Approved Nutrition Education Materials Booklet

Title III-C1 and C2 Nutrition Programs

Kaitlyn Livingston, RD LD

February 2019

Wyoming Department of Health

Approved Nutrition Education Materials

The following are nutrition education materials, approved by a Registered Dietitian, and can be used by Title III-C1 and Title III-C2 nutrition program providers in Wyoming. Please review the Title III-C policies for nutrition education requirements.

MyPlate- MyPlate is the nutrition guide published by the USDA. They offer ideas and tips to help individuals create a healthier eating style that meets individual needs to help improve health.

1. Mini Poster: Make Half Your Plate Fruits and Vegetables
2. MyPlate, MyWins Mini Poster
3. MyPlate, MyWins Tips: Meal Planning for One
4. MyPlate, MyWins Tips: Enjoy Italian Cuisine
5. MyPlate, MyWins Tips: Make Your Takeout Healthier
6. 10 Tips: Add More Vegetables to Your Day
7. 10 Tips: Choose MyPlate
8. 10 Tips: Build a Healthy Meal
9. MyPlate, MyWins Tips: An Active Lifestyle
10. MyPlate, MyWins Tips: Enjoying Local Foods
11. MyPlate, MyWins Tips: Meal Planning Made Easy
12. MyPlate, MyWins Tips: Reach Your Nutrition Goals
13. MyPlate, MyWins Tips: Healthy Eating Style
14. 10 Tips: Choosing Healthy Meals As You Get Older
15. 10 Tips: Eating Away From Home
16. 10 Tips: Physical Activity at Home, Work and Play
17. 10 Tips: Save More at the Grocery Store
18. 10 Tips: Holiday Choices
19. 10 Tips: Foods From Many Cultures
20. 10 Tips: Active Adults
21. 10 Tips: Be Food Safe
22. 10 Tips: Whole Grain Foods
23. 10 Tips: Better Beverage Choices
24. 10 Tips: Enjoy Your Food, But Eat Less
25. 10 Tips: Eating Better on a Budget
26. 10 Tips: Eat Seafood Twice a Week
27. 10 Tips: Liven Up Your Meals with Fruits and Vegetables
28. 10 Tips: Smart Shopping for Veggies and Fruits
29. 10 Tips: Vary Your Protein
30. 10 Tips: Got Your Dairy Today?
31. 10 Tips: Half Your Grains Whole Grains
32. 10 Tips: Focus on Fruits

**Cent$ible Nutrition Program-** The Cent$ible Nutrition Program is the SNAP-Ed program in Wyoming. They target people using or eligible for SNAP benefits, including older adults.

1. Tips for Healthy Eating: Eating Out
2. The Whole Picture on Whole Grains
3. Shopping Tips
4. Cook Once, Eat for 2 Weeks: What, Why, and How

FightBac Food Safety- FightBac is the original consumer food safety education campaign based on the four core practices of clean, separate, cook and chill.

1. Food Safety Tips
2. Separate
3. Cook
4. Chill
5. Produce Pro
6. Clean
7. Cook It Safe
8. Produce Pro Brochure
9. FightBac Brochure

Miscellaneous Sources- These documents are from a variety of sources (SNAP-Ed, Extension programs, etc.).

1. Eating Healthier with Diabetes
2. Cooking for One or Two- A Nutrition Fact Sheet
3. Eat Right When Money's Tight
4. Quick and Easy Freezer Meals
5. Storing Fresh Fruits and Vegetables
6. Choosing Foods that Lower Your Risk of Cancer
7. Alliance Take-Home Nutrition
8. 10 Steps to Help Fill Your Grocery Bag
9. 5 Easy Steps to SNAP Benefits
10. Young At Heart- Your Checklist for Better Health
11. Are you at Risk for Osteoporosis?
12. MyPlate for Older Adults
13. Using the Nutrition Facts Label- A How To Guide for Older Adults

Additional Approved Education Materials

**These are online programs or materials available if ordered/printed*

1. **Seasoned Magazine-** Seasoned is designed for older adult readers. It is a 32-page, full-color magazine featuring skill-building how-to's, budget-stretching ideas, brain boosters, social tips, and recipes for delicious and easy meals you can make at home. *Tip: when you buy in bulk it reduces the cost for single newsletters.* For more information visit their website: https://www.chopchopfamily.org/seasoned-magazine.

2. **Cent$ible Nutrition Program Newsletters-** The Cent$ible Nutrition program offers printable newsletters that include recipes, education material, and other tips. To be added to the mailing list visit their website: http://www.uwyo.edu/cnp/newsletters/.

3. **Cent$ible Nutrition Program Classes-** The Cent$ible Nutrition program has educators in each county across Wyoming. Contact your local CNP educator to schedule or check for availability of classes in your community.

4. **Eat Smart Live Strong-** This program is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds. The SNAP-Ed connection website has the entire activity kit and materials available to download. Visit their website to access the documents: https://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong.

5. **Eat Smart, Move More, Weigh Less-** This is an online weight management program that uses strategies proven to work for weight loss and maintenance. For additional information visit their website: https://esmmweighless.com/.

Make Half Your Plate

Fruits & Vegetables

There are so many ways to eat **Fruits** & **Vegetables** every day.

Tomatoes, carrots, celery, and onions are key to this whole-grain **Spaghetti and Quick Meat Sauce**, paired with broccoli florets. Finish with warm **Roasted Pears and Vanilla Cream**.

Flavorful herbed green beans and roasted potatoes round out this **Smoky Mustard-Maple Salmon**. For dessert, enjoy a fruit, granola, and yogurt parfait.

Pineapple, carrots, and tomatoes add tang to this **Sweet and Sour Pork**, served with a colorful salad. Finish with nonfat frozen yogurt.

Enjoy the crunchy, juicy goodness of apples and grapes in this **Chicken Waldorf Salad**, served on mixed greens and topped with low-fat dressing. End your meal with **Blueberry-Lime Yogurt**.

Find these recipes and more ideas at Choose**MyPlate**.gov

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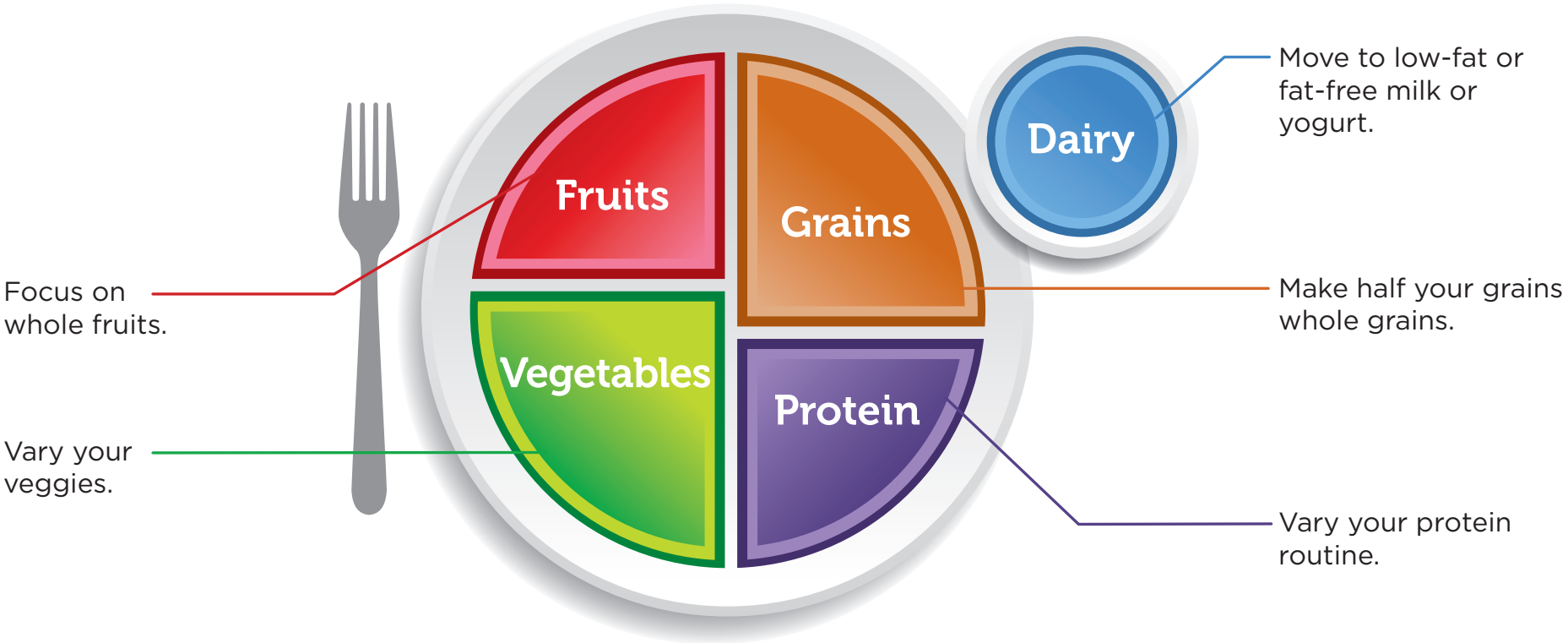
Center for Nutrition Policy and Promotion • October 2011 • CNPP-26
USDA is an equal opportunity provider and employer. • Recipes by EatingWell

USDA United States Department of Agriculture

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



ChooseMyPlate.gov

Limit

Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.

Fruits	Vegetables	Grains	Dairy	Protein
Focus on whole fruits and select 100% fruit juice when choosing juices. Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.	Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.	Choose whole-grain versions of common foods such as bread, pasta, and tortillas. Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."	Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.	Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds. Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups	2½ cups	6 ounces	3 cups	5½ ounces
1 cup counts as:	*1 cup counts as:*	*1 ounce counts as:*	*1 cup counts as:*	*1 ounce counts as:*
1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice	2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits	1 cup milk 1 cup yogurt 2 ounces processed cheese	1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg

Water

Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

ChooseMyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
May 2016
CNPP-29

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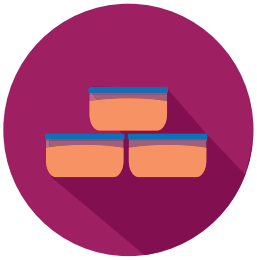
MyPlate MyWins

Meal planning for one

Cooking for one can be challenging—most recipes and sales are meant for more than one person. Use the tips below to help when you're cooking for one.



Freeze extra portions

Is the package of meat, poultry, or fish too big for one meal? Freeze the extra in single servings for easy use in future meals.

Cook once, eat twice

Making chili? Store leftovers in small portions for an easy heat-and-eat meal. Serve over rice or a baked potato to change it up!

Sip on smoothies

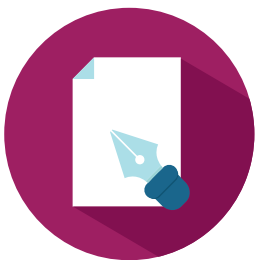
A smoothie for one is easy! Blend fat-free or low-fat yogurt or milk with ice, and fresh, frozen, canned, or even overripe fruits.

Order at the deli counter

Deli counters offer small quantities. Ask for a quarter pound of roasted poultry and 2 scoops of bean salad or marinated vegetables.

Use a toaster oven

Small, convenient, quick to heat! They're perfect for broiling fish fillets, roasting small vegetables, or heating up a bean burrito.



List more tips

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Based on the Dietary Guidelines for Americans
Go to Choose MyPlate**.gov for more information.**

MPMW Tipsheet No. 12
March 2017
Center for Nutrition Policy and Promotion

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MyPlate MyWins

Enjoy Italian cuisine

Savor your favorite Italian meals in a healthier way with these small changes.

Balance your options

You don't necessarily have to skip the bread, wine, and dessert. Consider choosing just one of these options and pass on refills.

Start with salad

Choose a mixed green salad with vinaigrette instead of fried appetizers, which are higher in sodium and saturated fat.

Go for whole grains

Ask for whole-wheat pasta or pizza crust. Whole grains have more fiber and nutrients than refined grains.

Lighten up on cheese

Ask for a lighter sprinkling of cheese on pizza or pasta to cut back on the saturated fat and sodium.

Choose red sauces

Pick sauces made from vegetables, like marinara sauce, rather than heavy cream or butter sauce.

List more tips

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Based on the Dietary Guidelines for Americans
Go to Choose MyPlate**.gov for more information.**

MPMW Tipsheet No. 6
December 2016
Center for Nutrition Policy and Promotion

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United States Department of Agriculture

MyPlate MyWins

Make your takeout healthier

With smart choices and small changes, these tips can help make your favorite Asian-inspired meals work for you.

Look for veggies

Pick dishes that highlight veggies, like chicken and broccoli or a vegetable stir-fry. Be mindful of the type and amount of sauce used.

Try steamed foods

Many foods can be steamed rather than fried. Steamed dumplings and rice are lower in saturated fat than the fried versions.

Adjust your order

Most restaurants are happy to accommodate your requests. Ask that your food be cooked with less oil or half the sauce.

Add sauces sparingly

Sodium in soy sauce and calories from added sugars in duck and teriyaki sauces can add up quickly, so be mindful of how much you use.

Use chopsticks

Unless you're an expert, eating with chopsticks can help you slow down and recognize when you're full so you don't overeat.

List more tips

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MPMW Tipsheet No. 9
December 2016
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10 tips
Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

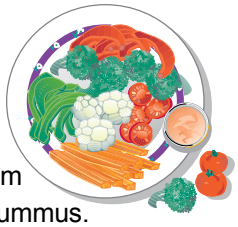
Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game



Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.

3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.

10 Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

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10 tips
Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.

4 Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.

5 Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.

6 Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

7 Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

9 Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

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10 tips
Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the MyPlate Daily Checklist and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.

8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

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MyPlate MyWins

An active lifestyle

Being more physically active is one of the best things you can do for your health, and it doesn't have to be hard or involve the gym.

Get social

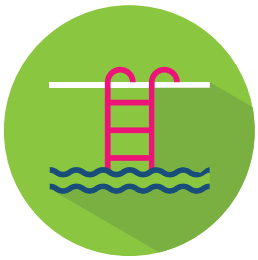
Get active with your friends instead of going out to eat. Go for a hike, walk around the mall, or play an exercise-themed video game.

Move more at work

Fit more activity into the workday. Stand during phone calls, use a printer farther from your desk, and get up to stretch each hour.

Do something new

Develop a new skill to kick-start your motivation. Sign up for a class to learn how to salsa dance, surf, do tai chi, or play a sport.



Keep cool in the pool

Don't like to sweat? Hit the local community pool for a swim, water polo, or water aerobics class to stay cool while exercising.

Stay on track

Use SuperTracker.usda.gov to track your activity. Sync your FITBIT® for easy entry and join a challenge for friendly competition.

List more tips

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Based on the Dietary Guidelines for Americans
Go to Choose MyPlate**.gov for more information.**

MPMW Tipsheet No. 4
October 2016
Center for Nutrition Policy and Promotion

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United States Department of Agriculture

MyPlate MyWins

Enjoying local foods

Enjoy local foods and flavors as part of your healthy eating style. Choose foods from local farms or grow your own garden.

Try something new

Find fruit and veggies that aren't in a grocery store at a farm stand or farmers market. Challenge yourself with a new ingredient.

Ask for tips

Not sure how to prepare it? Farmers know delicious ways to use their products and are a great resource for food prep tips and recipes.

Grow your own food

Get the family involved with gardening. Start small with a window herb box or plant fruits and vegetables in a container or the yard.

Visit a farm

Go with friends or family to a "pick-your-own" farm or orchard. Get active while learning where your food comes from.

Get it delivered

Short on time? Produce delivery services can be found in most States. Sign up to get farm-fresh ingredients delivered to your door.

List more tips

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MPMW Tipsheet No. 3
October 2016
Center for Nutrition Policy and Promotion

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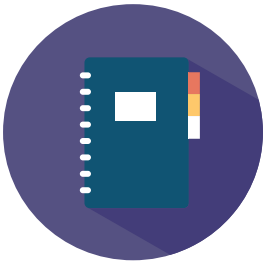
MyPlate MyWins

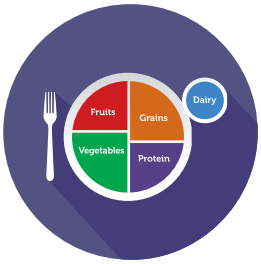
Meal planning made easy

Planning healthy meals ahead of time can help you stick to a healthy eating style. If you're new to meal planning, start small and work up to more.



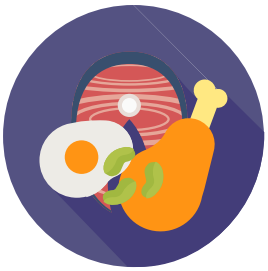
Map out your meals

Outline meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks too!



Find Balance

If you have veggies, dairy, and protein at one meal, include fruit and grains in the next to cover all 5 food groups.

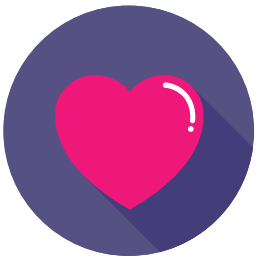


Vary protein foods

Choose a variety of protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat, or eggs other days.

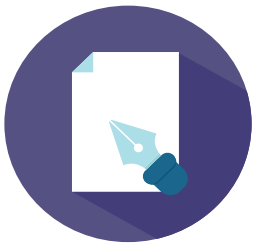
Make a grocery list

Start by listing ingredients for meals you plan to make. Cross off items you already have on hand.



Love your leftovers

Prepare enough of a dish to eat multiple times during the week. Making leftovers part of your plan can save money and time.



List more tips

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Based on the Dietary Guidelines for Americans
Go to Choose MyPlate**.gov for more information.**

MPMW Tipsheet No. 2
October 2016
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MyPlate MyWins

Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.

Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.

Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!

Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.

Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.

Celebrate successes

Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!

List more tips

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Based on the Dietary Guidelines for Americans
Go to Choose MyPlate**.gov for more information.**

MPMW Tipsheet No. 1
October 2016
Center for Nutrition Policy and Promotion

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Find Your Healthy Eating Style & Maintain It for a Lifetime

Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—*making sure that your choices are limited in sodium, saturated fat, and added sugars.*

Make half your plate fruits and vegetables: Focus on whole fruits

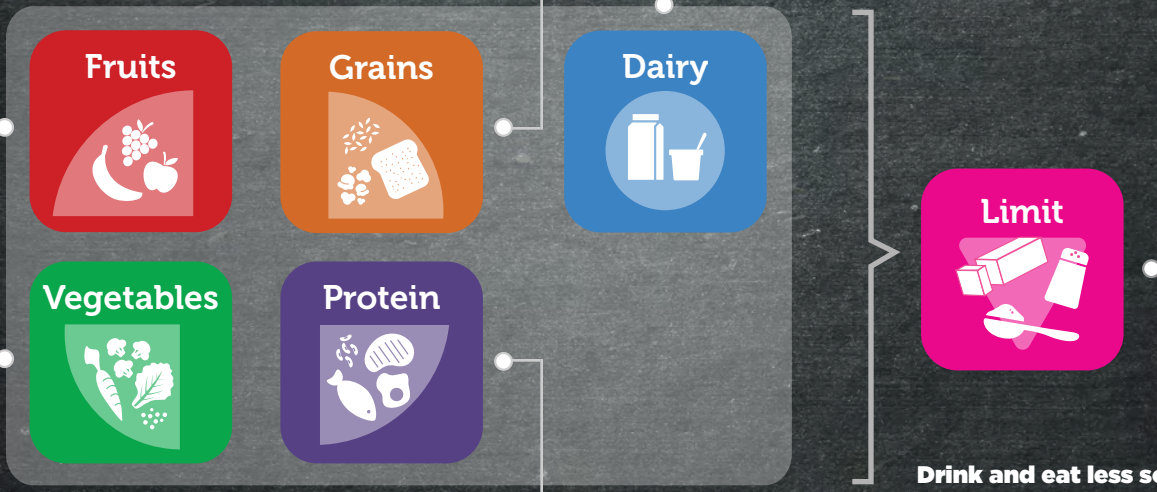
- Choose whole fruits—fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.

Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

Move to low-fat or fat-free milk or yogurt

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Vary your protein routine

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

Drink and eat less sodium, saturated fat, and added sugars

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.

MyWins

ChooseMyPlate.gov

Everything you eat and drink matters.
The right mix can help you be healthier now and into the future. Find your MyWins!

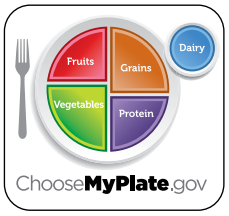
Visit ChooseMyPlate.gov *to learn more.*

Center for Nutrition Policy and Promotion
January 2016

USDA

10 tips
Nutrition Education Series

choosing healthy meals as you get older



10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

(over)

NIH National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
July 2015

6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.


Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8
Amount Per Serving
Calories 230 Calories from Fat 40
% Daily Value*
Total Fat 8g 12%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 12%
Dietary Fiber 4g 16%
Sugars 1g
Protein 3g
Vitamin A 10%
Vitamin C 8%
Calcium 20%
Iron 45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and www.nia.nih.gov/health/topics/nutrition for more information.

USDA
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10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Eating foods away from home

Full-service and fast-food restaurants, convenience stores, and grocery stores offer a variety of meal options. Typically, these meals are higher in calories, saturated fat, sodium, and added sugars than the food you prepare at home. Think about ways to make healthier choices when eating food away from home.

1 Consider your drink

Choose water, unsweetened tea, and other drinks without added sugars to complement your meal. If you drink alcohol, choose drinks lower in added sugars and be aware of the alcohol content of your beverage. Keep in mind that many coffee drinks may be high in saturated fat and added sugar.

2 Savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.

3 Share a dish

Share a dish with a friend or family member. Or, ask the server to pack up half of your entree before it comes to the table to control the amount you eat.

4 Customize your meal

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

5 Pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.

6 Fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.

7 Compare the calories, fat, and sodium

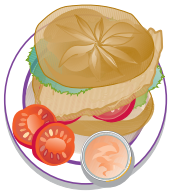
Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check www.FDA.gov.

8 Pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

9 Get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



10 Quit the "clean your plate club"

You don't have to eat everything on your plate. Take leftovers home and refrigerate within 2 hours. Leftovers in the refrigerator are safe to eat for about 3 to 4 days.

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Go to **ChooseMyPlate.gov** for more information.

DG TipSheet No. 41
June 2015
Revised October 2016

USDA
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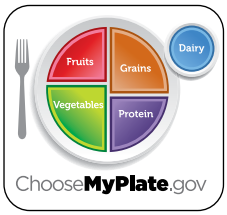
10 tips
Nutrition Education Series

physical activity at home, work, and play



10 tips to make physical activity a regular part of the day

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

1 take 10
Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

2 mix it up
Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.

3 be ready anytime
Keep comfortable clothes and walking or running shoes in the car and at the office.

4 find ways to move
Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

5 work out during TV time
Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

6 be an active parent
Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

7 find support
Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

8 enjoy the great outdoors
Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

9 look for wellness at work
Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

10 the chores count, too!
Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.

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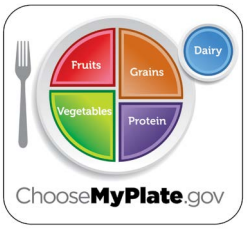
10 tips
Nutrition Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 find deals right under your nose
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 search for coupons
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.

3 look for savings in newspaper
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 join your store's loyalty program
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 buy when foods are on sale
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 find out if the store will match competitors' coupons
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 stay organized so coupons are easy to find
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.

8 find a coupon buddy
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 compare brands
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 stick to the list
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.

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10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.

2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.

6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

10 tips
Nutrition Education Series

enjoy foods from many cultures

10 tips to wisely celebrate healthier foods and customs

As a diverse Nation, we can embrace our cultural traditions for the foods we love and still prepare them in healthier ways. This involves being creative with favorite recipes by substituting foods and ingredients that are less healthy with flavorful and appealing choices that still help remind us of our treasured food ways.

1 cook with others

Learn about cooking different traditional or regional foods from others who use authentic recipes and ingredients and explore ways to improve the nutrition of some of your own family favorites. Cooking dishes at home allows you to add variety to meals. If needed, adapt recipes by cutting back on gravies, creams, and sauces; adding more vegetables; or baking instead of frying.

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2 blend cultures

Many popular foods and beverages in America blend the cuisines of many cultures. Celebrate our Nation's diversity and be inspired by dishes that include more fruits, vegetables, whole grains, beans, seafood, lean meats, and low-fat dairy.

3 add a touch of spice

Combinations of herbs and spices often remind us of dishes from our own heritage or our favorite ethnic food. Add flavor to meals with herbs and spices, such as chili, garlic, ginger, basil, oregano, curry, or cilantro, which can replace salt and saturated fat.

4 use familiar foods to create exotic dishes

Use foods you know and prepare new recipes, such as adding curry to chick peas, cilantro to brown rice, or mango to your salad or smoothie. Make half your plate fruits and vegetables.

5 find the salt and sodium and go with lower numbers

All packaged foods are labeled to show amounts of sodium. Use "low-sodium" soy sauce, or broth or canned beans labeled "no salt added." Check nutrition labels and use products that are lower in sodium or are salt-free.

6 think about beverages

Many cultures offer tasty beverages, such as fruit drinks, alcoholic drinks, rich coffees, and sweet teas. Consider using frozen fruits to create a great tasting smoothie, or adding spices, low-fat dairy, and small amounts of sugar to make beverages. When buying prepared beverages, choose items with less sugar and fat. To manage calories, drink water or other unsweetened beverages instead of sugary drinks.

7 delight in cultural gatherings

Celebrate traditions, especially those that help you stay physically active. Have fun with traditional dances, sports, and games that make you move. Balance what you eat with regular physical activity.

8 show children what's important

Children learn to cook from their elders. Show kids how meals and dishes from various traditions are prepared. Let them taste foods they made, as you share related stories and customs from your own heritage or expose them to other cultures, but consider ways to cut back on high-calorie foods and ingredients.

9 make smart choices when dining out

Eating out offers tempting new dishes that make it easy to overeat. Choose lower calorie dishes, such as stir fries, kabobs, or whole-wheat pastas with tomato sauce. Split a dish or ask for a take-home container at the start of a meal to save part of what's served on your plate.

10 remember, all types of foods fit on MyPlate

MyPlate is designed to remind Americans to eat healthfully, using foods from the food groups. The MyPlate website provides practical information, tips, tools, and recipes that will help you build a healthier diet. Go to www.ChooseMyPlate.gov.

USDA United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No.31
June 2013
Center for Nutrition Policy and Promotion

10 tips
Nutrition Education Series

be active adults

10 tips to help adults include physical activity into their lifestyle

Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1 start activities slowly and build up over time

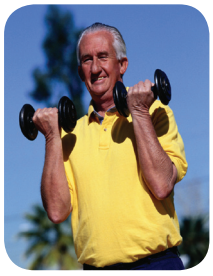
If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.



4 make active choices throughout the day

Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.

7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.

10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

*Find the SuperTracker at https://www.supertracker.usda.gov.

USDA United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 30
April 2013
Center for Nutrition Policy and Promotion

10 tips

Nutrition Education Series

be food safe

10 tips to reduce the risk of foodborne illness

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

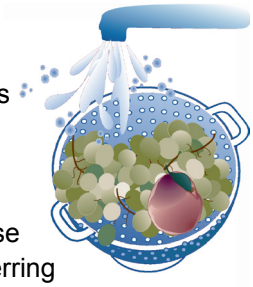
3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce



Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.
Go to www.fsis.usda.gov for food safety information.

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October 2012

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

2 Look for the word "whole" at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.

4 Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.

8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.

10 What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.

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Go to **ChooseMyPlate.gov** for more information.

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USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.

2 How much water is enough?

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

3 A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

*100% juice is part of the Fruit or Vegetable Group.

6 Don't forget your dairy**

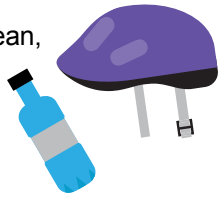
Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

7 Enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 Compare what you drink

Food-A-Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Center for Nutrition Policy and Promotion

Go to **ChooseMyPlate.gov** for more information.

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May 2012
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USDA
United States Department of Agriculture

10 tips
Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Enjoy your food, but eat less

You can enjoy your meals while making small shifts to the amounts and types of food on your plate. Healthy meals start with a variety and balance of foods from each food group. Aim to consume less sodium, saturated fat, and added sugars.

1 Get to know the foods you eat

Keep track of the food and beverages you consume by using SuperTracker**.** This tool gives you tips on how to make healthier food choices.

SUPERTRACKER

2 Take your time

Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

3 Use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

4 If you eat out, choose healthier options

Many restaurants have nutrition information posted online or on menus. Choose entrees that are baked or broiled instead of fried. Ask for dressings or sauces on the side.

5 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Mix berries with fat-free yogurt or enjoy fruit on its own, such as melon or pineapple.

6 Choose to eat some foods more or less often

Eat more vegetables, fruits, whole grains, and low-fat dairy products. Cut back on foods such as pizza, ice cream, cookies, and cake.

7 Create your own meal plan

Plan out your meals in advance. Use Sample Meal Plans on SuperTracker for ideas to plan healthy meals.

8 Sip smarter

Drink water or other calorie-free beverages, such as unsweetened tea or club soda, or other low-calorie beverages when you are thirsty. Sugar-sweetened beverages contain added sugar and are high in calories.

9 Compare foods

Check out the Food-A-Pedia to look up and compare nutrition information for more than 8,000 foods.

10 Make sweets a once-in-a-while treat

Treat yourself on special occasions. When you eat foods like pie, cake, brownies, cookies, and candy, choose the smallest size or consider sharing it.

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.

8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Ask for water instead of ordering other beverages, which add to the bill.

Center for Nutrition Policy and Promotion

Go to **ChooseMyPlate.gov** for more information.

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10 tips
Nutrition Education Series

eat seafood twice a week

10 tips to help you eat more seafood

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the *2010 Dietary Guidelines for Americans*, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.

1 eat a variety of seafood

Include some that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring, and sardines.

2 keep it lean and flavorful

Try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading or frying seafood and creamy sauces, which add calories and fat. Using spices or herbs, such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add flavor without adding salt.

3 shellfish counts too!

Oysters, mussels, clams, and calamari (squid) all supply healthy omega-3s. Try mussels marinara, oyster stew, steamed clams, or pasta with calamari.

4 keep seafood on hand

Canned seafood, such as canned salmon, tuna, or sardines, is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.

5 cook it safely

Check oysters, mussels, and clams before cooking. If shells don't clamp shut when you tap them, throw them away. After cooking, also toss any that didn't open. This means that they may not be safe to eat. Cook shrimp, lobster, and scallops until they are opaque (milky white). Cook fish to 145°F, until it flakes with a fork.

*This recommendation does not apply to vegetarians.

6 get creative with seafood

Think beyond the fish fillet. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad, or oven-baked pollock.

7 put it on a salad or in a sandwich

Top a salad with grilled scallops, shrimp, or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats, which are often higher in sodium.

8 shop smart

Eating more seafood does not have to be expensive. Whiting, tilapia, sardines, canned tuna, and some frozen seafood are usually lower cost options. Check the local newspaper, online, and at the store for sales, coupons, and specials to help save money on seafood.

9 grow up healthy with seafood

Omega-3 fats from seafood can help improve nervous system development in infants and children. Serve seafood to children twice a week in portions appropriate for their age and appetite. A variety of seafood lower in mercury should also be part of a healthy diet for women who are pregnant or breastfeeding.

10 know your seafood portions

To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces, and 1 small trout is about 3 ounces.

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Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 15
December 2011

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Liven up your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

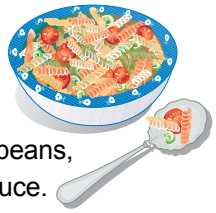
1 Fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

2 Take your casserole to the next level

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3 Planning something Italian?



Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.

4 Get creative with your salad

Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

5 Salad bars aren't just for vegetables

In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

6 Get in on the stir-frying fun

Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

7 Add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.

8 Be creative with your breakfast

Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

9 Make a tasty fruit smoothie

Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.

10 Liven up an omelet

Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.

10 tips
Nutrition Education Series

smart shopping for veggies and fruits

10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

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DG TipSheet No. 9
September 2011

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.

3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches.Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.

9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

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10 tips
Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 "Skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.

2 Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

4 Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5 What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.

6 Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.

7 Limit added sugars

Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

8 Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 Can't drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

10 Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

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USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Make half your grains whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy eating style have a reduced risk of some chronic diseases.

1 Make simple shifts

To make half your grains whole grains, choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.

2 Whole grains can be healthy snacks

Popcorn is a whole grain. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3 Save some time

Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.

4 Mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 Try whole-wheat versions

Change up your favorite meal with whole grains. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat noodles in lasagna.

6 Bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

7 Be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8 Check the label

Most refined grains are enriched. This means that certain B vitamins and iron are added back after processing. Check the ingredients list to make sure the word “enriched” is included in the grain name.

9 Know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient ***first*** on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye.”

10 Be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.

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United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

2 Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3 Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 Don't forget the fiber

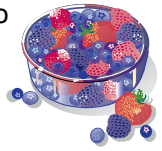
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 Try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



7 Enjoy fruit at dinner, too

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 Snack on fruits

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

10 Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

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Helping Families Eat Better for Less

University of Wyoming Extension

Tips for Healthy Eating: Eating Out

When eating away from home, it can be hard to eat healthy. However, with these tips you can help stay on track for a healthy meal.

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-grain bread for sandwiches, such as whole-wheat.
- In a restaurant, start your meal with a salad packaged with veggies. Salad provides many vitamins, can help control hunger and can help you feel satisfied sooner.
- Ask for salad dressing to be served on the side. Use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed. Choose a "small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead of heading for the "all-you-can-eat" buffet.
- If portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
    - order an appetizer or side dish instead of an entrée
    - Share a main dish with a friend
    - If you can chill the extra food right away, take leftovers home in a to-go box or bag
    - Resign from the "clean your place club" - when you've eaten enough, leave the rest
- To keep your meal moderate in calories, fat, and sugars:
    - ask for salad dressing to be served on the side so you can add as much as you want
    - order foods that do no have creamy sauces or gravies
    - add little to no butter to your food
    - choose fruits for dessert most often
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or contact your local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250 -9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY).

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The Whole Picture on Whole Grains

Figuring out if a processed product is a whole grain can be difficult. Not all products advertised as whole grains are actually whole grains. This easy formula can help you find out for yourself so that you can make the healthy choice.

Whole Grains = total carbohydrates ÷ 10 versus total fiber (grams)

if fiber > (carbs ÷ 10) = whole grain | if fiber < (carbs ÷ 10) = not whole grain

For every 10 grams of carbs there should be 1 gram of fiber. The 10:1 ratio is about the ratio of carbs to fiber in an unprocessed whole grain. Look at the examples below to see how the formula works.

Nutrition Facts

Serving Size 3/4 cup (27 g)
Servings Per Container see table

Amount Per Serving	Cereal Alone	With 1/2 cup of Vit. A & D fortified skin milk
Calories	110	150
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	**2%**	**3%**
Saturated Fat 1g	**6%**	**6%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 200mg	**8%**	**11%**
Potassium 50mg	**1%**	**7%**
Total Carbs 23g	**8%**	**10%**
Dietary Fiber 1g	**3%**	**3%**
Sugars 12g		
Other Carbohydrate 10g		
Protein 1g		

Total Carbs = 23

23 ÷ 10 = 2.3

Total fiber = 1g

1g < 2.3 (less fiber)

× Not a whole grain

Nutrition Facts

Serving Size: 1/2 cup dry (40g)

Amount Per Serving	
Calories 150	Calories from Fat 25
	% Daily Value*
Total Fat 3 g	**5%**
Saturated Fat 0.5 g	**2%**
Trans Fat	
Cholesterol 0 mg	**0%**
Sodium 0 mg	**0%**
Potassium	
Total Carbohydrate 27 g	**9%**
Dietary Fiber 4 g	**16%**
Sugars 1 g	
Sugar Alcohols	
Protein 5 g	

Total carbs = 27

27 ÷ 10 = 2.7

Total fiber = 4g

4g > 2.7 (more fiber)

✓ Yes! A Whole Grain!

Focus on FIBER!

Source: Harvard Health Blog, The trick to recognizing a good whole grain.
http://www.health.harvard.edu/blog/the-trick-to-recognizing-a-good-whole-grain-use-carb-to-fiber-ratio-of-10-to-1-201301145794

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. 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 1-877-219-4646. This institution is an equal opportunity provider and employer.

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Shopping Tips

Start With A List

- Make a list; do not rely on memory alone.
- List the food and quantity needed. List items together that are located near each other in the store and leave perishables and frozen foods until last.
- Avoid impulse buying by using your list. The more you visit the store, the more chances for impulse buying.
- Double check storage space for the amount and type of food to purchase.
- Avoid shopping when you're hungry, studies indicate you'll spend more money

Specials

- Read food ads in the newspaper or at the store to see what is on sale.
- Food is only a bargain if: you'll use it, your family will eat it, it is cheaper than competitive products and you've considered the cost of additional ingredients needed.

Coupons/Rebate

- Avoid buying products just to use a coupon! You may spend more than you would on the regularly priced item.
- Shop on the days when the store offers double value for coupons.

Compare Brands

- Try different brands to see what suits your purpose and tastes.
- Look at shelves above and below eye level to find the best buy.

Convenience

- Packaging, precooking, seasonings and sauces add to cost of the product.
- Consider additional foods needed to prepare ready-to-eat foods.
- Read the list of ingredients because packaged foods often contain more sodium
- Convenience items usually cost more than home-prepared foods.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or contact your local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY).

Family & Consumer Sciences
Cent$ible Nutrition Program
Helping Families Eat Better for Less

University of Wyoming Extension

Cook Once, Eat for 2 Weeks: What, Why, & How

What is *Cook Once: Eat for 2 Weeks*?

This program is a plan for preparing and freezing ahead main dishes for two weeks. The process takes about one day. It combines tasks and requires pre-planning but can really save time and money while improving nutrition and family time!

Why cook once for two weeks?

- Saves money by reducing food waste, eat out less, prepare inexpensive meals.
- Saves time by combining shopping and preparation tasks.
- Improves nutrition by eating meals prepared at home.
- Improves food safety by multi-tasking and concentrating on proper food handling.
- Enhances family meal time by spending time together at enjoyable family meals.
- Saves decision making by already knowing what is for dinner tonight.
- Shares work load by having the family join in the fun and prepare the dishes together.

How is it done?

1. Select recipes and create a shopping list. Organize your list by store sections.
2. Purchase all your food items. When possible, take advantage of store sales and coupons. Think about side dishes too!
3. The night before: cook ahead any large food items (example: chicken, Master Meat Mix, Master Mix, and Magic Mix), organize your work space. Place recipes in plastic bags and tape to cupboard doors. Create combined work areas for dishes using similar ingredients. Gather cooking dishes, storage items, marking pens, etc.
4. Combine similar tasks then divide the food. For example: chop onion for all the dishes, cook all the ground beef (except any needed for raw meat dishes like meatloaf). Remember to follow good food safety practices!
5. Create assembly lines. Prepare dishes together that use similar food items.
6. Label all food items. Use masking tape with the name of the food and preparation instructions. Tape the recipe in the plastic bag to the food, if needed. For freezer bags, use a marker and write on the bag. Add the date prepared.

Continued on next page

Cook Once, Eat for 2 Weeks, continued

7. Freeze food items. Some items need to quick-freeze on a pan before placing into bags, such as the Runzas. For other dishes, combine foods needed for the same recipe and tape together. For example if a dish call for ½ cup grated cheese added during the last 10 minutes of cooking time, place the cheese in a plastic bag, tape to the top of the pan and freeze together.
8. Mark your calendar so everyone knows that plan. Take food items out of the freezer the night before and thaw in the refrigerator.
9. Concentrate on great side dishes adding fruits, vegetables, whole-grain breads and ice-cold milk to the meals.

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THE story OF YOUR dinner

Partnership for Food Safety Education

FOOD SAFETY TIPS

This holiday season and throughout the year, follow these 11 tips to reduce your risk of foodborne illness.

Suds up for 20 seconds.

Wash hands with soap under warm, running water before and after handling food to fight bacteria.

Start with a clean scene.

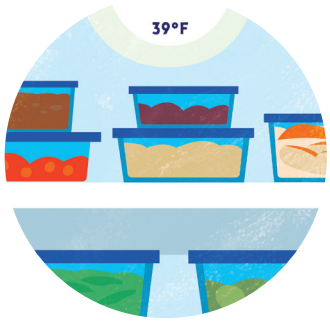
Wash cutting boards, dishes, countertops and utensils with hot water and soap.

Keep foods separate.

Separate raw meat, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.

Don't rinse meat or poultry.

It is not a safety step and can spread germs around your kitchen.



Keep your refrigerator at 40°F or below.

Refrigerate leftovers in shallow containers within two hours.

Read and follow package cooking instructions.

The instructions may call for a conventional oven, convection oven, toaster oven or microwave, and it's important to use the proper appliance to ensure even cooking.

Rinse fresh fruits and veggies

under running tap water, including those with skins and rinds that are not eaten.

Place meat and poultry in plastic bag provided at the meat counter,

and keep it in the plastic bag in your refrigerator at home.

Never defrost at room temperature.

Safely defrost food in the refrigerator, in cold water or in the microwave.

Use a food thermometer.

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.

Clean out your fridge.

No leftovers past 3-4 days.

BROUGHT TO YOU BY: Cargill · COSTCO WHOLESALE · FROZEN FOOD FOUNDATION · Partnership for Food Safety Education

Learn more about food safety at StoryOfYourDinner.org

SEPARATE

Partnership for Food Safety Education

Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods

Use Separate Cutting Boards, Plates and Utensils

Safely Marinate

Get it Straight – it's Safer to Separate

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.

Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods

Harmful bacteria from raw meat, poultry, seafood and eggs can spread to other foods if they are not separated properly. This is especially risky when bacteria are spread to foods that are eaten raw, such as fresh fruits and vegetables. **Separate** and prevent cross-contamination by taking these steps:

In the Grocery Store

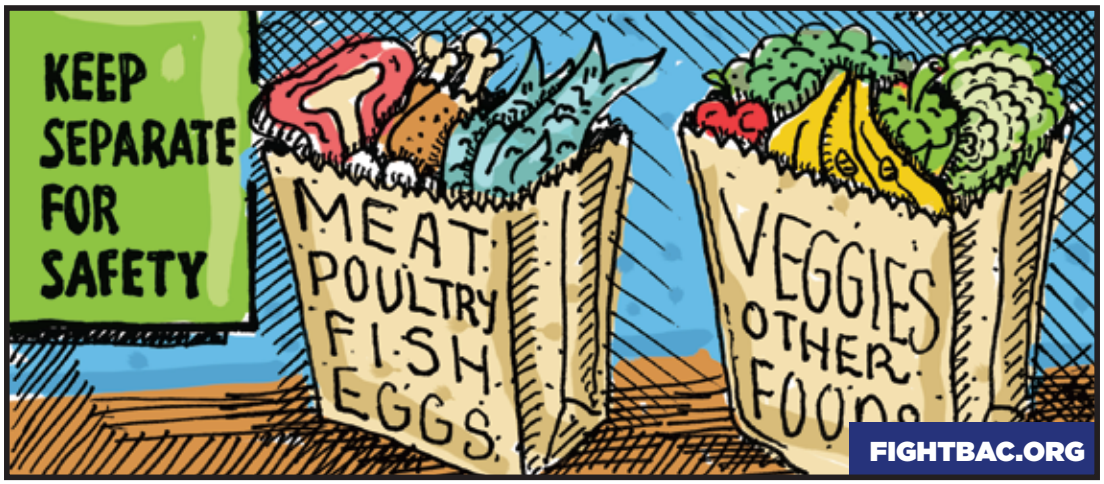
- Separate raw meat, poultry, seafood and eggs from other foods in your **shopping cart**. Place these products in **separate plastic bags** to prevent juices from getting on other foods.
- If you use reusable grocery bags, wash them frequently in the washing machine.

At Home

- Separate raw meat, poultry, seafood and eggs from other foods in the **refrigerator**. Place them in **containers or sealed plastic bags on the bottom shelf** of the refrigerator.
- If you are not planning to use these foods within a few days, freeze them.

Be a ProducePro

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. For more information on safely handling produce, check out our **ProducePro fact sheet** at fightbac.org.



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SEPARATE

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Use Separate Cutting Boards, Plates and Utensils

Use separate cutting boards:

- One for fresh produce
- Another one for raw meat, poultry and seafood

Use separate plates and utensils:

- For cooked foods
- For raw foods

Never place cooked food back on a plate that previously held raw meat, poultry, seafood or eggs. **Wash the plate with hot water and soap** before using with other foods.

Safely Marinate

Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first to destroy any harmful bacteria.

Reminder: Wash Hands!

Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs that can make you sick.

THE FOUR WAYS TO FIGHT BAC! CLEAN SEPARATE COOK CHILL

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COOK

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Color is Not a Reliable Indicator of Safety

Check with a Food Thermometer

Microwave to Safe Temperatures

Cook to Safe Temperatures

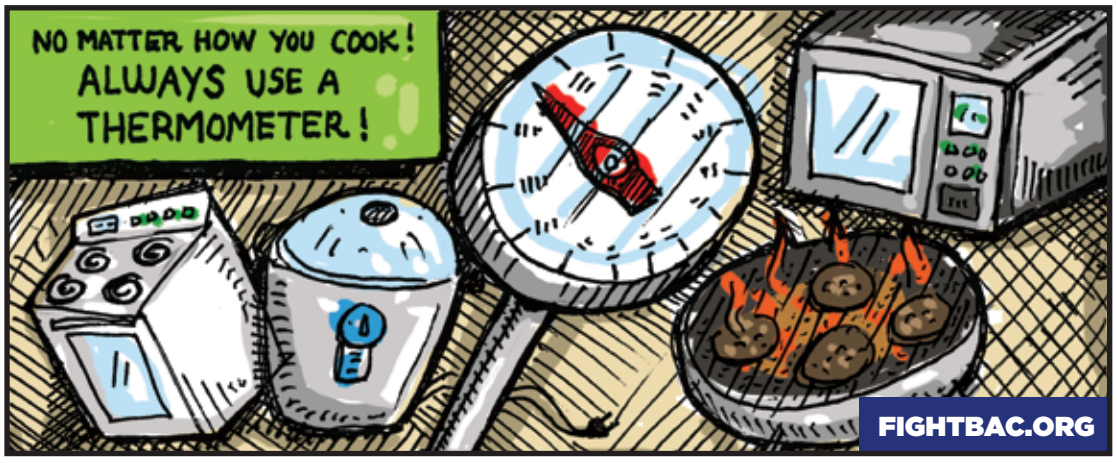
Safely cooking food is a matter of temperature. Foods need to reach a high enough internal temperature to kill bacteria that can cause foodborne illness.

Color is Not a Reliable Indicator of Safety

- Color and texture are not reliable indicators of whether food has reached a high enough internal temperature to destroy pathogens.
- According to USDA research, **1 in 4 hamburgers turns brown before reaching a safe internal temperature.**
- The best way to ensure safety is to use a food thermometer.

Check with a Food Thermometer

- **Use a food thermometer** to ensure that meat, poultry, seafood, egg products, leftovers and casseroles are cooked to safe temperatures to destroy any harmful bacteria.
- Compare your thermometer reading to the chart to make sure food has been cooked to a safe temperature.
- Food thermometers should be placed in the **thickest part of food**, making sure not to touch bone, fat or gristle.
- **Clean your food thermometer** with hot water and soap after each use.
- For information about calibrating your food thermometers, check out the **Thermometers and Food Safety Web page** from the USDA Food Safety and Inspection Service.



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COOK

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Microwave to Safe Temperatures

Read and follow package cooking instructions.

- Most prepared convenience foods are not ready to eat right out of the container.

Know when to use a microwave or conventional oven.

- Sometimes proper cooking requires the use of a conventional oven, not a microwave.
- Some convenience foods may be shaped irregularly or are thicker in some areas and may not cook evenly in a microwave oven. It is important to use the appliance and the method recommended on the label.

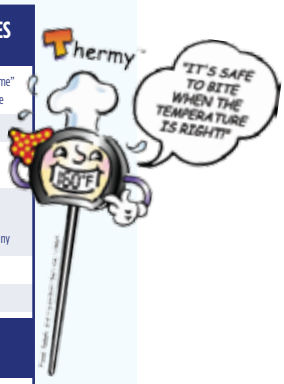
Know your microwave wattage before microwaving food.

- If your microwave's wattage is lower than the wattage mentioned in the label's instructions, it will take longer than the instructions say to cook the food to a safe internal temperature.

Always use a food thermometer to ensure a safe internal temperature.

- Use a food thermometer to test food in several places to make sure it has reached a safe internal temperature.
- For more information on microwaving foods to safe temperatures, check out the **Cook it Safe! fact sheet** at fightbac.org.

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer	
Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a three-minute "rest time" after removal from the heat source
Ground meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165°F
Finfish	145°F
GUIDELINES FOR SEAFOOD	
Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm



Download and print this chart here.

Important Cooking Tips to Remember: Entertaining and On-the-Go Foods

- When entertaining and serving hot food buffet-style, use a chafing dish, warming tray or slow-cooker to keep food hot.
- When bringing hot foods to a party or traveling with hot foods, transport them in insulated thermal containers. Keep containers closed until serving time.

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CHILL

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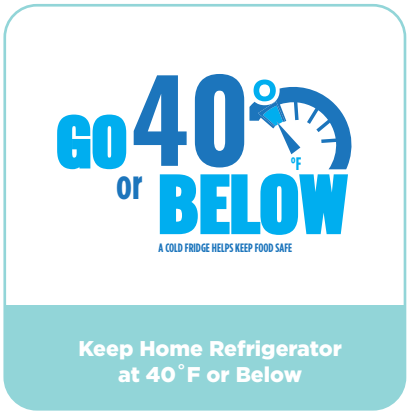

Keep Home Refrigerator at 40˚F or Below

Refrigerate Foods Within Two Hours

Thaw Foods Properly

Temperatures of 40˚ F or below will slow the growth of foodborne bacteria, which can grow rapidly at warmer temperatures. It's important to chill foods promptly and properly to prevent the growth of harmful microbes.

Keep Home Refrigerator at 40˚F or Below

- A constant home refrigerator temperature of **40˚F or below** is one of the most effective ways to reduce the risk of foodborne illness and slow the growth of harmful bacteria.
- Use a **refrigerator thermometer** to ensure the temperature is consistently 40 ˚ F or below. Refrigerator thermometers are tools that stay in your refrigerator to display actual temperatures (separate from refrigerator dials).
- **Don't go too low:** As temperatures approach 32 ˚F, ice crystals can form and lower the quality of foods.
- **Keep your refrigerator clean, too**: To prevent the spread of harmful bacteria, wipe spills immediately. Regularly clean the inside of your fridge with hot water and liquid soap, and dry with a clean cloth or paper towels.
- For more information on safe refrigeration temperatures, check out our **Go 40 ˚ F or Below fact sheet** and special brochures for **expecting mothers** and **seniors** at fightbac.org.

1. Follow thermometer manufacturer instructions for ideal placement.

2. Make sure the thermometer reads 40 ˚ F or below. Some events may cause temporary readings over 40 ˚ F, such as:
   - Initial placement
   - Door open for an extended time
   - Hot foods recently placed inside
   - Automatic defrost cycles: Check temperature as soon as it turns on, when it's at its highest temp.

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Refrigerate Foods Within Two Hours

- Refrigerate or freeze perishables, prepared foods and leftovers within **two hours** of purchase or use. If the temperature is 90˚F or above, cut this time down to one hour.
- Separate large amounts of leftovers into **shallow containers** for quicker cooling.
- **Do not overstuff your refrigerator**. Cold air must circulate to keep food safe.
- **Know when to toss:** you can't tell by looking or smelling whether harmful bacteria have started growing in your leftovers or refrigerated foods. Check out the **Safe Storage Times** chart for storage guidelines of different foods.

Hit the Road Cold

- When traveling, be aware that time, temperature and a cold source are key.
- Always use ice or ice packs. A full cooler will maintain cold temperatures longer than a partially filled one.
- For more information, check out our **Food Safety on the Move fact sheet.**

Storage Times for the Refrigerator and Freezer

These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

CATEGORY	FOOD	REFRIGERATOR (40 F OR BELOW)	FREEZER (0 F OR BELOW)
Salads	Egg, chicken, ham, tuna and macaroni salads	3-5 days	Does not freeze well
Hot dogs	Opened package Unopened package	1 week 2 weeks	1-2 months 1-2 months
Luncheon meat	Open package or deli sliced Unopened package	3-5 days 2 weeks	1-2 months 1-2 months
Bacon and sausage	Bacon Sausage, raw — from chicken, turkey, pork, beef	7 days 1-2 days	1 month 1-2 months
Hamburger and other ground meats	Hamburger, ground beef, turkey, veal, pork, lamb and mixtures of these	1-2 days	3-4 months
Fresh beef, veal, lamb and pork	Steaks Chops Roasts	3-5 days 3-5 days 3-5 days	6-12 months 4-6 months 4-12 months
Fresh poultry	Chicken or turkey, whole Chicken or turkey, pieces	1-2 days 1-2 days	1 year 9 months
Soups and stews	Vegetable or meat added	3-4 days	2-3 months
Leftovers	Cooked meat or poultry Chicken nuggets or patties Pizza	3-4 days 3-4 days 3-4 days	2-6 months 1-3 months 1-2 months

Download and print this chart here.

Thaw Foods Properly

Never thaw food at room temperature – harmful bacteria can multiply rapidly at room temperature. Choose one of these options to thaw food safely:

- **Thaw food in a refrigerator.** This is the safest way to thaw meat, poultry and seafood. Place the frozen food on a plate or pan to catch any juices that may leak.
- **Thaw in cold water** if food will be cooked immediately. Replace the water every 30 minutes so the food continues to thaw in cool water.
- **Thaw in the microwave** if food will be cooked immediately. Follow the instructions in your owner's manual for thawing.
- If you don't have time to thaw food: It is safe to **cook foods from a frozen state,** but the cooking will be approximately **50 percent longer** than fully thawed meat or poultry. Use a food thermometer to ensure food is cooked to safe internal temperature.

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FIGHT BAC!® LIKE A producepro

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As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK
fresh produce for signs of cuts or bruising, where harmful bacteria can breed

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

CLEAN
hands, surfaces and utensils to prevent contamination

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

RINSE
fresh fruits and veggies just before eating

- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

SEPARATE
produce from raw meat, seafood, poultry, eggs and household chemicals

- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

CHILL
cut fresh produce within two hours to prevent bacteria growth

- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

THROW AWAY
bruised, damaged or potentially cross-contaminated produce

- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

CLEAN

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Wash Hands with Soap and Water

Clean Surfaces

Rinse Produce

Wash Hands and Surfaces Often

Foodborne bacteria can't be seen, tasted or smelled. These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, CLEAN!

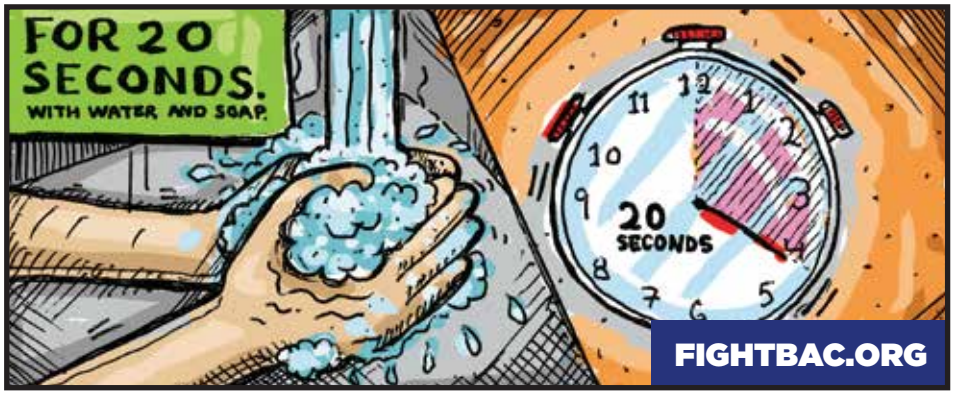
Wash your hands with warm water and soap for at least 20 seconds!

How?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds – about the time it takes to sing the "Happy Birthday" song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

When?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet



DID YOU KNOW?

In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

Bruhn, C. (2014). Chicken Preparation in the Home: An Observational Study. Food Protection Trends, 34, *318-330.*

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Clean Surfaces

Keep Your Scene Clean

Bacteria that can cause illness can survive in many places around your kitchen. **Keep countertops and other kitchen surfaces clean** to prevent cross-contamination.

- **CLEAN SURFACES** with hot water and soap to remove dirt and debris. Do this **after preparing each food item and before going on to the next food item**.
- **Keep your fridge clean, too**: Wipe spills immediately and regularly clean the inside with hot water and liquid soap. Dry with paper towels.
- After cleaning, you may **SANITIZE SURFACES** as an extra precaution to kill germs. Use a solution of 1 tablespoon of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces, and allow to stand for several minutes. Air dry or pat dry with fresh paper towels.

Wash your cutting boards, dishes and utensils with hot water and soap after preparing each food item and before you go on to the next food.

Rinse Produce

Rinse fresh fruits and veggies under running water just before eating, even if you plan to cut or peel them, because bacteria can spread from the outside to the inside during cutting or peeling.

- Firm-skinned fruits and veggies should be rubbed by hand or scrubbed with a clean brush while rinsing under running water.
- Packaged fruits and veggies labeled "ready-to-eat," "washed" or "triple-washed" should not be washed. Doing so may increase the risk for cross-contamination.
- Dry fruits and veggies with a clean cloth or paper towel.
- Do not use soap or bleach to wash produce. These products are not intended for consumption.
- For more information, check out our **ProducePro fact sheet** at fightbac.org.

THE FOUR WAYS TO FIGHT BAC! CLEAN SEPARATE COOK CHILL

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Every year, one in six Americans will fall ill due to some form of food poisoning. Many times it's the result of not cooking food to the correct temperature. In fact, bacteria can multiply the quickest when food is between 40° F and 140° F. Follow these four simple steps when preparing food to keep you and your family safe.

1. Read and Follow Package Cooking Instructions.

2. Know When to Use a Microwave or Conventional Oven.

3. Know Your Microwave Wattage Before Microwaving Food.

4. Always use a Food Thermometer to Ensure a Safe Internal Temperature.

The following organizations support this public education effort:

AHAM Association of Home Appliance Manufacturers

American Frozen Food Institute

FDA

International Microwave Power Institute

National Chicken Council

National Turkey Federation

Partnership for Food Safety Education

USDA

The four basics of the "Cook It Safe" campaign are guidelines that emerged from "Consumer Guidelines for the Safe Cooking of Poultry Products," a report of the National Advisory Committee on Microbiological Criteria for Foods (NACMCF). NACMCF's purpose is to provide impartial, scientific advice to federal food safety agencies for use in the development of an integrated, national food safety system from farm to final consumption.

When It Comes to Convenience Food, Remember to

Cook It Safe!

1 Read and Follow Package Cooking Instructions.

When you're hungry and want to eat something fast, it's easy to grab a prepared convenience meal and zap it in the microwave without taking time to read the cooking instructions. Because these commercially prepared convenience foods can be purchased refrigerated, frozen, or off the shelf, it's important to carefully read and follow package cooking instructions. Most prepared convenience foods are not ready to eat right out of the container. Reading the product label should tell you if it's ready to eat. The label may state, for example, that the product contains uncooked ingredients and must be cooked in a conventional oven thoroughly.

Unfortunately, not following package cooking instructions can result in undercooked food, which can lead to foodborne illness because it's not cooked to a high enough temperature to kill bacteria that might be present.

2 Know When to Use a Microwave or Conventional Oven.

Sometimes proper cooking requires the use of a conventional oven, not a microwave. The instructions may call for cooking in a conventional oven, convection oven or toaster oven. Package cooking instructions are calibrated for a specific type of appliance and may not be applicable to all ovens. Additionally, some prepared convenience foods are shaped irregularly or are thicker in some areas, creating opportunities for cold spots or uneven cooking in a microwave oven, where harmful bacteria can survive. For this reason, it is important to use the appliance recommended on the label.

After cooking in any type of appliance, always use a food thermometer to be sure the product has reached the recommended safe internal temperature to destroy pathogens that cause foodborne illness.

3 Know Your Microwave Wattage Before Microwaving Food.

If your microwave's wattage is lower than the wattage mentioned in the cooking instructions on the food package, it will take longer than the instructions say to cook the food to a safe internal temperature. The higher the wattage of a microwave oven, the faster it will cook food. If you don't know the wattage of your microwave oven, see if it's stated on the inside of the oven's door, on the serial number plate on the back of the oven, or in the owner's manual.

4 Always Use a Food Thermometer to Ensure a Safe Internal Temperature.

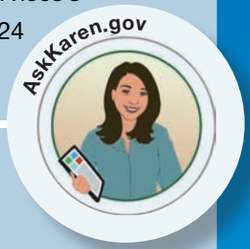
After the microwave or conventional oven cooking time is completed, observe the "stand time" as specified in the cooking instructions. Stand time is the time after the food is removed from the heat source, but the food continues to cook. You can't tell if your food is properly cooked simply by its color and texture alone. Use a food thermometer to test the food in several places to make sure it has reached a safe internal temperature. Digital thermometers are best to use because they are accurate and respond quickly to temperature changes.

Additional Resources

For additional information on safe cooking temperatures and guidelines as well as microwave cooking safety, visit:

- USDA's Food Safety and Inspection Service
  www.fsis.usda.gov
- Food and Drug Administration
  www.fda.gov/food
- Department of Health and Human Services
  www.foodsafety.gov
- Partnership for Food Safety Education
  http://fightbac.org/cookitsafe

Or, if you still have questions, you can "Ask Karen," the Food Safety and Inspection Services's virtual representative available 24 hours a day at www.AskKaren.gov.



BY PHONE:
Call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854)

or the FDA Food Information Line at 1-888-SAFE FOOD (1-888-723-3366).

These year-round, toll-free hotlines are available Monday through Friday from 10 a.m. to 4 p.m. Eastern Time. An extensive selection of timely food safety messages is also available at these numbers, 24 hours a day.

HELP EVERYONE FIGHT BAC!® LIKE A producepro

Reach consumers using the information in this smart guide, which outlines simple, science-based tips for reducing the risk of food poisoning at home.

Partnership for Food Safety Education

CHECK For Bruising or Damage

CLEAN Hands, Surfaces and Utensils

RINSE Fresh Fruits and Vegetables

SEPARATE From Contaminants

CHILL Cut Produce Below 40°F

THROW AWAY If in Doubt, Throw It Out

IF IN DOUBT, THROW IT OUT!

For more information, visit fightbac.org.

Partnership for Food Safety Education

6 SMART ProducePro TIPS

THE SCIENCE BEHIND THE SAFETY

CHECK
For Bruising or Damage

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

- Bruising or cuts make a piece of fruit more susceptible to growth of microbes that can cause illness. But remember, you cannot see, smell or taste the microbes that can cause food poisoning.
- Bacteria grow most rapidly in the range 40°F–140°F*, doubling in number in as little as 20 minutes. This range of temperatures is often called the "Danger Zone."

CLEAN
Hands, Surfaces and Utensils

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

- Pathogens from unwashed hands can get into foods and drinks while people prepare or consume them. Pathogens can multiply rapidly under certain conditions and make people sick. The CDC recommends this hand-washing practice to reduce illnesses and the spread of infections to others.
- Researchers found that cleaning cutting boards and utensils will help prevent cross-contamination.

RINSE
Fresh Fruits and Vegetables

- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled "ready-to-eat," "washed" or "triple washed" should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

- Evidence shows that washing vegetables and fruit by running water over them is associated with reduced microbial loads.
- Researchers found that when cantaloupe and honeydew melons were scrubbed with a clean brush under running water, optimal microbial removal was achieved. It is also recommended that consumers clean and sanitize brushes to prevent possible cross-contamination.
- A panel of scientists with expertise in microbial safety of fresh produce concluded that additional washing of ready-to-eat green salads is not likely to enhance safety and may increase the potential for cross-contamination.
- Research shows that patting dry with a clean paper or cloth towel will further help reduce microbal loads.
- Researchers found that running water was just as effective as any veggie washes, vinegar solutions or detergents in getting rid of microbial loads.

SEPARATE
From Contaminants

- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

- Food can become contaminated if it touches other raw foods or drippings from raw foods that contain pathogens.
- Researchers found that cleaning cutting boards and utensils will help prevent cross-contamination.

CHILL
Cut Produce Below 40ºF

- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

- A USDA/FDA risk assessment found that keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of food poisoning at home.
- Bacteria grow most rapidly in the range 40°F–140°F*, doubling in number in as little as 20 minutes. This range of temperatures is often called the "Danger Zone."

THROW AWAY
If in Doubt, Throw It Out

- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

- Bacteria grow most rapidly in the range 40°F–140°F*, doubling in number in as little as 20 minutes. This range of temperatures is often called the "Danger Zone."
- The bruised or damaged portions of fruits and vegetables are more susceptible to the growth of bacteria that may cause illness.
- Food can become contaminated if it touches other raw foods or drippings from raw foods that contain pathogens.
- You cannot see, smell or taste the bacteria that can cause food poisoning.

*Recommendation for consumers. The FDA Food Code for foodservice is 41°F–135°F.

Be a BAC Fighter

Make the meals and snacks from your kitchen as safe as possible. **CLEAN:** wash hands and surfaces often; **SEPARATE:** don't cross-contaminate; **COOK:** to safe temperatures, and **CHILL:** refrigerate promptly. Be a BAC Fighter and reduce your risk of food borne illness!

Visit "Ask Karen" at *FoodSafety.gov* to ask a food safety question

Call the USDA Meat & Poultry Hotline:
1-888-MPHotline (1-888-674-6854)

FDA Food Information Line
1-888-SAFEFOOD (1-888-723-3366)

See ***www.fightbac.org*** for free downloadable brochures, fact sheets, stickers, and other great stuff! Materials for educators can be ordered through the on-line BAC store!

The mission of the non-profit Partnership for Food Safety Education is to end illness and death from food borne infection.

Please go to ***www.fightbac.org*** for more information on how you can get involved and to sign up to receive food safety e-cards!

Sign up to be a BACFighter at www.fightbac.org

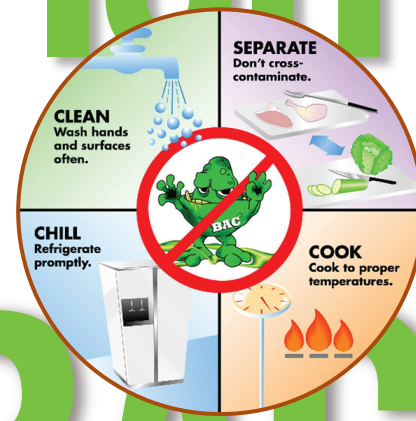
Apply the heat... and Fight BAC!®

Cooking food to the safe temperature kills harmful bacteria. So *Fight BAC!*® by thoroughly cooking your food as follows:

SAFE MINIMAL INTERNAL TEMPERATURES *As measured with a food thermometer*	
Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a 3-minute "rest time" after removal from the heat source.
Ground Meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers and casseroles	165°F
Fin Fish	145°F
Guidelines for Seafood	
Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

2011 PFSE

FIGHT BAC!®



FIGHT FOODBORNE BACTERIA

Four Simple Steps to **Food Safety**

www.fightbac.org

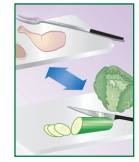
BAC (foodborne bacteria) could make you and those you care about sick. In fact, even though you can't see BAC—or smell him, or feel him—he and millions more like him may have already invaded the food you eat. But you have the power to *Fight BAC!*®.

Foodborne illness can strike anyone. Some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people the following four simple steps are critically important:

CLEAN: *Wash hands and surfaces often*

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To ***Fight BAC!***®, always:

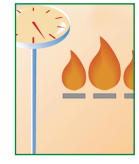
- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



SEPARATE: *Don't cross-contaminate*

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene—wash hands with warm water and soap, and wash cutting boards, dishes, countertops and utensils with hot water and soap.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



COOK: *Cook to safe temperatures*

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the chart on the back of this brochure for the proper internal temperatures.

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to the internal temperature shown in the chart on the back of this brochure.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches the safe internal temperature as measured with a food thermometer.
- Bring sauces, soups and gravy to a boil when reheating.

CHILL: *Refrigerate promptly*

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40ºF or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40ºF or below. The freezer temperature should be 0ºF or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90ºF).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis. Check USDA cold storage information at ***www.fightbac.org*** for optimum storage times.

Eating Healthier with Diabetes

Healthy choices can be affordable choices

Fruits

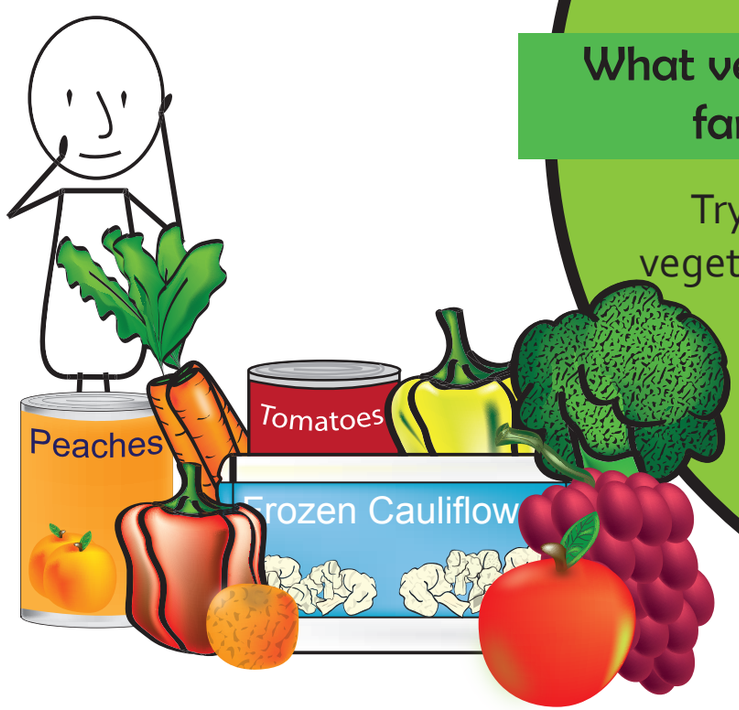
How can I enjoy fruit and control my blood sugar?

Try fresh fruits, canned fruits in their own juice, and plain frozen fruit for a treat

Vegetables

What vegetables can my family afford?

Try fresh in-season vegetables, plain frozen, and canned



Grains

What is a serving?

Try smaller portions. One package could be many servings

Proteins

Meat can be expensive. What other protein can I eat?

Try nuts, beans, canned fish, and eggs

Dairy

What kind of dairy is a healthy choice?

Try skim and 1% milk and non-fat yogurt

Eating Healthier with Diabetes

Healthy choices can be affordable choices

To stay healthy with diabetes, focus on what's on your plate. Fill half of your plate with non-starchy vegetables. The other half should be filled with grains and protein. Fruits and milk should be on the side. Fruits, milk, and grains will raise your blood sugar so pay attention to serving sizes. If you eat more of one, eat less of another. For example, if you eat 2 servings of grains (2 slices of bread), skip the fruit or milk. Eating this way can actually be really cheap! Let's explore how and why...

Blood Sugar Key:
- won't raise blood sugar
+ will raise blood sugar a little
++ will raise blood sugar a lot

Fruits

Blood Sugar: ++

Good to Know: Will raise blood sugar, especially dried fruit and fruit juice. Serving size is important!

Check your Plate: 1 small piece of fruit

Benefits: Helps you feel full, full of vitamins and fiber

Some Examples: 1 small apple, apricot, banana, orange, peach; or 1 small bowl of berries, grapes, melon, pineapple

Suggestion: Try a serving of fruit for dessert

Vegetables

Blood Sugar: -

Good to Know: Does not include corn, peas, potatoes, pumpkin, or winter squash

Check your Plate: ½ of your plate

Benefits: Won't raise blood sugar, helps you feel full, full of vitamins and fiber

Some Examples: 1 cup cooked or raw beets, broccoli, carrots, cauliflower, cucumbers, green beans, radishes; 2 cups kale, spinach, leafy greens

Suggestion: **Try adding** spices, herbs, and oils to add great flavor, especially to roasted vegetables

Grains

Blood Sugar: ++

Good to Know: Will raise blood sugar- read labels to find out serving sizes

Check your Plate: ¼ of your plate

Benefits: Provide energy, fiber, and vitamins

Some Examples: 1 slice bread, ½ bun or English muffin, ½ cup of bulgur, corn, pasta, peas, popcorn, potatoes, pumpkin, winter squash, rice

Suggestion: Aim for whole-grain products (first ingredient is whole-grain)

Proteins

Blood Sugar: +

Good to Know: Will raise blood sugar a small amount

Check your Plate: ¼ of your plate

Benefits: Helps you feel full, gives you energy

Some Examples: Beef, beans, canned tuna, eggs, fish,nuts, peanut butter, poultry, tofu, cheese

Suggestion: Try lean cuts of meat-they are healthier and often less expensive

Dairy

Blood Sugar: ++

Good to Know: Will raise blood sugar- avoid high sugar products like chocolate milk and flavored yogurt

Check your Plate: 1 cup milk/yogurt, ½ cup pudding/ice cream

Benefits: Good for your bones, gives you energy

Some Examples: Milk (skim or 1%), low-fat plain yogurt, sugar-free pudding

Suggestion: Try plain yogurt with some fruit for a healthy dessert or snack. Skip starches if you do.

DINING WITH DIABETES
NATIONAL EXTENSION WORKING GROUP

Acknowledgment: This handout was developed through the collaborative efforts of the National Extension Dining with Diabetes Working Group. Special thanks to:
Kali McCrackin Goodenough, Marketing Coordinator, Cent$ible Nutrition Program, Family and Consumer Sciences Department, University of Wyoming Extension (Illustrator/Designer)
Daniel T. Remley, MSPH, PhD, Assistant Professor, Field Specialist, Food, Nutrition, and Wellness, Ohio State University Extension
Mary Liz Wright, Nutrition and Wellness Educator, University of Illinois Extension
Kimberly Wilson-Sweebe, MS, EFNEP Extension Associate, SDSU Extension

A nutrition
Fact Sheet

MONTANA STATE UNIVERSITY EXTENSION

Cooking for One or Two

Preparing meals for a family or friends often brings a sense of accomplishment. Eating alone or 'just the two of us' can seem like a big effort for a small reward. Instead of saying, "Why bother?" use some of these ideas to prepare healthy meals that taste great, are quick to fix, and do not produce too many leftovers.

Shopping Ideas

- Buy only what you can use and store safely. Sometimes this will mean the smaller, more expensive container. It's not a deal if you have to throw it away.
- Buy frozen vegetables so you can thaw out only what you will eat.
- Larger amounts of meat can be divided into smaller serving sizes and frozen for later use.
- Use nonfat dry milk for cooking or baking.
- Buy fresh fruit at different stages of ripeness and eat as it ripens.

Cooking Ideas

- Cook a pot of stew, soup, or chili and freeze in small portions.
- Prepare a family-sized recipe and save half for another meal.
- Try a new recipe sized for one or two. Or look for and use cookbooks designed for one or two.
- Use "Planned Overs" for foods such as ham. Eat the ham for dinner, in an omelet for breakfast, and in a sandwich for lunch. Ham still leftover? Make scalloped potatoes and ham later in the week.
- Share the cooking with your child or spouse - a child can set the table and wash, peel, or cut fruits, vegetables, or bread. One person can prepare the main dish and the other the sides - salads, fruits, or bread.

Create Your Own Salad

Yield: 1 servings • Serving Size: 4 cups

2 cups salad greens (romaine, spinach, or mixture)
1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas or corn (thawed), red onion, tomato, mango, avocado, carrots, or salsa
3 ounces chopped cooked chicken, beef, pork, or tuna or ¼ cup cooked beans or 1 hard-boiled egg, chopped
1 Tablespoon chopped dried fruit, shredded cheese, or chopped nuts
2 Tablespoons lowfat dressing

Arrange greens on large plate or bowl. Add vegetables and/or fruits plus meat, beans, or egg. Add dried fruit, cheese, or nuts. Add dressing.

Nutrition Facts show information for romaine, cucumber, peas, tomato, carrots, raisins, chicken, and lowfat Italian dressing.

Nutrition Facts

1 servings per container
Serving size **4 cups (362g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 390mg	**17%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 5g	**18%**
Total Sugars 16g	
Includes 0g Added Sugars	**0%**
Protein 24g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 4mg	20%
Potassium 628mg	15%

*The % Daily Value 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.

Microwave Potatoes

Yield: 2 servings • Serving Size: 1 potato / 1 cup

2 medium potatoes, peeled and sliced thinly
¼ cup sliced onions
¼ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon garlic powder
¼ cup shredded cheese

1. Coat a 9-inch microwave safe plate with nonstick cooking spray. Arrange potato and onion slices on plate; sprinkle with seasonings. Cover and microwave on high for 6-8 minutes.
2. Sprinkle with cheese and cook for 2 minutes or until potatoes are tender. (Cooking time varies with each microwave.)

Variation: *Add diced ham, broccoli florets, or parsley for color.*

Nutrition Facts

2 servings per container
Serving size **1 potato (183g)**

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 380mg	**17%**
Total Carbohydrate 29g	**11%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 1mg	6%
Potassium 42mg	0%

*The % Daily Value 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.

Spinach and Pepper Quesadillas

Yield: 2 servings • Serving Size: 1 quesadilla

2 medium 100% whole wheat tortillas
½ cup chopped sweet red or green bell pepper
⅔ cup shredded low fat cheddar cheese
½ cup fresh spinach

1. Sprinkle half of cheese and bell peppers on one half of each tortilla.
2. Add half of spinach to each tortilla. Fold tortillas in half.
3. Heat large skillet over medium heat until hot. Put the folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.

Nutrition Facts

2 servings per container
Serving size **1 quesadilla (106g)**

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 530mg	**23%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 2mg	10%
Potassium 58mg	2%

*The % Daily Value 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.

Contact Us

Visit www.buyeatlivebetter.org
for more information.

Find us on Facebook
www.facebook.com/buyeatlivebetter

Pinterest
www.pinterest.com/buyeatlive

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. 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 the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

USDA
United States Department of Agriculture

EAT RIGHT WHEN MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes

Shop SMARTER!

BEFORE Shopping

- **Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- **Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- **For added savings, sign up for the store discount card** or bonus card at your local supermarket.

DURING Shopping

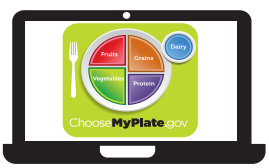
- **Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- **Try store brands.** They are the same quality and cost less.
- **Compare products for the best deal**. Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: http://snap.nal.usda.gov/resource-library/handouts-and-web-sites/using-nutrition-facts-labels.
- **Check "sell by" or "use by" dates.** Buy the freshest food possible. For more on food product dating, go to: http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating.

AFTER Shopping

- **Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- **If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- **Use foods** with the earliest expiration dates first.

PLAN AHEAD

- **Plan to prepare and eat foods you already have at home first.**
- **Know how much money you have to spend on food.**
- **Make a shopping list based on the money you have to spend and what foods you will need.**
- **Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!**



MORE TO EXPLORE...

MyPlate Healthy Eating on a Budget: http://www.choosemyplate.gov/healthy-eating-on-budget.html
Basic Nutrition for Everyone: http://snap.nal.usda.gov/basic-nutrition-everyone
What's Cooking? USDA Mixing Bowl: http://www.whatscooking.fns.usda.gov/

TIPS BEST BUYS FOR COST AND NUTRITION

BREADS AND GRAINS

Choose whole-grain breads. Look for bargains on day-old varieties.
Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES

Buy large bags of frozen vegetables.
When choosing canned vegetables, look for "low sodium" or "no added salt" on the label.

FRUITS

Buy fresh fruit in season - it generally costs less.
Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.

LOW-FAT OR FAT-FREE MILK PRODUCTS

Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.
Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS

Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling.
Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.

Did You Know?

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you have a low income and are pregnant, breastfeeding, a new mom, or have children under 5 years old, you might qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is another Federal program that provides food to low-income people.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families
Call: 1-800-221-5689
Visit: http://www.fns.usda.gov/snap/snap-application-and-local-office-locators

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

For: eligible, low-income pregnant or breastfeeding women, new moms, and children under age 5
Visit: http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies

School Nutrition Programs

For: eligible low-income, school-aged children.
Contact your local school or school district

The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people
Visit: http://www.fns.usda.gov/tefap/eligibility-and-how-apply

RESOURCES FOR SNAP EDUCATORS, PARTNERS, AND THE COMMUNITY

The SNAP-Ed Connection is an online resource center which contains information on healthy eating and using your food dollar wisely. Visit the SNAP-Ed Connection at http://snap.nal.usda.gov

U.S. Department of Agriculture | Food and Nutrition Service | FNS-492 | June 2015 | USDA is an equal opportunity provider and employer.

Quick and Easy Meals Using the Freezer

Making meals ahead and freezing them in single-serve sizes can save you time and money. And, homemade freezer meals will be lower in fat and sodium than store bought ones.

Things you will need

- ✓ Your choice of freezer-safe containers - heavy plastic bags that seal, plastic containers with tight fitting lids, aluminum foil and plastic wrap, disposable aluminum pie plate or cake pan and heavy plastic wrap.
- ✓ A permanent marker in a dark color
- ✓ Masking tape
- ✓ Notepaper
- ✓ Pen or pencil

Keep It Safe

- ✓ Most frozen foods will last 3 to 6 months.
- ✓ When re-heating your freezer meals in the microwave, please use microwave safe containers. Some of the plastic containers we use to freeze foods in are not safe for the microwave.

Making Freezer Meals

1. When you are cooking, make extra to freeze. Casseroles and one-pot recipes usually work well. Many soups and stews are also good freezer foods.
2. When the recipe is cooked, spoon into your freezer container. Seal the container leaving a small amount of air space.
3. Mark the container with the date and the name of the recipe.
4. On your notepad write down the date, the number of portions you are placing in the freezer and the name of the recipe.
5. Keep the notepaper on your freezer door to remind you what is inside. The next time you want a meal that only requires heating-up check your list to see what you have.

University of Connecticut

UNIVERSITY OF Rhode Island

Connecticut / Rhode Island
Family Nutrition Program

Senior Nutrition Awareness Project
1-800-595-0929

Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

FRUIT
- Apples (more than 7 days)
- Apricots
- Asian pears
- Berries
- Cherries
- Cut Fruit
- Figs
- Grapes

VEGETABLES
- Artichokes
- Asparagus
- Green Beans
- Beets
- Belgian Endive
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cut Vegetables
- Green Onions
- Herbs (not basil)
- Leafy Vegetables
- Leeks
- Lettuce
- Mushrooms
- Peas
- Radishes
- Spinach
- Sprouts
- Summer Squashes
- Sweet Corn

1. **Place fruits and vegetables in separate, perforated plastic bags.**
2. **Use within 1-3 days for maximum flavor and freshness.**
3. **Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.**

Ripen on the counter first, then refrigerate

Avocados · Kiwi · Nectarines · Peaches · Pears · Plums · Plumcots

1. **To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight.** Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. **After ripening, store in refrigerator and use within 1-3 days.**

Store only at room temperature

FRUIT
- Apples (fewer than 7 days)
- Bananas
- Citrus fruits
- Mangoes
- Melons
- Papayas
- Persimmons
- Pineapple
- Plantain
- Pomegranates

VEGETABLES
- Basil (in water)
- Cucumber†
- Eggplant†
- Garlic*
- Ginger
- Jicama
- Onions*
- Peppers†
- Potatoes*
- Pumpkins
- Sweet Potatoes*
- Tomatoes
- Winter Squashes

1. **Many fruits and vegetables should only be stored at room temperatures.** Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. **Keep away from direct sunlight.**

*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

†Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to **FruitsAndVeggiesMoreMatters.org**

Source: UC Davis Postharvest Technology

Cover your plate with color

You may have heard the saying "Eat a Rainbow" for good health. Though simple, the colorful advice is based on sound, ongoing research showing that, in addition to vitamins and minerals, brightly-colored vegetables and fruits contain phytonutrients, or plant-based compounds, which provide protective health benefits. **Phytonutrients** appear to protect the body's cells from damage caused by harmful compounds in food and the environment, and stop cancer cell growth in a variety of ways. As the Dietary Guidelines recommend, you benefit from filling **half your plate with fruits and veggies at every meal.**

The good news is that consumers don't have to know HOW these thousands of amazing substances work in their bodies to keep them healthy. The protective effects of phytonutrients appear to be safest and most helpful when eaten as part of a healthy diet — not in supplements. Simply select a wide variety from the many delicious, colorful food choices and forms available — fresh, frozen, dried, or canned — with little or no added sugar, salt, or fat. Fruits and vegetables — more does matter!

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Just as healthful food choices partner with other healthy behaviors to protect us from disease, K-State Research and Extension proudly partners with Kansas State University's Johnson Cancer Research Center to bring you this message of good health.

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Author: Sandy Procter, Ph.D., RD/LD, Extension Specialist and Assistant Professor, K-State Research and Extension, Kansas State University

Reviewed by:

Tanda Kidd, Ph.D., RD, LPN, Professor and Nutrition Specialist, K-State Research and Extension, Kansas State University

Brian Lindshield, Ph.D., Associate Professor, Dept. of Food, Nutrition, Dietetics and Health, Kansas State University; Kansas State University Johnson Cancer Research Center affiliated researcher.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Publications from Kansas State University are available at: *www.bookstore.ksre.ksu.edu*

MF3252 November 2018

Choose Foods that Lower Your Risk of Cancer

K-STATE Research and Extension

KANSAS STATE UNIVERSITY

College of Arts and Sciences
Johnson Cancer Research Center

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

The 2015-2020 Dietary Guidelines urge all Americans to "consume a healthy eating pattern" that includes a variety of **vegetables** of all subgroups — dark green, red and orange, legumes (beans and peas), starchy and other; **fruits,** especially whole fruits; and **grains,** at least half of which are whole grains. That recommendation was developed after numerous population studies suggested that diets rich in vegetables, fruits, and whole grains may offer some protection against cancer, heart disease, and type 2 diabetes.

Less is more

Healthy eating patterns limit several foods linked, through research, to chronic diseases, including saturated fats and trans fats, added sugars, and sodium (salt). For consumers, that means choosing **fewer processed meats, salty foods, sugar-sweetened drinks, full-fat dairy foods**, and large portions of **red meat**. Alcohol, if consumed, should be limited to one drink per day for women and two drinks per day for men. Studies have shown that minimizing these categories of foods, as well as aiming for a healthy weight and physical activity level, are important factors in the body's fight against cancer and other diseases.

A grain of truth

Whole-grain foods have up to five times more **antioxidant** (anti-aging at the cell level) activity than do common vegetables, fruits, or white bread. Consuming a wide range of antioxidants is important, since different ones protect against cell damage in different ways. Population studies have shown that foods high in dietary fiber and whole grains probably lower the risk of colorectal cancer.

Make a Colorful Plate

Color	Fruits and Vegetables	Health Benefits
Red 	Strawberries, tomatoes, beets, watermelon, cherries, red bell peppers, red potatoes, red grapes, pink grapefruit, cranberries, red apples, red pears, red onions	Reduce risk of several cancers; lower blood pressure; may help improve memory; provide several antioxidants to protect cells from aging
Dark Orange 	Carrots, butternut squash, pumpkin, sweet potatoes, mangoes, apricots, cantaloupe	Protect against infection; keep eyes and skin healthy; high in antioxidants that protect cells from damage — including several types of cancer
Yellow/Orange 	Oranges, pineapple, sweet corn, yellow tomatoes, yellow summer squash, yellow peppers, tangerines, yellow pears	Protect against age-related vision problems and risk of prostate cancer
Yellow/Green 	Avocado, green apples, green beans, iceberg lettuce, Brussels sprouts, cabbage, kiwifruit	Help maintain eyesight; may reduce risk of vision problems in later life
Dark Green 	Broccoli, spinach, romaine, kale, collard and other leafy greens	May protect against some cancers; important in eye and heart health
Blue/Purple 	Purple grapes, purple plums, blueberries, blackberries, prunes, raisins, purple Belgian endive	Slow the growth of colon cancer cells; act as anti-cancer agents in digestive tract
White/Brown 	Bananas, brown pears, cauliflower, mushrooms, garlic, onion, white potatoes, ginger, dates, jicama	Strong anti-cancer growth (reduce risk of colon, breast and prostate cancers)

alliance
to Advance Patient Nutrition

Take-Home Nutrition

Know your nutritional needs to continue your recovery.

Know How Good Nutrition Can Help Your Recovery

Following your hospital stay, your body may need extra protein, calories, and other nutrients to help you recover and get back to enjoying your life. Your body uses protein to build cells and repair tissue. Poor nutrition can lead to complications and put you back in the hospital.

Without proper nutrition you may experience:

- **Infection and illness**
- **Bed sores and slow wound healing**
- **Frailness and falling**

Good nutrition can help you:

Maintain lean muscle and strength.

Support your immune system.

Reduce the chance of readmission to the hospital.

Nutrition for a Stronger Tomorrow

Your health care team wants you to recover as quickly as possible, and something as simple as good nutrition can help make a difference.

Tips for Maintaining Good Nutrition at Home:

How to ensure you get the nourishment your body needs

Eat (even though you may not feel hungry)

- ☑ Eat five or six small meals during the day
- ☑ Eat a bigger meal earlier in the day
- ☑ Have easy, convenient meals and nutritious snacks on hand
- ☑ Eat nutrient-rich foods, such as low-fat yogurt, cheese, and nuts

Have food ready

- ☑ Prepare and freeze extra servings
- ☑ Carry single-serving packages of healthy snacks, such as dried fruits, nuts, peanut butter and crackers, or granola bars

Eat right

- ☑ Try to eat at least 5 ounces of lean meat, poultry or fish each day
- ☑ Include 1½ cups of colorful fruits and 2 cups of vegetables each day—fresh, frozen or canned
- ☑ Choose low-fat milk, yogurt and cheese (adults need three servings of dairy a day)
- ☑ Make sure at least half of your bread, cereal, pasta or rice servings are whole grains
- ☑ Consider oral nutritional supplements

Talk to your doctor

- ☑ Talk to your doctor about your nutritional intake and what your body needs to recover from your hospital stay

Ask your care specialist for more information on how to stay healthy at home with nutrition.

87683-002/February 2014 LITHO IN USA
www.malnutrition.com

alliance to Advance Patient Nutrition | AMSN | eat right. Academy of Nutrition and Dietetics | shm | Abbott Nutrition

These health organizations are dedicated to the education of effective hospital nutrition practices to help improve patients' medical outcomes and support all clinicians in collaborating on hospital-wide nutrition procedures. The Alliance to Advance Patient Nutrition is made possible with support from Abbott Nutrition.

10 Steps To Help You Fill Your Grocery Bag

Learn if You or Someone You Know Might Be Eligible for the Supplemental Nutrition Assistance Program (SNAP)

As of October 1, 2008, Supplemental Nutrition Assistance Program (SNAP) is the new name for the Federal Food Stamp Program. Your State may use a different name, but it is still the same program. The new name reflects changes that make it easier to qualify for nutrition benefits and an increase in benefit amount.

SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

1 Use the Internet Prescreening Tool.

To find out if you could be eligible, check out the Internet prescreening tool at **www.snap-step1.usda.gov**. Your local library usually has computers you can use.

2 Call or Go to Your Local SNAP Office.

If you think you might be eligible, call or go to your local SNAP office. Look in the blue pages of your phone book under "Social Services" or "Human Services" to find the number. If you need help finding your local SNAP office, call the national toll-free SNAP information line at **1-800-221-5689**.

3 Get an Application Form.

There are five ways to get an application form:

- Pick it up at a local SNAP office, or
- Call the local SNAP office. Ask the SNAP worker to mail it to you, or
- Ask the SNAP worker if there are other places where you can pick up the form, or
- Print the form from your State's Web page, or
- Apply online. (This is not yet available in all States.)

4 Fill Out the Application Form.

Fill out the SNAP application form as much as you can. If you need help, ask the SNAP worker. You can also ask a friend or people who work at places like legal services or food banks to help you fill out the form.

5 Return the Application Form to Your Local SNAP Office.

Get the application form to your local SNAP office as soon as possible by taking it to the local SNAP office, mailing or faxing it, or by submitting it online where States provide this option. If you pick up your application form at a SNAP office, put your name and street address on the form and sign it. Leave that part of the form (usually the first page) at the SNAP office. This starts the process and helps you get healthy food sooner, if you are eligible. Take the rest of the form with you to fill out later.

6 Make an Appointment for an Interview.

Make an appointment for an interview with a SNAP worker. If you are at a SNAP office, ask the SNAP worker to write down what you need to bring to the interview. If you are calling for an appointment, ask the SNAP worker what you need to bring.

Here are examples of some papers that you might need to bring:

- Driver's license or State identification card;
- Birth certificate;
- Pay stubs;
- Agency letter showing money received, like Social Security, Supplemental Security Income (SSI), Veterans Affairs benefits (VA), child support, alimony, unemployment, retirement;
- Rental agreement or letter from your landlord, or mortgage statement that shows your address;
- Utility bills, like electric, gas, water;
- Cancelled checks for daycare or child support payments for your child(ren); and
- Medical bills that you pay (if you are 60 or older or disabled).

7 Get Papers or Other Information.

Get the papers or find the other information that the SNAP worker needs to finish your application. If you need help getting the papers, ask the SNAP worker, a relative, a friend, or a community representative to help you.

8 Go to the Interview.

Go to the interview with the SNAP worker. Bring your papers with you. Ask the SNAP worker to make copies. Keep your original papers. If you need help filling out the application form or getting the information needed to finish your form, ask the SNAP worker. You may bring a friend or community representative to help you understand how to complete the process. If you can't go to the SNAP office for the interview, ask for a telephone interview. You can also have a friend or relative go in your place.

9 If You Are Approved, Go Grocery Shopping.

If you are approved for SNAP benefits, you will receive an EBT card (similar to a bank card or ATM card), and your SNAP benefits will be transferred electronically to the EBT card. To find stores that welcome SNAP benefits, go to the SNAP Retailer Locator at **www.snapretailerlocator.com** and click the "Select Location" link. Enter a street address, city and State, or zip code. Now you're ready to go grocery shopping! Add lots of fruits, vegetables, whole-grain foods, and other good food to your shopping cart. Ask your local SNAP worker for information about nutrition education (SNAP-Ed) classes for you and your family. SNAP-Ed can help you learn more about stretching your food dollar; shopping; cooking easy, quick, tasty and healthy meals; and being more physically active for better health.

10 If You Are Not Approved, Ask Why.

Call or visit the SNAP office where you applied to ask why you were not approved. You may ask to speak with the SNAP worker's boss. If you think there is a mistake, ask for a "fair hearing." This means that a State person will meet with you and the local SNAP office to discuss your application. There is no cost for a fair hearing.

Need More Information on SNAP?

Call: 1-800-221-5689
Visit: www.fns.usda.gov/snap

USDA United States Department of Agriculture
Food and Nutrition Service
Revised January 2011

5 Easy Steps to SNAP Benefits

USDA
United States Department of Agriculture

As of October 1, 2008, Supplemental Nutrition Assistance Program (SNAP) is the new name for the Federal Food Stamp Program. Your State may use a different name, but it is still the same program. Finding out about SNAP benefits is easy. Just follow these simple steps:

1 Use the Prescreening Tool

The Prescreening Tool is an online questionnaire that estimates if you might qualify for SNAP. Visit **www.snap-step1.usda.gov/fns/** and answer the questions. This questionnaire is **NOT** an application. To find out for sure whether you qualify, fill out and submit your State's application.

2 Get an Application

You can find your SNAP office by calling **1-800-221-5689** or visiting our Web site at **www.fns.usda.gov/snap**.

- You can go to your SNAP office to pick up an application or call the office and ask for an application to be mailed to you; **OR**
- Call the SNAP office and ask if there are other places in your area to pick up an application; **OR**
- Print the application from your State's Web site. In some States, you can apply online at your State's Web site.

Once you receive the application:

- Fill out as much as you can on your application. Be sure to include at least your name, address, and signature. This will be enough to start the application process.
- If you need help filling out your application, ask a worker in the SNAP office, a friend, or family member. Staff at food banks or neighborhood or faith-based organizations might help, too.

3 Return the Application

- Return your application to the SNAP office as soon as possible. You can send it by mail, fax it, or drop it off, unless you already applied online.
- The SNAP office will tell you what else you need to do after you have turned in your application.

4 Schedule Your Interview

- The SNAP office will contact you to set up an interview. You can ask for a telephone interview.
- Keep your interview appointment or call to reschedule. Collect your papers (next page) and wait for directions from SNAP.
- If you are approved, you will get an EBT card to use in authorized stores and farmers' markets like a debit card. Visit our SNAP Retailer Locator Web site to find stores near you: **www.fns.usda.gov/snap/retailerlocator.htm.**

What Should You Bring to Your Interview? →

5 Easy Steps to SNAP Benefits

5 Bring Papers to Your Interview

Once you have applied for SNAP, the checklist below can help you get ready for your interview. You don't need everything. If you are at a SNAP office, ask the SNAP worker to check the items you need to bring to the interview. If you are calling for an appointment, ask the SNAP worker what you should bring and mark the boxes below. You can also send someone to do the interview for you.

Identity

- ☐ Birth certificate
- ☐ Driver's license
- ☐ Work or school ID card
- ☐ Health benefits card
- ☐ Voter registration card

Residency

- ☐ Utility bills, like electric, gas, or water
- ☐ Rental agreement or mortgage statement that shows your address
- ☐ Letter from shelter employee where you are living

Medical Expense Deduction

For households with elderly (60 or older) and disabled members

- ☐ Billing statements
- ☐ Itemized medical receipts, like for prescription drugs
- ☐ Medicare card indicating Part B coverage

Earned Income

- ☐ Pay stubs
- ☐ Statement from employer as to gross wages
- ☐ Income tax forms
- ☐ Self-employment bookkeeping records

Unearned Income

- ☐ Bank statements
- ☐ Agency letter showing money received, like Social Security, Veteran's Affairs, child support, alimony, unemployment

Immigration

- ☐ Immigration or naturalization papers (only if you were born outside of the United States)

SNAP Supplemental Nutrition Assistance Program

Putting Healthy Food Within Reach

USDA United States Department of Agriculture
Food and Nutrition Service
FNS-428
August 2011

1-800-221-5689

www.fns.usda.gov/snap

Young at Heart

YOUR CHECKLIST FOR BETTER HEALTH

Adding healthy habits to your daily routine can help keep you active and strong as you age. To stay young at heart, use the checklist below to create new practices that may help you look and feel good in the years to come. It's never too late to improve your health!

TIPS FOR OLDER ADULTS

- ✓ **Jumpstart your day with breakfast.** Try a high-fiber cereal topped with berries.
- ✓ **Select nutrient-dense foods.** Choose colorful fruits and vegetables, fat-free milk and cheese, whole grains, seafood, lean meats, poultry, eggs, beans, nuts, and seeds.
- ✓ **Get at least 150 minutes of aerobic exercise a week.** Walk briskly, bike, swim, hike, play tennis, chase your grandkids, do water aerobics, dance.
- ✓ **Split bulk items or fresh produce** with friends if you are on a fixed income.
- ✓ **Drink fluids throughout the day** even though you may feel less thirsty as you age.
- ✓ **Share an entrée** to control portion sizes. Or save half of your meal for tomorrow.
- ✓ **Strengthen your muscles twice a week** to ward off frailty and muscle loss. Climb stairs, mow the grass, rake leaves, dig in a garden, lift weights, use an exercise band.
- ✓ **Check with a health care provider or dentist** if you have trouble chewing, lose your appetite, or find that your favorite foods don't taste good anymore.
- ✓ **Avoid sitting for long periods** in front of a TV or computer. Stand up and move around.
- ✓ **Improve balance and flexibility three times a week.** Try yoga or stretching exercises to help you reduce stress, stiffness, and the risk of a fall or injury.
- ✓ **Limit drinks and foods with fats and added sugars.** Drink fat-free milk instead of sodas. Avoid foods with butter, shortening, and other solid fats.
- ✓ **Put down the salt shaker.** Cut salt to 2/3 teaspoon a day.
- ✓ **Be good to yourself.** Get enough sleep. Lift your spirits by enjoying friends and family.

For more materials on healthy habits, call the Weight-control Information Network at 1–877–946–4627 or visit *http://www.win.niddk.nih.gov*.

Publications produced by WIN are reviewed by both NIDDK scientists and outside experts. This publication was also reviewed by Joshua Kolko, M.D., La Clínica del Pueblo.

NIH National Institute of Diabetes and Digestive and Kidney Diseases

WIN Weight-control Information Network

NIH...*Turning Discovery Into Health®*

Photo credit: Cisc1970, Flickr Creative Commons

Creating Health & Nutrition

Are You at Risk for Osteoporosis?

Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

Who Gets Osteoporosis?

In the United States, 54 million adults 50 years and older are affected by osteoporosis or have low bone mass, osteopenia.

Osteoporosis can strike at any age, but it is most common in older women. One out of every two women and one in four men over age 50 will break a bone in their lifetime due to osteoporosis.

What Causes Osteoporosis?

Many risk factors can lead to bone loss and osteoporosis. Some of these risk factors you cannot change, while others you can.

Risk Factors You Cannot Change

Sex: women develop osteoporosis more often than men.

Age: the older you are, the greater your risk for osteoporosis.

Frame size: small, thin women with small bone structure are at greater risk.

Ethnicity: white and Asian women are at highest risk; black and Hispanic women have a lower risk.

Family history: osteoporosis tends to run in families; if a family member has osteoporosis or a history of broken bones, there is a greater chance you might develop it, too.

Risk Factors You Can Change

Hormone status: low estrogen levels due to menopause or missing menstrual periods can cause osteoporosis in women; low testosterone levels can bring on osteoporosis in men.

Food patterns: a diet low in calcium and vitamin D makes you more prone to bone loss.

Medication use: some medicines increase the risk of osteoporosis.

Activity level: lack of exercise or long-term bedrest can weaken bones.

Alcohol intake: more than 2 to 3 ounces of alcohol a day can cause bone loss that can lead to broken bones.

Smoking: cigarettes weaken bones.

Anorexia nervosa: this eating disorder can lead to osteoporosis.

Vitamin supplements: avoid taking excess amounts of vitamin A supplements.

How Can I Reduce My Risk?

There are many steps you can take to keep your bones healthy. To keep your bones strong and

To help reduce your risk of osteoporosis, consider increasing your intake of the following foods:

- Low-fat dairy products
- Canned beans such as navy, great northern, and pinto
- Calcium-fortified products such as orange juice and cereal
- Canned fish with bones, such as sardines and salmon
- Soy products such as tofu
- Eat more fruits and vegetables, especially dark green leafy vegetables

PennState Extension

Examine Your Risks

MY RISKS	WHAT I DO NOW	WHAT I WOULD LIKE TO CHANGE	HOW I PLAN TO CHANGE
Lack of exercise	Don't make time	Be more active	Take the stairs rather than the elevator

MY GOAL:

slow down bone loss, eat a healthy diet that includes calcium and vitamin D. Do regular weight-bearing exercise to help maintain and increase bone strength. Do not drink alcohol in excess or smoke. Lastly, talk to your health care provider about the medications you are taking. Some medications are prescribed to prevent and treat osteoporosis. On the other hand, some medications used for other purposes may result in bone loss.

Source

National Institutes of Health, Osteoporosis and Related Bone Diseases National Resource Center, "Osteoporosis Overview," www.niams.nih.gov/Health_ Info/Bone/Osteoporosis/overview.asp#c.

Revised by Laurie Welch, extension educator, Clinton County. Originally prepared by Dori Campbell, extension educator, and Laurie Welch.

extension.psu.edu

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Produced by Ag Communications and Marketing

Code UK141 3/17pod

Try the following to boost calcium content in your meals and snacks:

- Add low-fat shredded cheese to an English muffin, bagel, or toast.
- Drink milk instead of soda or other beverages at meals.
- Enjoy a glass of chocolate milk or hot chocolate for a snack.
- Add broccoli or beans to salads.
- Add nonfat dry milk to recipes (meatballs, meatloaf, creamed soups).
- Choose yogurt at breakfast or for a snack.

Low-fat Creamy Pumpkin Mousse

Serves: 8

INGREDIENTS

1 16-ounce can of pumpkin
1 3.5-ounce instant, sugar free vanilla pudding mix
¼ cup low-fat (1%) or skim milk
1 tsp ground cinnamon
2 cups low-fat whipped topping

DIRECTIONS

In a medium bowl, whisk together pumpkin, pudding mix, milk, and cinnamon until well blended. Fold in whipped topping until thoroughly blended. Cover and chill until ready to serve. To serve, spoon into serving cups and top with additional whipped topping.

NUTRIENT INFORMATION

Calcium per serving: 60 mg
Calories per serving: 127

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Remember to Stay Active!

Tufts UNIVERSITY

JEAN MAYER USDA HUMAN NUTRITION RESEARCH CENTER ON AGING HNRCA

AARP Foundation®

Using the Nutrition Facts Label

A How-To Guide for Older Adults

FDA

Inside

For more on nutrition for older adults, visit:
www.fda.gov/Food/ResourcesForYou/Consumers/Seniors

Why Nutrition Matters For You

Good nutrition is important throughout your life!

It can help you feel your best and stay strong. It can help reduce the risk of some diseases that are common among older adults. And, if you already have certain health issues, good nutrition can help you manage the symptoms.

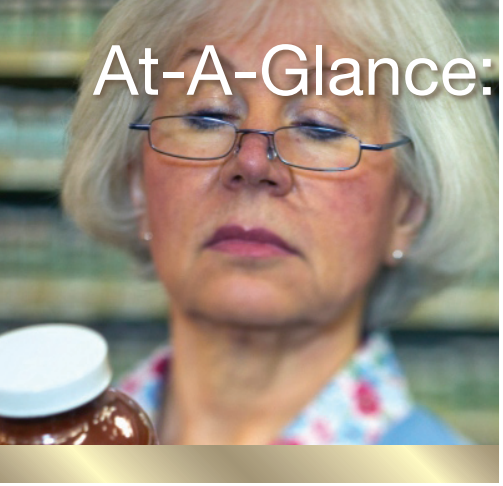
Nutrition can sometimes seem complicated. But the good news is that the **Food and Drug Administration** has a simple tool to help you know exactly what you're eating.

It's called the **Nutrition Facts Label**. You will find it on **all packaged foods and beverages**. It serves as your guide for making choices that can affect your long-term health.

This booklet will give you the information you need to start using the Nutrition Facts Label today!

Good Nutrition Can Help You Avoid or Manage These Common Diseases:

- certain cancers
- type 2 diabetes
- heart disease
- high blood pressure
- obesity
- osteoporosis



At-A-Glance: The Nutrition Facts Label

Understanding what the Nutrition Facts Label includes can help you make **food choices** that are best for your health.

Nutrition Facts

Serving Size 1/4 Cup (113g)
Servings Per Container 8

Amount Per Serving	
Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3**%
Saturated Fat 1.5g	**7**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 460mg	**19**%
Total Carbohydrate 4g	**1**%
Dietary Fiber 0g	**0**%
Sugars 4g	
Protein 16g	
Vitamin A 0% •	Vitamin C 0%
Calcium 8% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

1 Serving Size

This section shows how many servings are in the package, and how big the serving is. Serving sizes are given in familiar measurements, such as “cups” or “pieces.”

Remember: All of the nutrition information on the label is based upon **one serving** of the food.

A package of food often contains more than one serving!

2 Amount of Calories

The calories listed are for **one serving** of the food. “Calories from fat” shows how many fat calories there are in **one serving**.

Remember — a product that’s *fat-free* isn’t necessarily *calorie-free*. Read the label!

3 Percent (%) Daily Value

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of.

Daily Values are based on a 2,000-calorie diet. However, your nutritional needs will likely depend on how physically active you are. Talk to your healthcare provider to see what calorie level is right for you.

4 Limit these Nutrients

Eating too much total fat (especially saturated fat and *trans* fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure.

Try to keep these nutrients as low as possible each day.

5 Get Enough of these Nutrients

Americans often don’t get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy.

Eating enough of these nutrients may improve your health and help reduce the risk of some diseases.

3 Key Areas of Importance

As you use the Nutrition Facts Label, pay particular attention to Serving Size, Percent Daily Value, and Nutrients.

Serving Size

The top of the Nutrition Facts Label shows the **serving size** and the **servings per container**. Serving size is the key to the rest of the information on the Nutrition Facts Label.

- The nutrition information about the food – like the calories, sodium, and fiber – is based upon **one serving**.
- If you eat **two servings** of the food, you are eating **double** the calories and getting **twice the amount** of nutrients, both good and bad.
- If you eat **three servings**, that means **three times** the calories and nutrients – and so on.

Nutrition Facts
Serving Size 1/4 Cup (113g)
Servings Per Container 8

Amount Per Serving	
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	% Daily Value*
Total Fat 2g	**3%**
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Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 460mg	**19%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 16g	
Vitamin A 0% •	Vitamin C 0%
Calcium 8% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

That is why knowing the serving size is important. It's how you know for sure how many calories and nutrients you are getting.

Check Serving Size!

It is very common for a food package to contain more than one serving. One bottled soft drink or a small bag of chips can actually contain two or more servings!

If you eat two servings . . .

Serving Size 1/4 Cup (113g)
Servings Per Container 8

x2

Amount Per Serving

Calories 100 Calories from Fat 20

Percent Daily Value (%DV)

The %DV is a general guide to help you link nutrients in **one serving** of food to their contribution to your **total daily diet**. It can help you determine if a food is high or low in a nutrient: 5% or less is low, 20% or more is high.

You can also use the %DV to make dietary trade-offs with other foods throughout the day.

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Vitamin A 0% •	Vitamin C 0%
Calcium 8% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

%DV: Quick Tips

You can tell if a food is high or low in a particular nutrient by taking a quick look at the %DV.

- If it has **5% percent** of the Daily Value or less, it is **low** in that nutrient.

  This can be good or bad, depending on if it is a nutrient you want more of or less of.

- If it has **20% or more**, it is **high** in that nutrient.

  This can be good for nutrients like fiber (a nutrient to get more of) . . . but not so good for something like saturated fat (a nutrient to get less of).

Using %DV

- Once you are familiar with %DV, you can use it to compare foods and decide which is the better choice for you. Be sure to check for the particular nutrients you want more of or less of.
- Using %DV information can also help you "balance things out" for the day.
  - *For example:* If you ate a favorite food at lunch that was high in sodium, a "nutrient to get less of," you would then try to choose foods for dinner that are lower in sodium.

Nutrients

A nutrient is an ingredient in a food that provides nourishment. Nutrients are essential for life and to keep your body functioning properly.

Nutrients To Get MORE Of:

There are some nutrients that are especially important for your health. You should *try to get adequate amounts* of these each day. They are:

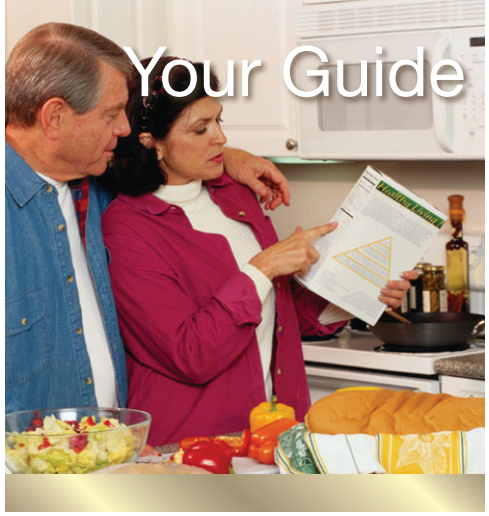
- calcium
- dietary fiber
- potassium*
- vitamin A
- vitamin C

* *Note:* The listing of potassium is optional on the Nutrition Facts Label.

Nutrients To Get LESS Of:

There are other nutrients that are important, but that you should *eat in moderate amounts*. They can increase your risk of certain diseases. They are:

- Total fat (especially saturated fat)
- Cholesterol
- Sodium



Your Guide to a Healthy Diet

The Nutrition Facts Label can help you make choices for **overall health**. But some nutrients can also affect certain health **conditions and diseases**.

Use this chapter as a guide for those nutrients that could impact your own health. Each nutrient section discusses:

- What the nutrient is
- What it can mean for your health
- Label-reading tips

Watch for "nutrients to get less of" (the ones that you should try to limit), and "nutrients to get more of" (the ones that are very important to be sure to get enough of).

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Calcium 8% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

You also might want to talk to your healthcare provider about which nutrients you should track closely for your continued health. And remember – the **Nutrition Facts Label** is a tool that is available to you on every packaged food and beverage!

Test your Nutrition Facts Label knowledge with **Label Man**, FDA's online label-reading tool!

www.fda.gov/LabelMan

On the following pages, you'll find specific information about certain nutrients.

Some are **nutrients to** 

get less of;

others are **nutrients to** 

get more of.

All of them can have an impact on your **long-term health**.

In addition, here is an example of how the Nutrition Facts Label can guide you in making good decisions for long-term health and nutrition.

Example

Heart disease is the number one cause of death in the U.S. today. You can use the Nutrition Facts Label to compare foods and decide which ones fit with a diet that may help reduce the risk of heart disease. Choose foods that have **fewer calories per serving** and a **lower %DV** of these "nutrients to get less of":

- Total fat
- Saturated fat
- Cholesterol
- Sodium

To lower your risk of heart disease, it is also recommended that you eat *more* fiber.

Dietary Salt/Sodium

What It Is:

Salt is a crystal-like compound that is used to flavor and preserve food. The words "salt" and "sodium" are often used interchangeably. Salt is listed as "sodium" on the Nutrition Facts Label.

What You Should Know:

A small amount of sodium is needed to help certain organs and fluids work properly. But most people eat too much of it – and they may not even know it! That's because many packaged foods have a high amount of sodium, even when they don't taste "salty." Plus, when you add salt to food, you're adding *more* sodium.

Sodium has been linked to high blood pressure. In fact, eating less sodium can often help **lower blood pressure** . . . which in turn can help **reduce the risk of heart disease**.

And since blood pressure normally rises with age, limiting your sodium intake becomes even more important each year.

Salt/Sodium

- Read the label to see how much sodium is in the food you are choosing.
  - 5% DV or less is *low* in sodium
  - 20% DV or more is *high* in sodium.
- When you are deciding between two foods, compare the amount of sodium. Look for cereals, crackers, pasta sauces, canned vegetables, and other packaged foods that are lower in sodium.

Fiber

GET MORE OF

What It Is:

Fiber, or "dietary fiber," is sometimes called "roughage." It's the part of food that can't be broken down during digestion. So because it moves through your digestive system "undigested," it plays an important role in keeping your system moving and "in working order."

What You Should Know:

Fiber is a "nutrient to get more of." In addition to aiding in digestion, fiber has a number of other health-related benefits. These benefits are *especially* effective when you have a **high fiber diet** that is also **low in saturated fat**, **cholesterol**, ***trans* fat**, **added sugars**, **salt**, and **alcohol**.

- Eating a diet that is low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may help lower your cholesterol and reduce your chances of getting **heart disease**, a disease associated with many factors.
- Healthful diets that are low in fat *and* rich in fruits and vegetables that contain fiber may reduce the risk of **some types of cancer**, including colon cancer, a disease associated with many factors. In addition, such healthful diets are also associated with a reduced risk of **type 2 diabetes**.

- Fiber also aids in the regularity of bowel movements and preventing constipation. It may help reduce the risk of **diverticulosis**, a common condition in which small pouches form in the colon wall. This condition often has few or no symptoms; people who already have diverticulosis and *do* have symptoms often find that increased fiber consumption can reduce these symptoms. It's also important to note that if the pouches caused by diverticulosis rupture and become infected, it results in a more severe condition called **diverticulitis**.

Soluble v. Insoluble Fiber: Where To Get It, and What It Does

Fiber comes in two forms — insoluble and soluble. Most plant foods contain some of each kind.

- **Insoluble fiber** is mostly found in whole-grain products, such as wheat bran cereal, vegetables and fruit. It provides "bulk" for stool formation and helps wastes move quickly through your colon.
- **Soluble fiber** is found in peas, beans, many vegetables and fruits, oat bran, whole grains, barley, cereals, seeds, rice, and some pasta, crackers, and other bakery products. It slows the digestion of carbohydrates, and can help stabilize blood sugar if you have diabetes. In addition, it helps lower "bad cholesterol." This, in turn, reduces the risk of heart disease.

Check the **Nutrition Facts Label** to see which foods have a higher %DV of fiber.

Fiber

- **Read food labels.** The Nutrition Facts Label tells you the amount of dietary fiber in each serving, as well as the %DV of fiber that food contains.

  When comparing the amount of fiber in food, remember:

  • 5% DV or less is *low* in fiber

  • 20% DV or more is *high* in fiber

  The label won't indicate whether fiber is "insoluble" or "soluble," so it's best to try to get some of both. (See information on previous page)

- **Compare foods and choose the ones with higher fiber.** Look for and compare labels on whole-grain products such as bulgur, brown rice, whole wheat couscous or kasha and whole-grain breads, cereals and pasta. In addition, compare different styles/types of canned or frozen beans and fruit.

Total Fat

GET LESS OF

What It Is:

Fat, or "dietary fat," is a nutrient that is a major source of energy for the body. It also helps you absorb certain important vitamins. As a food ingredient, fat provides taste, consistency, and helps you feel full.

What You Should Know:

Eating too much fat can lead to a wide range of health challenges. The total amount and type of fat can contribute to and/or increase the risk of:

- heart disease
- high cholesterol
- increased risk of many cancers (including colon-rectum cancer)
- obesity
- high blood pressure
- type 2 diabetes

It is important to know that there are **different types of dietary fat**. Some have health benefits when eaten in small quantities, but others do not.

Unsaturate

"Good" Fat: unsaturated fats (monounsaturated and polyunsaturated)

- These are healthful if eaten in moderation. In fact, small amounts can even help **lower cholesterol levels**!
- *Best Sources:* plant-based oils (sunflower, corn, soybean, cottonseed, and safflower), olive, canola and peanut oils, nuts, and soft margarines (liquid, tub or spray).

"Undesirable" Fat: saturated and *trans* fats. These can raise cholesterol levels in the blood – which in turn can contribute to heart disease.

- *Common Sources:* meat, poultry, fish, butter, ice cream, cheese, coconut and palm kernel oils, solid shortenings, and hard margarines.
- Meat (including chicken and turkey) and fish supply protein, B vitamins, and iron. When selecting and preparing meat, poultry, fish and milk or milk products, choose those that are lean, low-fat, or fat-free. Doing this, along with removing the skin from fish and poultry, are good strategies for limiting "undesirable" fat from your diet. In addition, dry beans, which can be used as a meat substitute, are a good source of protein and are non-fat.

Understanding *Trans* Fat

Trans fat is one of the newest additions to the Nutrition Facts Label, so you may be hearing more about it. Here's what you need to know:

- Most *trans* fat is made when manufacturers "hydrogenize" liquid oils, turning them into solid fats, like shortening or some margarines. *Trans* fat is commonly found in crackers, cookies, snack foods, and other foods made with or fried in these solid oils.
- *Trans* fat, like saturated fat and cholesterol, **raises your LDL (bad) cholesterol** and can increase your risk of coronary heart disease.

Trans Fat On the Label

There is no recommended total daily value for *trans* fat, so you won't find the %DV of *trans* fat on a food's Nutrition Facts Label. However, you can still use the label to see if a food contains *trans* fat and to compare two foods by checking to see if **grams** of *trans* fat are listed. If there is anything other than 0 grams listed, then the food contains *trans* fat.

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Servings Per Container 8

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Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 16g	
Vitamin A 0% •	Vitamin C 0%
Calcium 8% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Because it is extremely difficult to eat a diet that is completely *trans* fat-free without decreasing other nutrient intakes, just aim to keep your intake of *trans* fat as low as possible.

Total Fat

- When comparing foods, check the Nutrition Facts Label and choose the food with the lower %DV of total fat and saturated fat, and low or no grams of *trans* fat.
  - 5% DV or less of total fat is *low*
  - 20% DV or more of total fat is *high*
- When choosing foods that are labeled "fat-free" and "low-fat," be aware that *fat-free doesn't mean calorie-free*. Sometimes, to make a food tastier, extra sugars are added, which adds extra calories. Be sure to check the calories per serving.

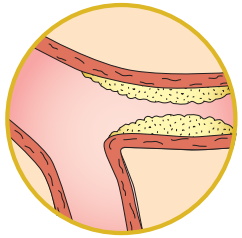
Cholesterol

What It Is:

Cholesterol is a crystal-like substance carried through the bloodstream by lipoproteins – the "transporters" of fat. Cholesterol is required for certain important body functions, like digesting dietary fats, making hormones, and building cell walls.

Cholesterol is found in animal-based foods, like meats and dairy products.

What You Should Know:

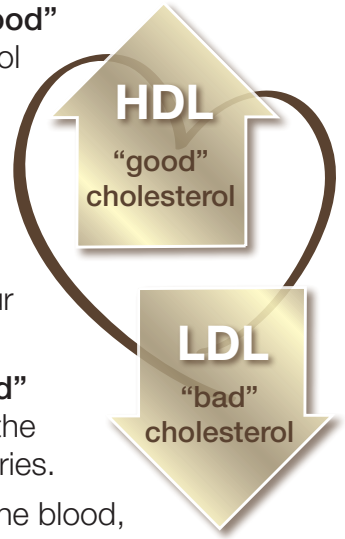


Too much cholesterol in the bloodstream can damage arteries, especially the ones that supply blood to the heart. It can build up in blood vessel linings. This is called **atherosclerosis**, and it can lead to heart attacks and stroke.

However, it's important to know that not all cholesterol is bad. There are **two kinds of cholesterol** found in the bloodstream. How much you have of each is what determines your risk of heart disease.

Cholesterol

High-density lipoprotein (HDL): This **"good" cholesterol** is the form in which cholesterol travels *back to the liver*, where it can be eliminated.



- HDL helps prevent cholesterol buildup in blood vessels. A higher level of this cholesterol is better. Low HDL levels increase heart disease risk. Discuss your HDL level with your healthcare provider.

Low-density lipoprotein (LDL): This **"bad" cholesterol** is carried *into the blood*. It is the main cause of harmful fatty buildup in arteries.

- The higher the LDL cholesterol level in the blood, the greater the heart disease risk. So, a lower level of this cholesterol is better.

Cholesterol

- Cholesterol is a "nutrient to get less of." When comparing foods, look at the Nutrition Facts Label, and choose the food with the lower %DV of cholesterol. Be sure not to go above 100% DV for the day.
  - 5% DV or less of cholesterol is *low*
  - 20% DV or more of cholesterol is *high*
- One of the primary ways LDL ("bad") cholesterol levels can become too high in the blood is by eating too much saturated fat and cholesterol. **Saturated fat raises LDL levels more than anything else in the diet.**

Calcium

GET LESS OF

What It Is:

Calcium is a mineral that has a lot of uses in the body, but it is best known for its role in building healthy bones and teeth.

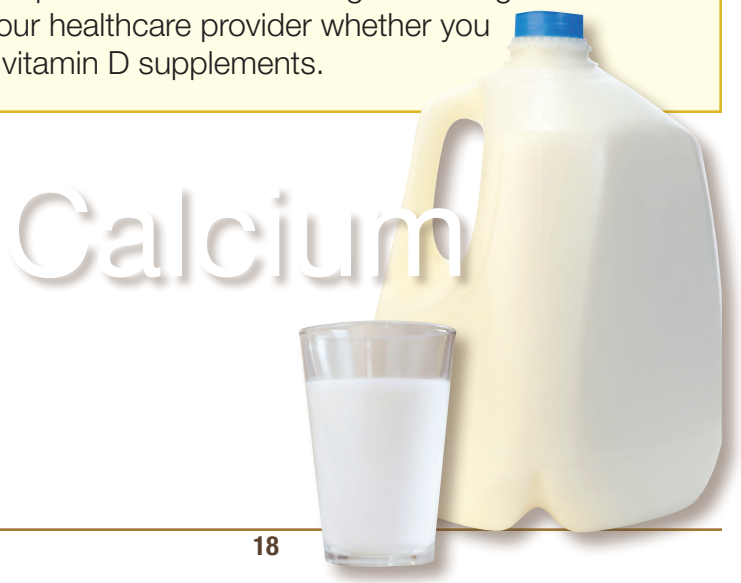
What You Should Know:

Lack of calcium causes **osteoporosis**, which is the primary cause of hip fractures. In fact, the word "osteoporosis" means "porous bones." It causes progressive bone loss as you age, and makes bones fragile – so that they can break easily. It's extremely important (especially for women) to get enough calcium throughout your life, especially after menopause. Women are at much higher risk for osteoporosis, but men can get it too.

A Note About Vitamin D

For calcium to be properly absorbed by the body, you also need to get enough vitamin D. Many milk products and cereals are fortified with vitamin D; also, vitamin D is produced by the body when exposed to sunlight.

If you aren't exposed to outdoor sunlight on a regular basis, ask your healthcare provider whether you should take vitamin D supplements.



It's true that many dairy products, which contain high levels of calcium, are relatively high in fat and calories. But keep in mind that **fat-free or low-fat types of milk products** are excellent calcium sources. Nutritionists recommend that you try to get most of your calcium from calcium-rich foods, rather than from calcium supplements. The Nutrition Facts Label can help you make good high-calcium choices.

Other good sources of calcium are:

- canned salmon (with bones, which are edible)
- calcium-fortified soy beverages
- tofu (soybean curd that is "calcium-processed")
- certain vegetables (for example, dark leafy greens such as collards and turnip greens)
- legumes (blackeyed peas and white beans)
- calcium-fortified grain products
- calcium-fortified juice

Calcium

- Read the label to see how much calcium is in the food you are choosing.
  - 5% DV or less is *low* in calcium
  - 20% DV or more is *high* in calcium
- Select foods that are high in calcium as often as possible.

Glossary of Key Nutrition Label Terms

Calcium: a mineral that builds and maintains strong bones. Calcium helps prevent osteoporosis.

Calories: the energy provided by food/nutrients. On the label, calories shown are for *one serving*.

Calories from Fat: Fat calories shown on the label are for *one serving*.

Cholesterol: a necessary nutrient from animal-based foods that is carried in the bloodstream. LDL cholesterol is "bad" and HDL cholesterol is "good."

Daily Value: the amount of certain nutrients that most people need each day.

Nutrient: an ingredient in a food that provides nourishment or nutritional benefit.

Nutrition Facts Label: the black-and-white box found on food and beverage packages.

Percent Daily Value (%DV): the percentage of a nutrient found in one serving of food, based on the established standard of 2000 calories per day.

Saturated Fat: a type of fat that is solid at room temperature. It is usually animal-based. This type of fat is associated with certain health risks.

Sodium: dietary salt that is important in the diet. However, too much sodium can lead to high blood pressure and risk of heart disease.

Total Fat: the combined fats that provide energy to the body. Some types of fat are healthier than others.

***Trans* Fat:** a type of fat that is created when liquid fat is turned into solid fat during manufacturing. *Trans* fat has no daily value, and should be replaced with unsaturated fat in your diet whenever possible.

Unsaturated Fat: a type of fat that is liquid at room temperature; can be plant-based or animal-based. These are usually "good fats."

The web links provided in this booklet were current at time of publication. In the event that they change, please visit **www.fda.gov** and search by topic, such as "Seniors" or "Labelman."

Older Adults and the Nutrition Facts Label

FDA