



Family Nutrition In Action

March 2013

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Go Healthy with Foods Around the World

Italian

- ◇ Try a bowl of minestrone soup, full of beans, vegetables and pasta.
- ◇ Ask for vegetables or fruit toppings on pizza for less fat and more fiber.

Mexican

- ◇ Order sour cream and guacamole on the side. Limit the amount you use.
- ◇ Eat only half of the tortilla shell when eating a taco salad.

Chinese

- ◇ Choose a meal with extra vegetables.
- ◇ Ask for sauces on the side or for a small amount to be added to food.

Middle Eastern

- ◇ Choose whole-wheat pita bread.
- ◇ Enjoy smaller portions of tzatziki, a cucumber yogurt sauce.

SOURCE: *EatRight Ontario*, ACADEMY OF NUTRITION AND DIETETICS

For more information, contact your local County Extension Office:

EAT RIGHT, YOUR WAY, EVERY DAY!

Do you feel overwhelmed when making food choices? Many factors can affect how we choose foods. That is why this year's theme of National Nutrition Month is "*Eat Right, Your Way, Every Day.*" Eating out can be a lot of fun and can even be healthy if you make it happen your way. Use these tips to help you make the healthiest choices when eating out.

Before you leave home:

- Eat something small, such as raw vegetables or low-fat cheese, so you don't arrive at the restaurant too hungry.
- Look at the menu online, if possible. You will avoid feeling rushed to make a decision at the restaurant.

When you order:

- Pick or create a meal with foods from each food group.
- Ask children to choose from two or three healthy items on the menu.
- Split an entrée with a friend, spouse, or your child. It will help you control your portion and save you money!
- Choose water instead of sodas or sweetened drinks. It is free and does not have added sugar!
- Limit calories by asking for dressings and sauces on the side.

While you wait for your meal:

- Drink water so that you do not fill up on appetizers or bread.
- Skip the alcohol —it increases your appetite.

When you eat:

- Start with fruit and vegetables before eating the rest of your meal.
- Relax and take your time! It takes about 20 minutes for you to start to feel full.
- Ask your server to put half of your meal in a "to go" box. Save it for the next day.



SOURCE: *THE UNIVERSITY OF WISCONSIN-MADISON*, ACADEMY OF NUTRITION AND DIETETICS



VEGGIE CORNER CARROTS

Carrots are a root vegetable so they grow out of the ground.

Although most are orange, they can be white, purple, red, or yellow. They have a crisp texture when eaten raw. Carrots are packed with vitamin A, potassium, vitamins C, and B6, folic acid, and many other nutrients. Also, carrots are fat-free, cholesterol free, and low in calories.

How to Buy

- Select carrots that are firm, fresh, smooth, well shaped and well colored.
- Avoid wilted, soft, or split carrots and check for signs of decay.

COST

- The national average for a pound of carrots in Florida is \$0.79.
- Baby carrots are sweet, but cost between \$1.50 and \$2.00 for a one pound bag.

HOW TO PREPARE

- Carrots should be scrubbed to remove any dirt on the outer layer. Then peeled.
- Cut them up to eat as a snack or add them to salads, soups, and stews.
- Shred them and add them to cakes, muffins, breads and cookies.

STORAGE

- Cover both raw and cooked carrots to keep them from drying out.
- Refrigerate in a plastic bag, loosely tied or knotted for up to two weeks.

SOURCE: USDA AGRICULTURAL MARKETING SERVICE,
PRODUCE FOR BETTER HEALTH FOUNDATION

HONEY ROSEMARY CARROTS

Serves 4

INGREDIENTS:

- 4 large carrots
- 1/4 cup water
- 2 tablespoons butter
- 1/4 cup honey
- 1/2 teaspoon dried rosemary

STEPS:

1. Wash and peel carrots.* Cut them diagonally into 1/4-inch slices.
2. Bring carrots, water, and butter to a boil in a small sauce pan.
3. Reduce heat to medium and simmer for 10 minutes.
4. Add honey and rosemary and continue to simmer until carrots are tender (about 5 minutes).

**Remember children love to help out in the kitchen. Young children can wash the carrots and older children can peel them.*

SOURCE: ALL RECIPES



NUTRITION INFORMATION per serving

Calories: 145
 Total Fat: 5.9g
 Total Carbohydrate: 24.4g
 Total Protein: 0.8g
 Fiber: 2.1g

Truth or Myth?

"Eat your carrots because they are good for your eyes!" Many children grow up hearing this statement, but is it true? Yes! Research has shown that Vitamin A (found in carrots) is important for good eyesight, especially at night. Vitamin A also helps your body fight infection and keeps your skin, hair and digestive system healthy.

SOURCE: USDA, UNIVERSITY OF MINNESOTA EXTENSION



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.

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