

# Family Nutrition In Action

December 2013

## IN THIS ISSUE:

- Eat and Be Merry with Fruits and Veggies
- Rethink Your Drink
- Veggie Corner: Tomatoes
- Recipe: Mexican Salad Bowl



## Rethink Your Drink this Holiday Season

What you drink is just as important as what you eat! Many drinks contain added sugar, too much fat and too many calories. Here are some ways you can make better drink choices.

- Save money when you drink water. Choose tap at home or when you eat out. Stay hydrated with water to manage calories between and at meals. Flavor water with slices of lemons or cucumber.
- Try 100% fruit juices and low-fat or fat-free milk.
- Enjoy the beverage of your choice, but choose smaller portion sizes.
- Use the Nutrition Facts label to learn about total sugars, fats and calories.
- Limit alcohol to one drink for women and two drinks for men per day.

SOURCE: USDA

For more information, contact your local County Extension Office:



## Eat and Be Merry with Fruits and Veggies!

Eating healthy during the holidays can be hard. Often there are many foods around! Eating healthy is possible even if you and your family are at a party, a restaurant, a food court, or picking up a meal at a drive-thru window.

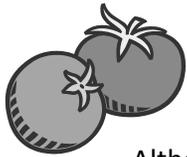
Plan ahead and fill half your holiday plate with fruits and veggies. This season your family can have fun and stay healthy too!

- Decorate with reds and greens! Slice red and green apples and surround your favorite fruit dip like a wreath, or add dried cranberries to a green salad. Green and red peppers brighten dishes too.
- Eat a healthy snack with fruits and vegetables before you and your family leave home. Then you will not arrive with an empty stomach.
- If you need to take a dish to a party, a fruit or vegetable tray is quick and easy. No cooking needed!
- Give a basket or bowl of fruits and vegetables as a holiday gift. A dried fruit and nut combination is also delicious!
- Keep frozen and canned vegetables on hand for any unexpected guests or last minute invitations. Combine canned corn, black beans, and salsa for an appetizer.
- Offer 100% fruit or vegetable juice as a beverage. Want to serve punch? Use seltzer instead of water to make juice from 100% fruit juice concentrate.

Avoid the post-holiday slump this year! Take small steps to eat less and move more. Check out the back for ways to be active with your family.

SOURCE: UNIVERSITY OF NEBRASKA-LINCOLN, CLEMSON COOPERATIVE EXTENSION, FRUITS AND VEGGIES MORE MATTERS, RUTGERS COOPERATIVE EXTENSION

## Happy Holidays from UF / IFAS Extension!



## VEGGIE CORNER TOMATO

Although tomatoes are a fruit, they are part of the vegetable group. There are three types: cherry (round and bite-sized), plum (small and egg-shaped) and slicing tomatoes (large and round). Tomatoes are a good source of Vitamins A and C and potassium. Similar to other vegetables, they are low fat, low in sodium, and low in calories.

### How to Buy:

- ◆ Select firm (not hard) tomatoes that are bright in color.
- ◆ Avoid soft, overripe, or bruised tomatoes.

### Cost:

- ◆ Fresh tomatoes may range from \$1.75 to \$2.94 per pound, depending on the type.
- ◆ Canned tomatoes cost approximately \$0.77 per pound.

### How to Prepare:

- ◆ Make a fresh tomato salsa with diced tomatoes, onions, garlic, bell peppers, and other seasonings like cilantro.
- ◆ Add chopped, fresh tomatoes to stews, soups, chili, and casseroles.
- ◆ Top salads and sandwiches with tomato wedges or cherry tomatoes.

### Storage:

- ◆ Store tomatoes at room temperature and use within one week after ripe.
- ◆ Refrigerate tomatoes only when overripe if you cannot use immediately.

SOURCE: UNIVERSITY OF GEORGIA, ERS USDA, UTAH STATE UNIVERSITY COOPERATIVE EXTENSION

## Mexican Salad Bowl

Serving Size: 1 cup, Makes 5 servings

- 1 (15-ounce) can kidney beans, no-salt added, drained
- 1 (16-ounce) can whole kernel corn, no-salt added, drained
- 2 medium tomatoes, diced
- 1/2 cup green pepper, chopped
- 4 green onions, thinly sliced
- 1/2 cup fat-free Italian salad dressing
- 1/2 teaspoon chili powder
- Chopped lettuce (optional)

### Nutrition Facts:

Calories: 160  
 Fat : 1g  
 Carbohydrates: 32g  
 Protein: 8g  
 Sodium: 280mg  
 Dietary fiber: 9g  
 Sugars: 8g

1. Drain kidney beans in colander, rinse; drain again for 1 minute.
2. Add kidney beans, corn, tomatoes, green pepper, and onions in a large salad bowl.
3. In a separate bowl, mix salad dressing and chili powder.
4. Pour over vegetable mixture and toss gently to blend.
5. Cover and refrigerate for at least one hour before serving.



6. Add chopped lettuce before serving if desired.

SOURCE: UNIVERSITY OF FLORIDA RECIPE RESOURCE

## Stay Active this Winter!

The cold weather is no excuse for these indoor activities!

- Dance to some of your family's favorite songs.
- Read a story with your child and act it out together.
- Set up an obstacle course using whatever you have around the house.
- Play hide and seek.



SOURCE: MICHIGAN STATE UNIVERSITY

 The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.