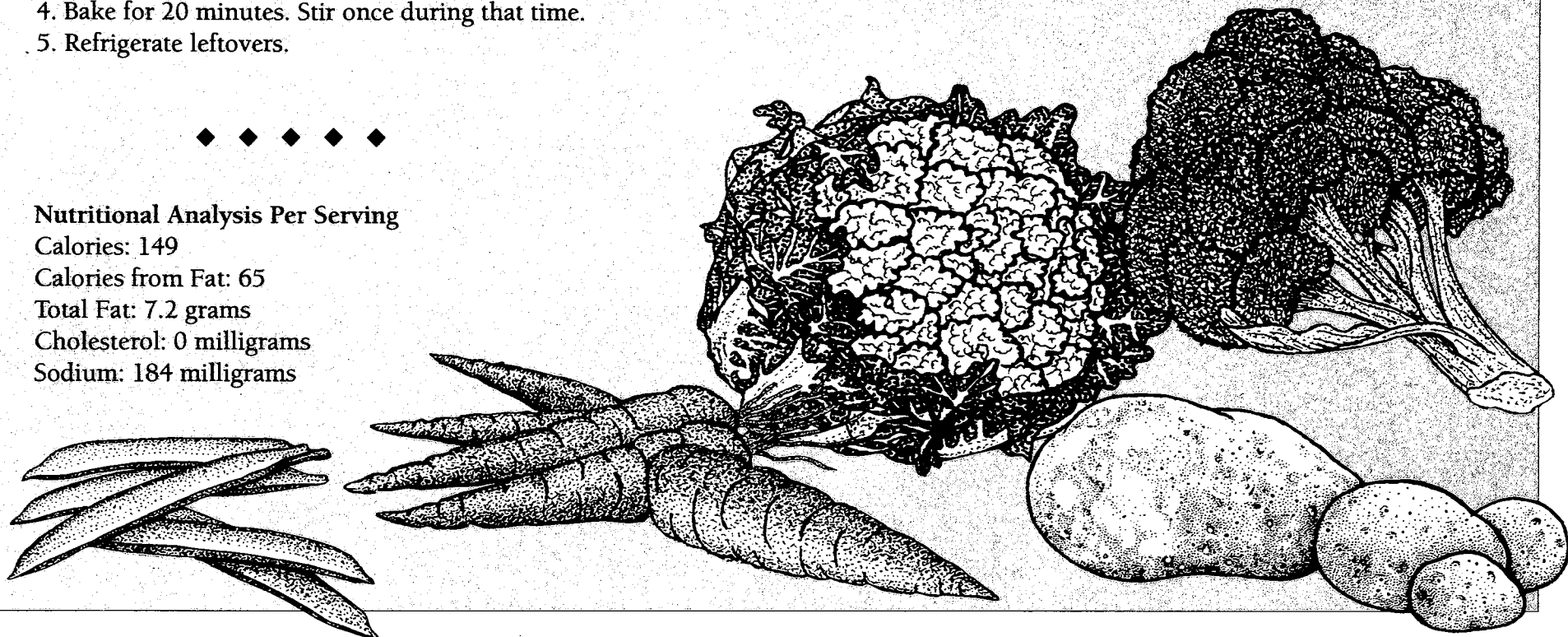
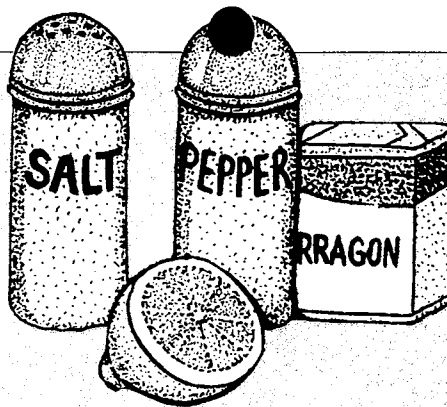
Calories: 149

Calories from Fat: 65

Total Fat: 7.2 grams

Cholesterol: 0 milligrams

Sodium: 184 milligrams



Best Buys

- apples • broccoli • sweet potatoes
- grapes • cauliflower • pumpkin
- pears • potatoes • winter squash

October

Menu Idea

- Baked chicken • Oven-roasted vegetables
- Cornbread • Milk • Sliced pears

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Add extra vegetables to main dishes — spaghetti sauce, stew, stir-fry dishes.</p> 			1	2	3	4
5	6	7	8	9	10	11
		Make a list of what you need before going to the grocery store.			Pack a piece of fruit in everyone's brown bag lunch.	
12	13	14	15	16	17	18
		Draw, instead of carve, a face on your Halloween pumpkin. The pumpkin can then be used in any recipe calling for winter squash.				
19	20	21	22	23	24	25
				Encourage children to get some exercise throughout the day and especially on weekends.		
26	27	28	29	30	31	
Set up regular times for meals and snacks for your children.						

◆◆◆ Bunsteads

Makes 6 servings.

1/2 cup cheese, grated (about 2 ounces)
2 cans waterpacked tuna OR 1 can waterpacked tuna
and 3 chopped hardcooked eggs
1/3 cup reduced calorie mayonnaise
3 tablespoons pickle relish (optional)
6 hamburger buns OR 6 English muffins

1. Combine first 4 ingredients and fill buns. Wrap in foil and refrigerate to bake later in 350 degree oven for 15 minutes.

OR

1. Combine first 4 ingredients and spread openfaced on buns. Slip under broiler until filling is warm and bubbly. (English muffins work well for broiled Bunsteads.)
2. Refrigerate leftovers.



Nutritional Analysis Per Serving

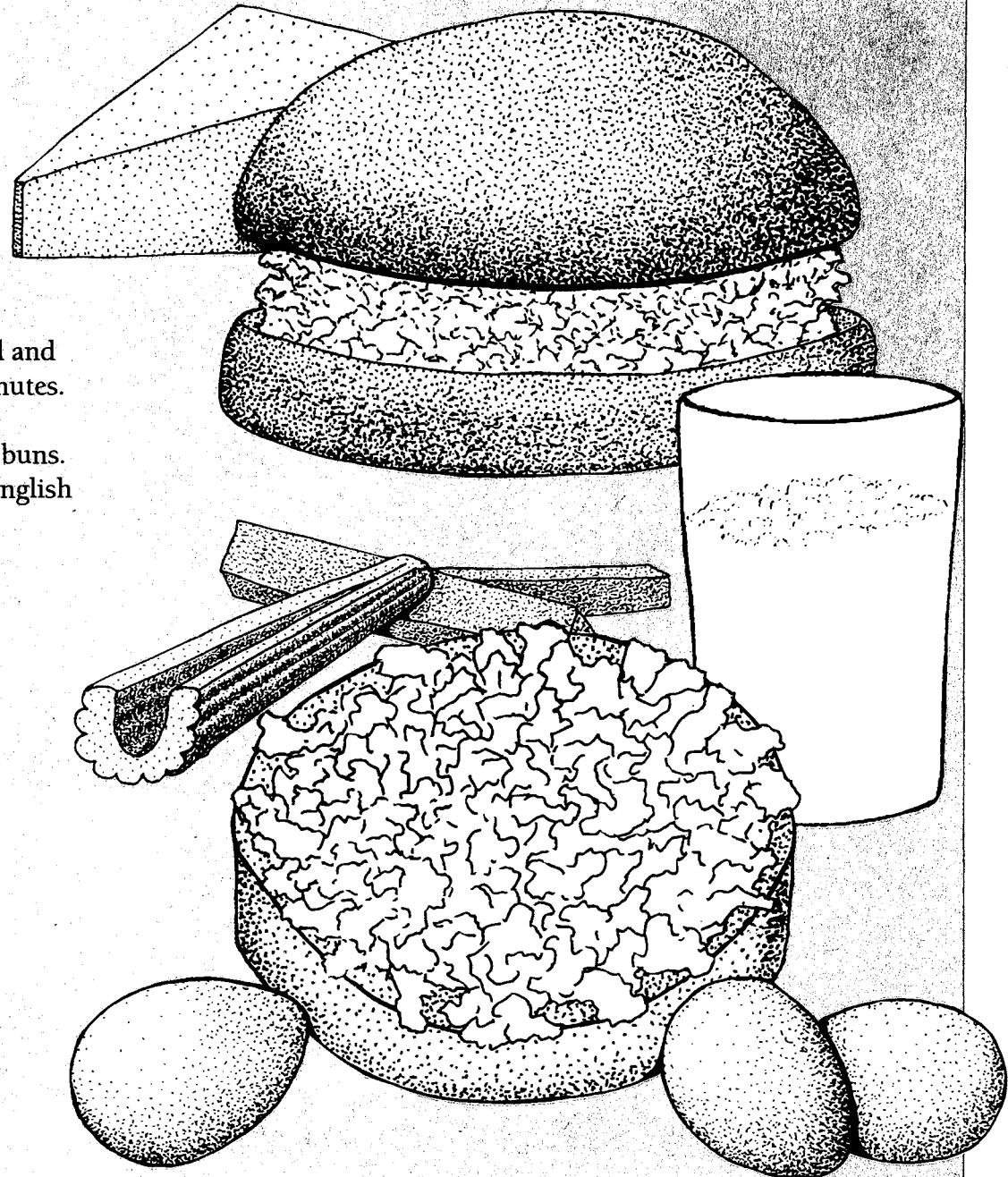
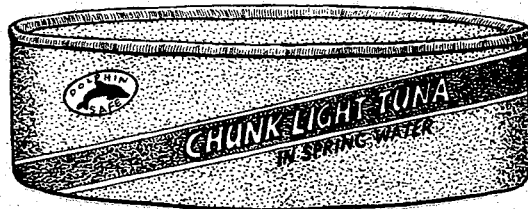
Calories: 318

Calories from Fat: 110

Total Fat: 12.2 grams

Cholesterol: 49 milligrams

Sodium: 746 milligrams



Best Buys

- apples
- broccoli
- sweet potatoes
- cranberries
- cabbage
- turnips
- grapefruit
- celery
- winter squash

November

Menu Idea

- Bunstead
- Carrot and celery sticks
- Apple
- Milk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; align-items: center;"> <div style="margin-right: 20px;">  </div> <div> <p>Add vegetables to sandwiches — tomato slices, lettuce, cucumbers, peppers.</p> </div> <div style="margin-left: 20px;">  </div> </div>						1
2	3	4	5	6	7	8
			<p>Preparing meals at home is usually cheaper than eating out or having take-out foods.</p>			
9	10	11	12	13	14	15
				<p>Top cereal with plain yogurt and fruit.</p>		
16	17	18	19	20	21	22
					<p>Teach children how to read food labels.</p>	
23	24	25	26	27	28	29
30	<p>The supermarket is the ideal place to teach children about foods.</p>					<p>Daily exercise can help you firm muscles, use extra calories, lose weight, and keep weight off.</p>

◆ Pinwheel Potatoes

Makes 4 servings.

4 medium potatoes
4 teaspoons melted margarine
Salt and pepper to taste
Dash paprika (optional)

1. Preheat oven to 450° F.
2. Slice potatoes 1/8 inch thick.
3. Grease a shallow baking sheet. Arrange potato slices in 4 circles, overlapping the slices within each circle.
4. Sprinkle with salt, pepper, and paprika. Drizzle melted margarine on top, dividing equally.
5. Bake at 450 degrees for 20 minutes.
6. Refrigerate leftovers.



Nutritional Analysis Per Serving

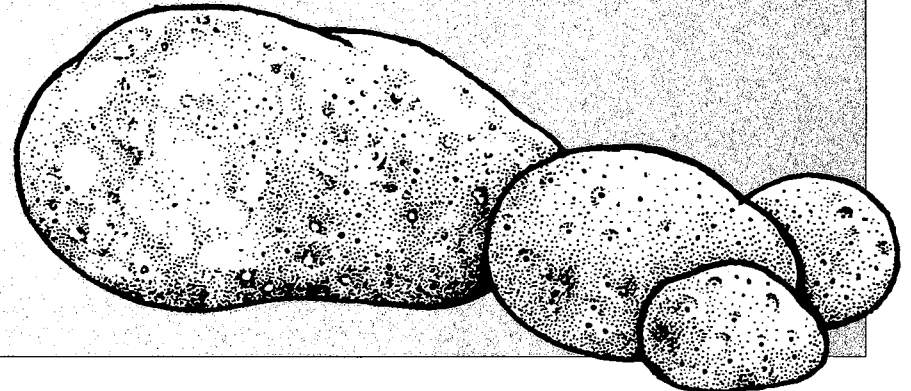
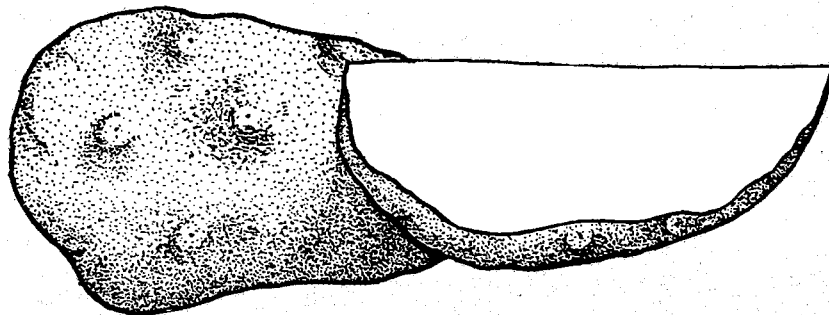
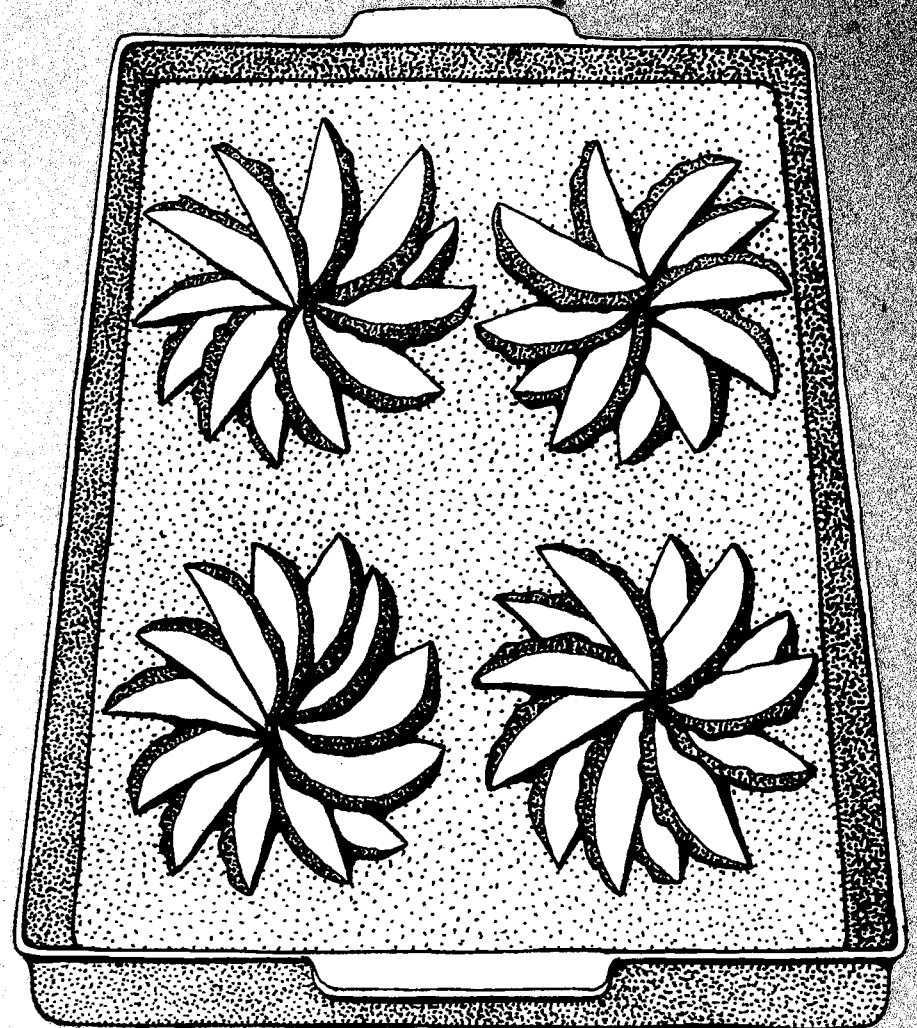
Calories: 122

Calories from Fat: 35

Total Fat: 3.9 grams

Cholesterol: 0 milligrams

Sodium: 184 milligrams



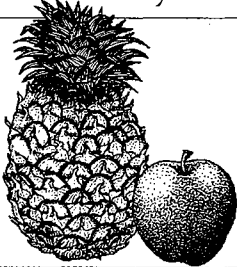

Best Buys

- apples
- grapefruit
- onions
- bananas
- oranges
- potatoes
- dried fruit
- tangerines
- winter squash

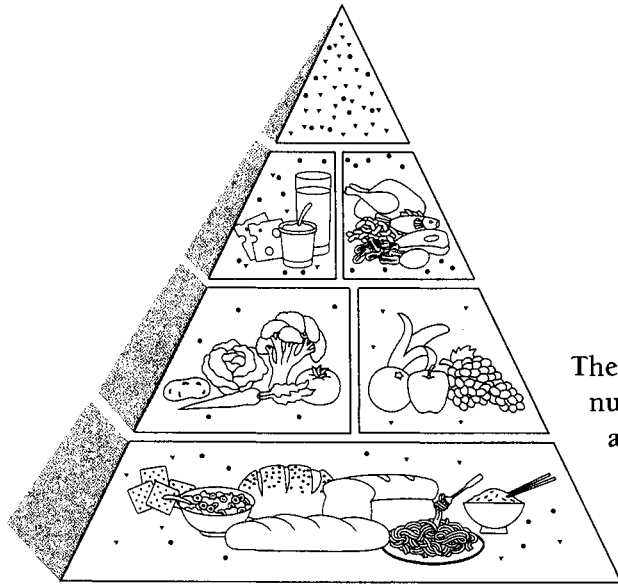
December

Menu Idea

- Roast beef
- Pinwheel potatoes
- Whole wheat rolls
- Milk
- Canned fruit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Base a meal on planned-overs. Heat cooked meat or poultry with seasonings and serve in tortillas.	2	3	4	5 Quick and easy lunch idea — tuna fish salad with raw vegetable sticks.	6
7	8	9 Encourage children to prepare snacks, bag lunches, and breakfast.	10	11	12	13
14	15	16	17 Serve toast, bagels, or cereal with skim milk for quick and easy breakfasts.	18	19	20
21	22	23	24	25 Keep your weight in a healthy range by balancing what you eat with physical activity.	26	27
28 Trim fat off meats and bake or broil rather than fry.	29	30	31	 <p>Choose fresh fruits, fruit juices, and frozen, canned, or dried fruit. Go easy on fruits canned or frozen in heavy syrups and sweetened fruit juices.</p>		

Using the Food Guide Pyramid



❖ What is the Food Guide Pyramid?

The Food Guide Pyramid is an outline of what to eat each day based on the Dietary Guidelines. It's not a rigid prescription but a general guide that lets you choose a healthful diet that's right for you!

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain healthy weight.

Use the Pyramid to help you eat better every day ... the Dietary Guidelines way. Start with 6 to 11 servings from the breads, cereals, rice, and pasta group. Add 3 to 5 servings of vegetables and 2 to 4 servings of fruits. Also add 2 to 3 servings from the milk group and 2 to 3 servings from the meat group. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid. Note that foods in other groups—such as cheese or ice cream from the milk group or french fries from the vegetable group—also can provide fat and added sugars.

❖ What's the Best Nutrition Advice?

It's following the seven Dietary Guidelines for Americans 2 years of age or more. By following the Dietary Guidelines, you can enjoy better health and reduce your chances of getting certain diseases—such as heart disease, high blood pressure, stroke, certain cancers, and the most common type of diabetes. These Guidelines are the best, most up-to-date advice from nutrition experts.

- Eat a variety of foods.
- Balance the food you eat with physical activity—maintain or improve your weight.
- Choose a diet with plenty of grain products, vegetables, and fruits.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

❖ Looking at the Pieces of the Pyramid

The Food Guide Pyramid emphasizes foods from the five major food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one of these major food groups is more important than another—for good health, you need them all to get the vitamins, minerals, carbohydrates, and protein you need.

❖ What Counts as 1 Serving?

The amount of food that counts as 1 serving is listed below. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta. No specific serving size is given for the fats, oils, and sweets group because the message is USE SPARINGLY.

❖ Food Groups

Milk, Yogurt, and Cheese

1 cup of milk or yogurt	1 1/2 ounces of natural cheese	2 ounces of process cheese
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Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter count as 1 ounce of lean meat
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Vegetable

1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice
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Fruit

1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice
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Bread, Cereal, Rice, and Pasta

1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta
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Cooking Healthy Meals

Start with staples

Staples are foods you eat all the time, maybe even every day.

Whenever possible, keep your kitchen stocked with these basic foods. If you do, you will be able to make healthy meals fast.

Staples

- milk • eggs • bread • rice • onions • potatoes
- tortillas, pita bread • beans, dried and canned
- pasta or noodles • lentils and peas, dried
- fruits and vegetables • margarine, cooking oil
- canned soups (broth, cream soups, tomato soup)

Don't forget the flavor

Condiments (such as soy sauce and salsa), and spices and herbs (listed below), can make staple foods taste special.

Spices and herbs

Dried:

- dill (seed or weed): add to canned soups
- oregano: add to scrambled eggs
- thyme: sprinkle into cooked rice
- tarragon: sprinkle over cooked vegetables
- hot pepper flakes: use sparingly
- parsley: add to many foods for flavor/color
- Italian herb mix: add to canned soups

Fresh, minced, or powdered:

- chili powder: add to ground beef for tacos
- curry powder: add to cooked rice, pea soup, cooked lentils or cooked vegetables
- garlic (fresh, dried minced, powder): add to several foods for flavor

Cooking Beans, Pasta, and Rice

❖ Beans

Overnight Soak Method

1. Pick out damaged beans or stones. Rinse beans in cold water.
2. Put 1 pound of beans in a large pan and cover with 6 cups of lukewarm water.
3. Cover pan and refrigerate overnight or for 8 hours.
4. Drain the beans, rinse, and cover with fresh cold water.
5. Cook on low heat until beans are tender. Drain.

Short Soak Method

1. Pick out damaged beans or stones. Rinse beans in cold water.
2. Put 1 pound of beans in a large pan and cover with 6 cups of lukewarm water.
3. Boil beans uncovered for 2 minutes; remove from heat.
4. Cover and let stand 1 hour. Drain the beans.
5. Follow these cooking times:

Type of Beans	Amount of Water	Approximate Cooking Time
Kidney beans	6 cups	2 hours
Lima beans	5 cups	1 hour
Navy beans	6 cups	1 1/2 to 2 hours
Pinto beans	6 cups	2 hours
Soybeans	8 cups	2 to 3 hours

❖ Pasta

Type of Pasta	Amount of Pasta	Water Needed
Spaghetti	4 ounces uncooked*	1 quart (4 cups)
Elbow, shells, other shapes	4 ounces uncooked, about 1 cup (makes 2 1/2 cups cooked)	1 quart (4 cups)

*An easy way to measure 4 ounces uncooked spaghetti is to make a circle with your thumb and index finger about the size of a quarter. Fill the circle with spaghetti.

1. Bring water to a rapid boil. Pour pasta into boiling water.
2. Reduce heat to medium. Cook in uncovered pan.
3. Stir gently once or twice. Cook until tender, about 7 to 10 minutes.
4. Drain. Do not rinse.

❖ White or Brown Rice

1 cup of regular white or brown rice needs 2 cups of water for cooking.

1. Put rice and water into saucepan. Heat until it starts to boil.
2. Reduce heat to simmer. Stir.
3. Cover pan. Simmer white rice (do not stir) for 15-20 minutes until rice is tender. All water will be absorbed by the rice. Simmer brown rice 45 to 50 minutes until tender.

Makes 3 cups of rice



❖ Food Substitutions

If you don't have:	Use:
Baking powder (1 teaspoon)	5/8 teaspoon cream of tartar and 1/4 teaspoon baking soda
Bread crumbs, dry (1/4 cup)	1/4 cup cracker crumbs or cornmeal or 1/3 cup soft bread crumbs or 1/2 cup sliced bread, toasted, cubed and crumbled
Buttermilk (1 cup)	1 tablespoon lemon juice or vinegar and milk to make 1 cup. Stir and let stand about 5 minutes. Or use 1 cup yogurt.
Cake flour (1 cup)	7/8 cup (or 1 cup minus 2 tablespoons) all-purpose flour
Chocolate, unsweetened	3 tablespoons unsweetened cocoa powder and 1 tablespoon butter or margarine
Cornstarch (1 tablespoon)	2 tablespoons flour
Corn syrup (1 cup)	1 1/4 cups sugar plus 1/3 cup water, boiled together till syrupy
Cream (1 cup)	1/3 cup butter or margarine and 3/4 cup milk
Egg, large, fresh	2 1/2 tablespoons sifted dry whole egg powder and 2 1/2 tablespoons lukewarm water
Honey (1 cup)	1 1/4 cups sugar and 1/4 cup liquid, or 1 cup corn syrup
Lemon juice (1 teaspoon)	1/2 teaspoon vinegar
Milk, skim (1 cup)	1/3 cup nonfat dry milk and enough water to make 1 cup. Stir well.
Milk, sour (1 cup)	1 tablespoon lemon juice or vinegar and enough milk to make 1 cup. Stir and let stand 5 minutes.
Milk, whole (1 cup)	1/2 cup evaporated milk and 1/2 cup water
Molasses (1 cup)	1 cup honey
Sugar (1 cup)	1 cup honey (reduce liquid in recipe by 3 tablespoons); or 1 cup molasses (reduce liquid in recipe by 4 tablespoons)
Tomato juice (1 cup)	1/2 cup tomato sauce and 1/2 cup water
Tomato sauce (2 cups)	3/4 cup tomato paste and 1 cup water

... and justice for all

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