

Wisconsin Nutrition Education Program

How Food Affects You



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Wisconsin Nutrition Education Program ■ Family Living Programs
University of Wisconsin-Extension Cooperative Extension

This book will teach you about:

- The importance of each of the food groups in MyPyramid.
- How to choose food from each food group.
- How to prepare food from each food group.
- The importance of balancing food with physical activity.

Before we start, let's look at MyPyramid.

What do you think this symbol is telling you?

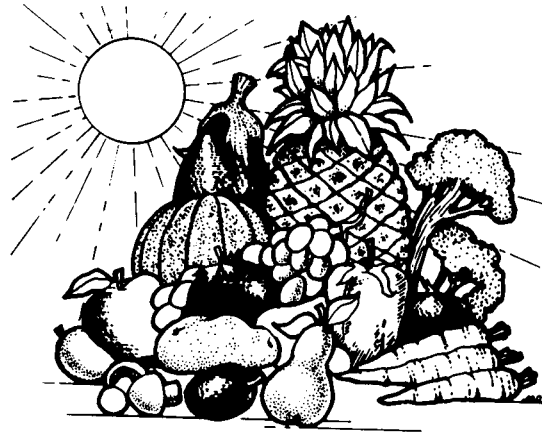
Why are the bands on MyPyramid different sizes?



MyPyramid.gov
STEPS TO A HEALTHIER YOU

What is a healthy diet?

The **Dietary Guidelines for Americans** contain the best, most up-to-date advice from nutrition scientists. These were developed by the U.S. Departments of Agriculture and Health and Human Services to help you find your way to a healthier you.



▲ **Make smart choices from every food group.**

- ▲ **Focus on fruits...**
- ▲ **Vary your veggies...**
- ▲ **Get your calcium-rich foods...**
- ▲ **Make half your grains whole...**
- ▲ **Go lean with protein...**
- ▲ **Know the limits on fats, salts, and sugars...**

...to enjoy life and feel your best. Healthful foods and physical activity also help children grow, develop, and do well in school.

▲ **Find your balance between food and physical activity.**

- ▲ **Be active for at least 30 minutes most days of the week...**
- ▲ **Children and teenagers should be physically active for 60 minutes every day...**

...to help you stay healthy and lower your risk for heart disease, high blood pressure, type 2 diabetes, osteoporosis, and certain types of cancer. Physical activity also helps you have a healthy weight by balancing the calories you eat through food with the calories you spend through activity.

▲ **Get the most nutrition out of your calories.**

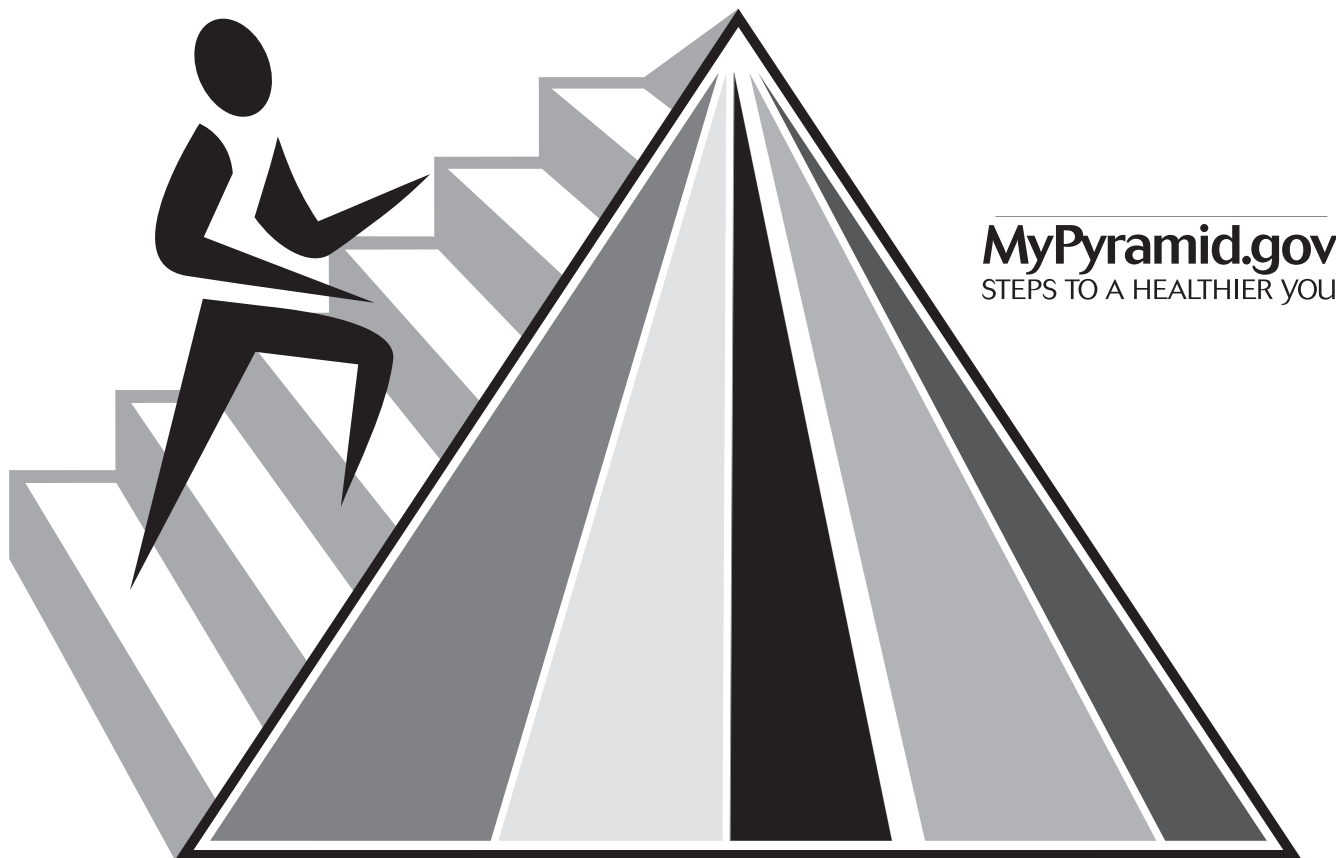
- ▲ **Use the Nutrition Facts label on food packages to make smart food choices...**
- ▲ **Know how to prepare, handle, and store food safely...**
- ▲ **If you choose to drink alcohol, do so in moderation...**

...to promote health and reduce your risk of chronic diseases like heart disease, type 2 diabetes, and certain cancers. You can enjoy all foods as part of a healthful diet as long as you don't overdo it on fat (especially saturated fat), sugars, salt, and alcohol.

We all need a variety of foods.

MyPyramid was developed to help healthy Americans follow the Dietary Guidelines for Americans.

No one food gives you all the nutrients you need to stay healthy. So it is best to eat a variety of different foods every day.



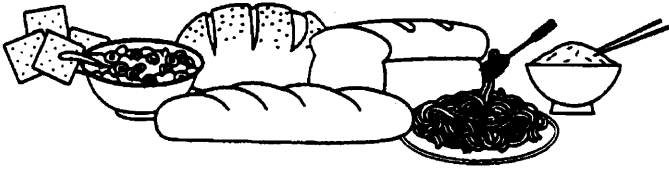
GRAINS 6 ounces	VEGETABLES 2 1/2 cups	FRUITS 2 cups	MILK 3 cups	MEAT & BEANS 5 1/2 ounces
<p>Make half your grains whole. Aim for at least 3 ounces of whole grains a day.</p>	<p>Vary your veggies. Aim for these amounts each week:</p> <ul style="list-style-type: none"> Dark green veggies – 3 cups Orange veggies – 2 cups Dry beans and peas – 3 cups Starchy veggies – 3 cups Other veggies – 6 1/2 cups 	<p>Focus on fruits. Eat a variety of fruits. Go easy on fruit juices.</p>	<p>Get your calcium-rich foods. Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p>Go lean with protein. Choose low-fat or lean meats and poultry. Vary your protein routine. Choose more fish, beans, peas, nuts, and seeds.</p>

These amounts are recommended for people who need 2,000 calories. The rest of this booklet will help you find the amounts that are right for you.

Building healthy meals and snacks

Use these guidelines to use MyPyramid.

MyPyramid Group	How to count
Grain Group	Count as 1 ounce : <ul style="list-style-type: none">• 1 slice of bread, 1 small roll or muffin (about 2½" diameter), ½ mini bagel, ½ English muffin, OR ½ hamburger bun• 1 cup ready-to-eat cereal (flakes or rounds)• ½ cup cooked cereal, rice, or pasta• 1 6-inch tortilla• 3 cups popcorn• 7 square crackers (saltines)• 3 graham cracker squares• 1 4½-inch pancake
Vegetable Group	Count as 1 cup : <ul style="list-style-type: none">• 2 cups raw leafy vegetables• 1 cup cooked or chopped vegetables• 1 cup vegetable juice• 1 cup tomato sauce or spaghetti sauce• 2 cups vegetable soup• 12 baby carrots
Fruit Group	Count as 1 cup : <ul style="list-style-type: none">• 1 small apple or orange• 1 banana• 1 large cup chopped, cooked, or canned fruit• 1 cup fruit juice• ½ cup dried fruit (raisins, prunes)• 1 medium grapefruit• 8 large strawberries• 32 grapes
Milk, Yogurt, and Cheese Group	Count as 1 cup : <ul style="list-style-type: none">• 1 cup milk or yogurt• 1 cup pudding• 1½ ounces natural cheese• 2 ounces process cheese• 2 cups cottage cheese• 2 cups cream soup (made with milk)
Meat and Beans Group	Count as 1 ounce : <ul style="list-style-type: none">• 1 ounce cooked lean meat, poultry, or fish• 1 egg• 1 tablespoon peanut butter• ¼ cup cooked dry beans• ¼ cup tofu• ½ ounce nuts or seeds (about 12 almonds)



Grain Group

You will learn:

- Why it is important to eat foods from the Grain Group.
- How to choose and prepare foods from this food group.

Everyone should eat foods from the Grain Group daily.

Age and gender category	Recommended ounces per day
Children ages 2 to 3 years	3
Children ages 4 to 8 years	4-5
Girls ages 9 to 13 years	5
Girls ages 14 to 18 years	6
Boys ages 9 to 13 years	6
Boys ages 14 to 18 years	7
Women ages 19 to 30 years	6
Women ages 31 to 50 years	6
Women age 51 and over	5
Men ages 19 to 30 years	8
Men ages 31 to 50 years	7
Men age 51 and over	6

What counts as 1 ounce?

- 1 slice of bread
- ½ cup cooked rice or noodles
- ½ cup cooked cereal
- 1 cup ready-to-eat cereal flakes

Many foods in the Grain Group are good sources of:

Iron Enriched and whole grain breads and cereals are good sources of iron. Iron is needed by the cells in blood that carry oxygen.

Fiber Whole grain breads and cereals are good sources of fiber. Fiber is important for good bowel function. Eating high fiber foods can lower your risk for heart disease and some cancers.

Magnesium and Selenium Whole grains are sources of magnesium and selenium. Magnesium helps you build bones and use energy. Selenium is important for a healthy immune system.

B Vitamins The B vitamins are used in many ways by the body — especially when cells are converting food into energy.

Folic acid is a B vitamin that reduces the risk of some serious types of birth defects when eaten **before and during** early pregnancy. Enriched breads, cereals, and pastas are good sources of folic acid.

Carbohydrate Carbohydrate, or starch, is a good source of energy.

Note: The recommended ounces per day are for people who get less than 30 minutes of moderate physical activity daily. People who are more active may need more ounces from the Grain Group.

Choosing foods from the Grain Group

- Make half of your grains whole. Whole grain foods include whole wheat bread, brown rice, oatmeal, and popcorn.
- For some foods, check the ingredient list to see if they are whole grains. Corn tortillas, flour tortillas, crackers, and noodles are usually made with refined grains. If the first food in the ingredient list has words like “whole corn” or “whole wheat,” the food is a whole grain.

SAMPLE INGREDIENT LIST FOR A WHOLE GRAIN FOOD

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, SOYBEAN AND/OR CANOLA OIL, YEAST, SALT, HONEY.

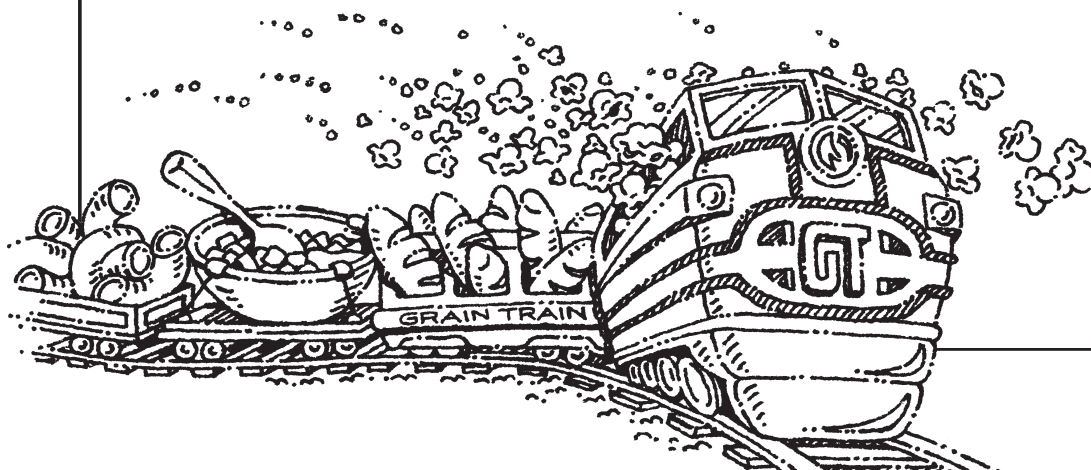
- Substitute a whole grain food for a refined grain one. For example, have whole wheat bread instead of white bread or brown rice instead of white rice.
- Choose foods that are made with little fat or sugar, such as bread, bagels, English muffins, rice, corn tortillas, noodles, and plain popcorn.
- Go easy on baked goods that are high in fat and sugar. Cakes, cookies, doughnuts, and pastries can be part of a good diet, but should be eaten only occasionally.
- Try a new food from this food group. Bagels, bulgur, whole wheat tortillas, or brown rice could add a new flavor to your meals.

Grains you eat

Check each of the following foods that you typically eat. They are all grain products.

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Bagels | <input type="checkbox"/> Couscous | <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Spaghetti, macaroni, and other pasta |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Crackers | <input type="checkbox"/> Pancakes and waffles | <input type="checkbox"/> Taco shells |
| <input type="checkbox"/> Breakfast cereal | <input type="checkbox"/> English muffins | <input type="checkbox"/> Pita bread | <input type="checkbox"/> Tortillas |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Graham crackers | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Tortilla and corn chips |
| <input type="checkbox"/> Bulgur | <input type="checkbox"/> Grits | <input type="checkbox"/> Pretzels | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cakes and cookies | <input type="checkbox"/> Muffins | <input type="checkbox"/> Rice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cornbread | <input type="checkbox"/> Noodles | <input type="checkbox"/> Rolls and buns | |

Circle the whole grains.



Preparing foods from the Grain Group

- Go easy on the butter, margarine, sauces, and toppings that you put on your breads, rice, pasta, or noodles. Many of these flavorings add a lot of fat or sugar to your food.
- When preparing pasta or rice dishes from a mix or a recipe, use only half of the butter or margarine suggested to reduce the amount of fat.


Storing and cooking pasta or noodles

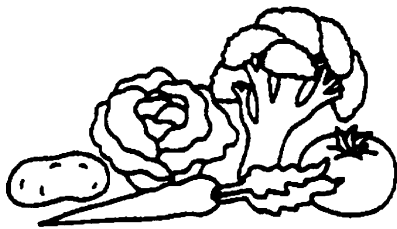
- Bring a large pan of water to a rapid boil. Stir in noodles, then reduce heat to avoid boiling over. Cook uncovered, stirring once or twice.
- Cook noodles until just tender, about 7 to 10 minutes (follow the directions on the package).
- Drain cooked noodles well. Do not rinse cooked noodles unless using them in a cold salad. Rinsing noodles washes away some vitamins.
- Cooked leftover noodles should be refrigerated and used in 1 or 2 days.

Storing and cooking rice

- Keep uncooked rice at room temperature. Store it in a container made to be used with food. Do not use plastic containers that have been used to store non-food items.
- Do not rinse white rice before or after cooking; many vitamins and minerals can be washed away.
- **To cook white rice:** In a 2- or 3-quart sauce pan with a tight-fitting lid, combine 1 cup white rice and 2 cups water. Heat to boiling and stir once or twice. Reduce heat to simmer, and cover pan. Cook about **20 minutes** without removing the lid or stirring. Remove from heat and stir with a fork. Water should all be absorbed.
- **To cook brown rice:** In a 2- or 3-quart sauce pan with a tight-fitting lid, combine 1 cup brown rice and 2 cups water. Heat to boiling and stir once or twice. Reduce heat to simmer and cover pan. Cook for **45 to 55 minutes** without removing the lid or stirring. Remove from heat and stir with a fork. Water should all be absorbed.
- Rice can be cooked a day or 2 before you need it. Keep cooked rice in the refrigerator and use it in a mixed dish or rice pudding. Or place cooked rice in the freezer for up to 1 month.

List 3 of your family's favorite foods from this food group:





Vegetable Group

You will learn:

- Why it is important to eat vegetables.
- How to choose and prepare vegetables.

Many vegetables are good sources of:

Vitamin A Orange and dark green, leafy vegetables contain carotene, which the body turns into vitamin A. Vitamin A helps keep skin and eyes healthy.

Fiber Most whole vegetables are good sources of fiber. Fiber is important to prevent constipation and help with elimination. Eating high fiber foods can lower your risk for heart disease and some cancers.

Vitamin C Peppers, broccoli, and cauliflower are good sources of vitamin C. Vitamin C is needed in healing wounds and helps with absorbing iron.

Potassium Sweet potatoes, tomato sauce, winter squash, spinach, lentils, kidney beans, and split peas are good sources of potassium. Potassium helps keep a healthy blood pressure.

Folate (folic acid) Vegetables are a good source of folate. Folate helps your body make red blood cells.

Vitamin E Spinach and turnip greens are good sources of vitamin E. Vitamin E protects healthy fats from damage.

Everyone should eat vegetables daily.

Age and gender category	Recommended cups per day
Children ages 2 to 3 years	1
Children ages 4 to 8 years	1½
Girls ages 9 to 13 years	2
Girls ages 14 to 18 years	2½
Boys ages 9 to 13 years	2½
Boys ages 14 to 18 years	3
Women ages 19 to 30 years	2½
Women ages 31 to 50 years	2½
Women age 51 and over	2
Men ages 19 to 30 years	3
Men ages 31 to 50 years	3
Men age 51 and over	2½

What counts as 1 cup?

- 1 cup chopped raw or cooked vegetables
- 2 cups leafy raw vegetables

How to get plenty of different vegetables daily

- Keep cut up vegetables — such as carrot sticks, celery sticks, green peppers, or broccoli and cauliflower pieces — in your refrigerator for quick snacks. Serve with a simple dip for a treat.
- Add vegetables to sandwiches. Tomato or cucumber slices, lettuce leaves, or green pepper slices taste great on sandwiches.
- Add vegetables to soups and noodle dishes. Canned or frozen mixed vegetables add taste, color, and nutrients.
- Include cooked dry beans or peas in mixed dishes, such as chili or casseroles.
- Try to eat a cold, crisp vegetable each day at lunch. Put a small bag of raw carrots, celery, or peppers in your sack lunches.

Choosing vegetables

- Compare prices of fresh, canned, and frozen vegetables. Canned or frozen vegetables may cost less when fresh vegetables are out of season. All are nutritious.
- Buy fresh vegetables when they are in season. Look for fresh vegetables that are crisp and colorful, not wilted or yellowed.
- Buy plain frozen vegetables instead of those with a sauce or seasoning. You will save money and get fewer calories.



List 3 of your family's favorite vegetables:

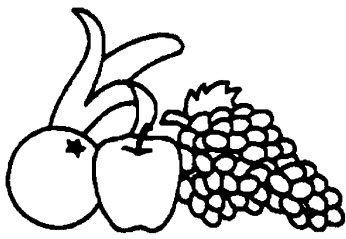


Preparing fresh vegetables*



Vegetable	Buying, storing, and cleaning	Serving raw	Cooking
Broccoli, cauliflower	Buy firm, green heads of broccoli. Buy firm, white heads of cauliflower. Refrigerate in a loosely closed plastic bag. Just before using, wash well and cut off tough end of stems.	Cut into small pieces to eat raw.	Leave whole or in large pieces to cook. Steam, stir fry, or boil in a small amount of water until easily pierced with a fork. Do not overcook.
Cabbage	Buy heads that feel heavy for their size. Refrigerate in a plastic bag. Just before using, wash well.	Use shredded raw cabbage in salad or coleslaw.	Cut into wedges, and cook by steaming or boiling in a small amount of water until tender when tested with a fork.
Carrots	Remove any green leaves or stems from tops of carrots, and refrigerate in a plastic bag. Just before using, scrub well or thinly peel.	Slice into sticks to serve raw. "Baby" carrots are handy to buy and serve, but they may cost more.	Leave whole or slice to cook. Steam, stir fry, or boil in a small amount of water until tender.
Greens: Beet, collards, kale, spinach, mustard and turnip greens	Refrigerate in a closed plastic bag. Just before using, wash well under running water. Cut off any tough stems.		Steam or boil in a small amount of water until leaves are wilted and tender. Do not overcook.
Potatoes	Buy potatoes that are free of sprouts and green areas on the skin. Store in a cool, dark place, not in the refrigerator. Just before using, scrub well and remove any green parts or sprouted potatoes.		Leave whole and pierce skins to bake. Or cut into large pieces and boil in enough water to cover. Cook until tender. Drain before serving.
Summer squash: Zucchini, pattypan, yellow squash, spaghetti squash	Store in the refrigerator. Just before using, wash well and remove stem end.		Spaghetti squash can be baked whole and the stringy flesh can be used in place of noodles. Other summer squash can be cut up and steamed, stir fried, or boiled in a small amount of water until tender.
Sweet potatoes, yams	Store in a cool place, not in the refrigerator. Just before using, scrub well or peel and trim ends.		Leave whole and pierce skins to bake. Or cut into large pieces to boil in enough water to cover. Cook until tender. Drain before serving.
Winter squash: Acorn, buttercup, butternut, hubbard, turban	Buy squash with a hard rind. Store in a cool, dry place. Do not refrigerate. Just before using, wash well, cut in half, and remove seeds.		Place halves cut side down in a baking dish with a small amount of water. Bake until tender. Scoop cooked squash from the rind; mash if desired.

*To learn about preparing dry beans and peas, see pages 25-26.



Fruit Group

You will learn:

- Why it is important to eat fruit.
- How to choose and prepare fruit.

Everyone should eat fruit daily.

Age and gender category	Recommended cups per day
Children ages 2 to 3 years	1
Children ages 4 to 8 years	1 to 1½
Girls ages 9 to 13 years	1½
Girls ages 14 to 18 years	1½
Boys ages 9 to 13 years	1½
Boys ages 14 to 18 years	2
Women ages 19 to 30 years	2
Women ages 31 to 50 years	1½
Women age 51 and over	1½
Men ages 19 to 30 years	2
Men ages 31 to 50 years	2
Men age 51 and over	2

What counts as 1 cup?

- 1 piece of fruit
- 1 cup juice
- 1 cup canned fruit
- ½ cup dried fruit

Many fruits are good sources of:

Vitamin C Oranges, grapefruits, melons, and berries are especially good sources of vitamin C. Vitamin C helps your body heal wounds and absorb iron, and keeps your gums healthy.

Fiber Whole fruits are good sources of fiber, especially if you eat the skin and seeds.

Potassium Bananas, prunes, prune juice, cantaloupe, honeydew melon, and orange juice are good sources of potassium. Potassium helps keep a healthy blood pressure.

Folate (folic acid) Fruits are a good source of folate. Folate helps your body make red blood cells.

How to get plenty of fruit daily

- Add fruit to cereal, pancakes, or muffins at breakfast.
- Take a whole apple or banana in your lunch.
- Serve mixed cut-up fruit for dessert.
- Have raisins for a snack.

Choosing fruits

- Eat whole or cut-up fruits often — they are higher in fiber than fruit juices.
- When you drink juice, choose 100 percent **fruit juice**. Fruit drinks, fruit punch, and fruit-flavored beverages contain only a little juice and lots of added sugar.
- Buy fresh fruits when they are in season and at a good price. Keep bananas and unripe fruits at room temperature. Refrigerate fruits that are fully ripe.
- Choose canned fruits that are lower in sugar. Some canned fruits are packed with added sugar.

Preparing fruits

- Wash fresh fruit under running water before eating.
- Cut fruit just before serving. When you cut fruits like apples, pears, and bananas, dip pieces in orange juice or lemon juice so they will not turn brown.
- Cooked or baked fruits make great desserts. Try applesauce, baked apples, or peach cobbler.



**Peaches canned
in juice**
½ cup has:
No sugar added



**Peaches canned
in light syrup**
½ cup has:
2 teaspoons sugar added



**Peaches canned
in heavy syrup**
½ cup has:
4 teaspoons sugar added

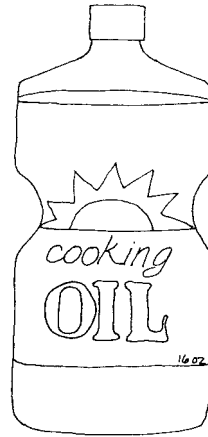
List 3 of your family's favorite fruits:



Oils

You will learn:

- Why oils are important.
- Why it is important to limit solid fats.
- How liquid oils are different from solid fats.



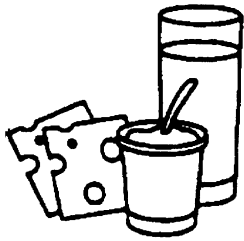
Know Your Fats

Liquid Oils	Solid Fats
Also known as unsaturated fats. There are two kinds: monounsaturated and polyunsaturated .	Also known as saturated and trans fats.
Good source of: Essential fatty acids – help children grow and keep your skin and brain healthy Vitamin E – helps keep your cells healthy	Can raise blood cholesterol levels. High blood cholesterol levels can increase the risk of heart disease.
Most of us get enough oils in the foods we eat.	Most of us eat too much solid fat.

Where Are Your Fats?

Liquid Oils	Solid Fats
Mainly found in foods from plants and fish.	Mainly found in foods from animals.
Liquid oils are found in: nuts, olives, some fish, avocados, mayonnaise, soft margarine, and vegetable oils (like canola oil and corn oil).	Solid fats are found in: regular cheese, beef, whole milk, regular ice cream, cakes, cookies, doughnuts, butter, beef fat, chicken fat, pork fat (lard), stick margarine, and shortening.

Next we will talk about the Milk Group and the Meat and Beans Group. There you will find tips for making choices that are lower in saturated (solid) fat.



Milk, Yogurt, and Cheese Group

You will learn:

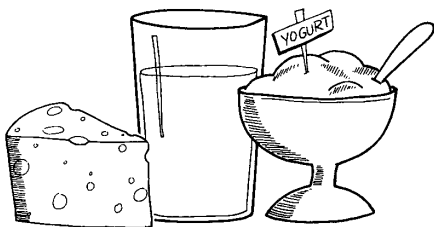
- Why it is important to eat foods from the Milk, Yogurt, and Cheese Group.
- How to choose foods from this food group.
- How to choose foods other than milk that supply calcium.

Everyone should eat foods from the Milk, Yogurt, and Cheese Group daily.

Age category	Recommended cups per day
Children ages 2 to 8 years	2
Children and teens ages 9 to 18 years	3
All adults	3

What counts as 1 cup?

- 1 cup milk or yogurt
- 1½ to 2 ounces cheese



The foods in the Milk, Yogurt, and Cheese Group are good sources of:

Calcium Milk, yogurt, and cheese are the best food sources of calcium. Calcium is important for healthy bones and teeth. Persons who don't eat enough calcium will slowly lose calcium from their bones. This may lead to osteoporosis and easily broken bones later in life.

Vitamin D Milk is fortified with vitamin D. Some yogurts are, too. Vitamin D helps build strong bones and keep them strong.

Protein Protein is needed to build and repair skin, muscle, blood, and nerve tissue throughout the body.

Potassium Milk foods are a good source of potassium. Potassium may help keep your blood pressure regular.

Choosing foods from the Milk, Yogurt, and Cheese Group


- Try **fat-free** milk and yogurt. Fat-free milk has all the nutrients and half the calories of whole milk. If it is hard for you to drink fat-free milk, make the switch from whole milk to fat-free milk gradually. Begin by drinking **reduced fat (2%)** milk, then go to **low-fat (1%)** milk, and then to fat-free.
- Choose low-fat cheese and yogurt made with low-fat or part skim milk. These are lower in fat than whole milk and foods made from whole milk.
- Go easy on high-fat cheese and ice cream. These can add a lot of fat and extra calories to your diet.
- For a treat, try lower-fat frozen desserts and frozen yogurt.
- When buying dairy foods, check dates on containers for freshness.

Some people have trouble drinking milk.

Some older children and adults get gas pains, bloating, or diarrhea after drinking milk. These problems may be caused by not having enough of the enzyme our bodies make to digest lactose, the sugar in milk. This is called **lactose intolerance**. People who have trouble drinking milk can try these ideas:

- Drink small amounts of milk (less than 1 cup) at a time. Have your milk with a meal or snack.
- Eat cheese or yogurt instead of milk. These foods usually contain less lactose than milk.
- Drink lactose-free or lactose-reduced milk. Examples include LACTAID® and Dairy Ease®*.
- Choose a variety of other foods that contain calcium, for example:
 - dark green vegetables like broccoli and kale (not spinach)
 - tofu made with calcium (check label)
 - canned fish with soft bones (like salmon)
 - calcium-fortified juices, cereals, breads, and soy milks (check labels)

List 3 of your family's favorite foods from this food group:



*Reference to products is not intended as an endorsement to the exclusion of others that may be similar. Examples are listed in this booklet as a convenience to readers.

Milk and many foods made from milk are rich in calcium.

There are many other foods you can choose to get the calcium you need.
Circle the foods below that you could eat in a day to get the calcium you need.

These foods:

Have as much calcium as:



1 cup low-fat yogurt, plain or flavored



1 cup pudding made with milk



1½ ounces Swiss, cheddar or Colby cheese



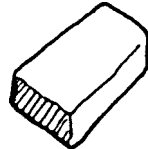
7 sardines



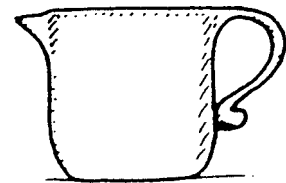
1½ cups cream soup



2 ounces process cheese, such as American



1 square (6 ounces) firm tofu — Look at the ingredient list or Nutrition Facts to see if calcium is listed.



1 cup milk



1 cup cottage cheese



¾ cup ice cream



3 ounces canned salmon with bones



1½ to 1 cup cooked greens



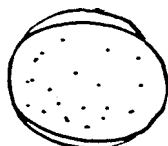
5 slices bread



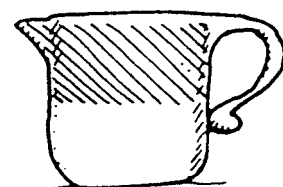
1½ cups cooked, chopped broccoli



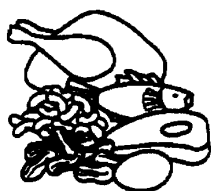
1¼ cup baked beans



4 corn tortillas



½ cup milk



Meat and Beans Group

You will learn:

- Why it is important to eat food from the Meat and Beans Group.
- How to choose lower-cost foods from this food group.
- How to prepare foods from this food group.

The foods in the Meat and Beans Group are good sources of:

Protein Protein is needed to build and repair skin, muscle, blood, and nerve tissue throughout the body.

Iron Iron is needed by the cells in blood that carry oxygen.

B vitamins B vitamins are used in many ways by the body, especially when cells are converting food into energy.

Vitamin E Vitamin E protects healthy fats from damage.

Magnesium and Zinc Magnesium helps you build bones and use energy. Zinc is important for a healthy immune system.

Everyone should eat from the Meat and Beans Group daily.

Age and gender category	Recommended ounces per day
Children ages 2 to 3 years	2
Children ages 4 to 8 years	3-4
Girls ages 9 to 13 years	5
Girls ages 14 to 18 years	5
Boys ages 9 to 13 years	5
Boys ages 14 to 18 years	6
Women ages 19 to 30 years	5½
Women ages 31 to 50 years	5
Women age 51 and over	5
Men ages 19 to 30 years	6½
Men ages 31 to 50 years	6
Men age 51 and over	5½

What counts as 1 ounce?

- 1 ounce cooked lean meat, poultry, or fish
- ¼ cup cooked dry beans, 1 egg, or 1 tablespoon peanut butter

Choosing foods from the Meat and Beans Group

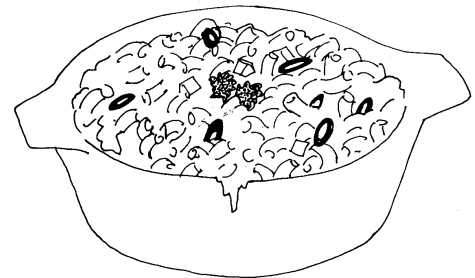
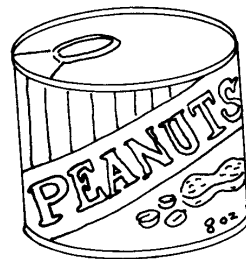
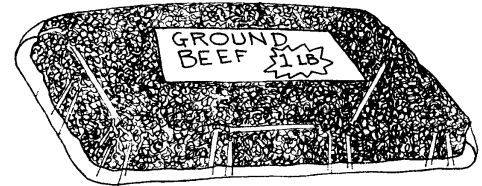
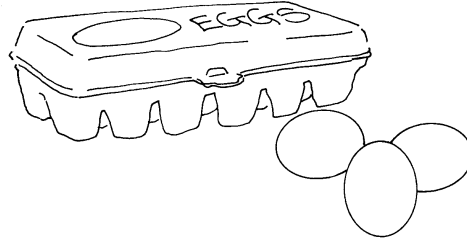
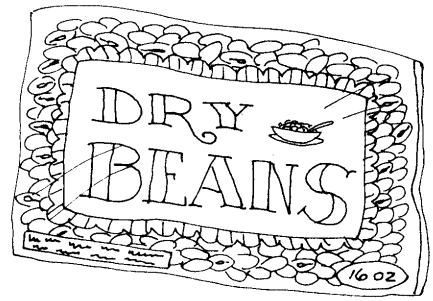
■ Start with a lean (lower in fat) choice, such as:

- beef cuts like round steaks and roasts
- pork loin and ham
- extra lean ground beef (90% lean or higher)
- chicken and turkey (without skin)


■ Vary your choices. The Meat and Beans Group offers more than meat. Cooked dry beans or eggs can make a tasty, nutritious main dish and often cost less than meat. Here are some ideas to try:

- Choose fish more often for lunch or dinner.
- Choose dry beans or peas as a main part of your meal. Chili with kidney or pinto beans, split pea or white bean soup, and black bean enchiladas make tasty meals.
- Choose nuts as a snack, on salads, or in main dishes. Add peanuts to stir-fry instead of meat, or try slivered almonds in your steamed vegetables.
- Have a hard-boiled egg for a snack or make scrambled eggs for breakfast, lunch, or dinner!

■ Mix smaller portions of meat, poultry, or fish with noodles, rice, beans, or potatoes to make an inexpensive main dish. The next few pages and the recipes at the end of this booklet may give you some ideas.



List 3 of your family's favorite foods from this food group:

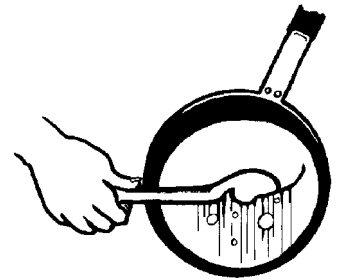
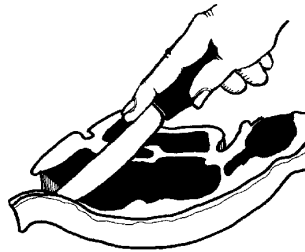


Cooking meat

Low-fat cooking for meat

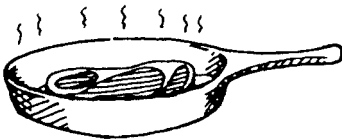
- Trim fat away before cooking.
- Take away the fat that cooks out of meat. Set meat on a rack in the baking pan. This keeps meat away from the fatty drippings.
- Extra lean ground beef can be expensive. If you buy ground chuck and want to reduce the fat in it, you can put the cooked beef in a strainer and drain the fat. Then rinse the cooked meat under hot running water, and place the beef on paper towels to drain.

- Baste meat during cooking with water, broth, or tomato sauce instead of fatty drippings.
- When you pan broil chops and steaks, use a skillet with a no-stick coating. Use little or no fat in the skillet.

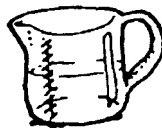


Moist cooking will make meat more tender.

- Use medium heat.
- Add water or other liquids during cooking.



Brown meat over medium heat.



Add liquid — water, tomato juice, or broth.



Cover pan.

Cook over low to medium heat.

Or bake at 325° F.

You know the meat is done when a meat thermometer inserted into the meat reads at least 160° F.

Buying and preparing chicken and turkey

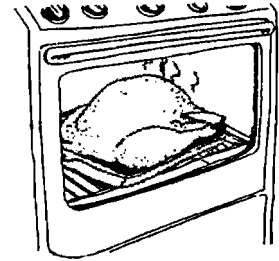
Buying chicken and turkey

- Compare prices. Sometimes you can save money by buying a whole chicken instead of cut-up chicken pieces. When buying a whole chicken, allow $\frac{1}{2}$ pound per person.
- Take advantage of sales. If you have the freezer space, stock up on chicken and turkey when the price is low.



Low-fat cooking for chicken and turkey

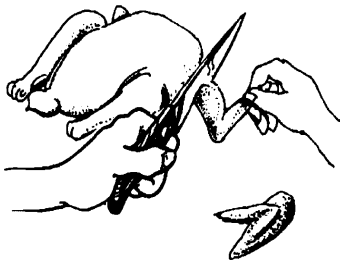
- Bake, broil, roast, microwave, or grill chicken — whole or in pieces.
- The skin carries most of the fat in chicken and turkey. Take the skin off before cooking or before eating.
- Throw away the fatty part of the juices that cook out of chicken and turkey.
- Roast chicken and turkey in the oven. Use broth to baste. Do not use butter or fatty drippings.
- Fried chicken is high in fat! If you fry chicken, use very little breading. Breading soaks up fat.
- Chill soups after putting them in shallow containers. Skim off the top layer of fat after it hardens.



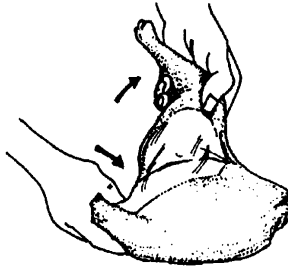
How to cut up a whole chicken

Safe food reminders when handling chicken

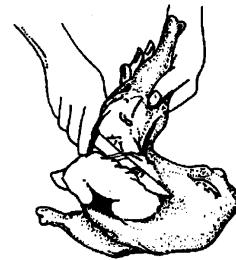
- Use hot soapy water to wash knives, cutting boards, counter tops, and hands after touching raw chicken. After washing, rinse knives, cutting boards, and counter tops with a mixture of 1 teaspoon bleach in a quart of water.
- Keep raw chicken and its juices away from foods that will be eaten uncooked.



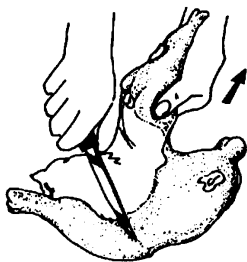
Remove wings by cutting into the joint, keeping knife close to bone. Hold wing tip away from chicken.



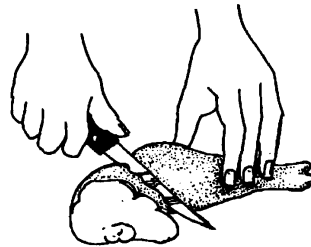
Cut skin between thigh and body. Grasp leg and apply pressure to snap the hip joint.



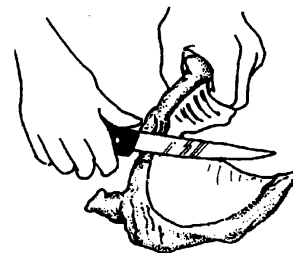
Remove leg and thigh by cutting from tail toward neck. Rock knife in the hip joint to cut tendons.



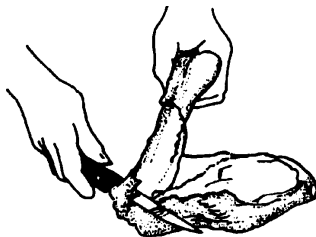
Pull leg and thigh away and cut connecting skin.



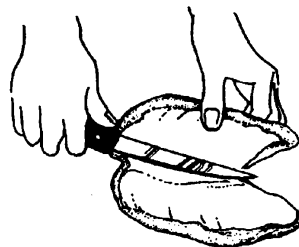
Separate thigh from leg by cutting through leg joint.



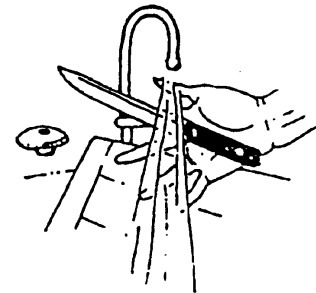
Separate back from breast by placing breast on cutting board with back bone face up. Cut back from breast.



Remove tail and breast from back by lifting the back and end strip out. Cut through skin to remove tail and breast section from back.

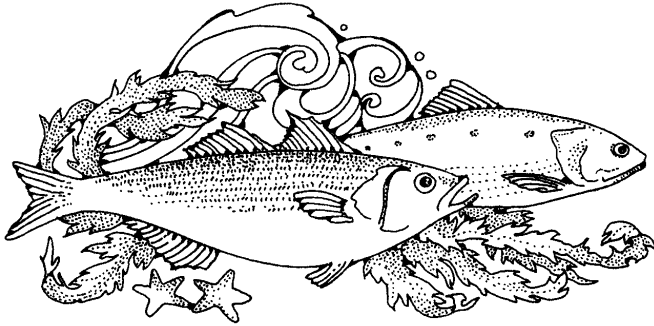


Split the breast by placing skin side down and cutting through the "V" of the breast bone.



Wash knives, cutting board, and hands in hot water and soap after you have placed the chicken in the cooking or storage container.

Buying and cooking fish



Fish is a good choice.

- Eating fish can help you vary the types of foods you choose from the Meat and Beans Group.
- Fish are a good source of polyunsaturated fats (liquid oils).

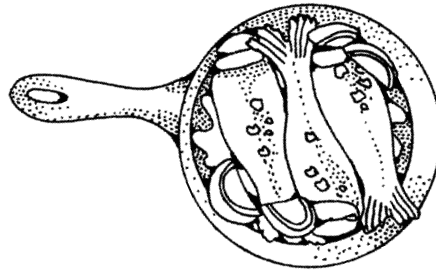
Buying and storing fish

Fresh fish

- Fresh fish is firm and looks bright. Not-so-fresh fish is soft and smells fishy.
- Buy only the amount you can use in 1 to 2 days, and keep it in the coldest part of the refrigerator.
- If you catch your own fish, keep them on ice until you clean them. Clean fish the same day they are caught. Freeze or refrigerate immediately.

Frozen fish

- Buy plain fish instead of battered or breaded fish, to save money and calories.
- Choose frozen fish packages that are frozen solid, not soft or drippy.
- If you buy in bulk from a truck, watch for correct weight, and avoid fish that has excess ice, coating, or freezer burn. Also, compare prices to make sure it is really cheaper than at the supermarket.
- Thaw frozen fish in the refrigerator just before you are ready to cook it.



“Hook” a new way to cook fish

- Cook fish just until it is done. Raw fish looks watery. Cooking turns the juices milky white and the flesh firm.
- Fish is done when it flakes apart with a fork.
- Season cooked fish with lemon juice, dill, or thyme for added flavor without fat.

Cooking method	Directions	Approximate time*
Steaming	Cook on a rack in the steam just above boiling water.	5 to 10 minutes
Broiling	Most ovens have a broiler. Brush the fish with a small amount of margarine or oil to keep fish from drying out.	10 to 15 minutes
Charcoal grilling	Cook over hot coals.	10 to 15 minutes
Pan frying	Cook in a small amount of fat.	8 to 10 minutes
Baking	Cook in the oven. Keep the fish moist with a little oil mixed with lemon juice.	10 minutes per inch thickness
Simmering	Cook in a small amount of liquid in a covered pan.	5 to 10 minutes
Microwave	Cook in a baking dish with 2 tablespoons of liquid. Cover and cook on HIGH.	4 to 8 minutes
* Note: Cooking times will vary by the weight and thickness of the fish.		

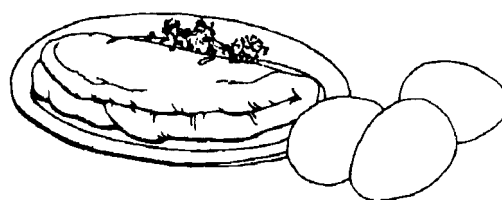
Cooking and storing eggs

Storing and handling eggs and egg dishes

- Check eggs for cracks before buying. Use only clean, uncracked eggs.
- Refrigerate eggs in the carton. Do not freeze.
- Do not keep eggs — either raw or cooked — at room temperature for more than 2 hours.
- Keep cold egg dishes below 40° F.
- Keep hot egg dishes above 150° F.
- Use raw eggs within 3 weeks and hard-cooked eggs within 1 week.

Preparing eggs

- Do not eat raw or undercooked eggs. Whites and yolks should be firm and not runny.
- Cook eggs with medium — not high — heat.



Cooking method	Directions
Hard-cooked	Put unbroken eggs in pan and cover with cold water. Heat to boiling. Turn heat off and let stand about 15 minutes. Serve eggs hot or cool quickly in cold water. Refrigerate hard-cooked eggs.
Poached	Break eggs one at a time into a small bowl, and slip them into enough gently boiling salted water to cover the eggs. Reheat to simmer, then remove pan from heat. Cover and let stand for 5 minutes or until the yolk is solidly cooked.
Fried	Lightly grease a frying pan or use non-stick spray. Break eggs one at a time into pan over medium heat. Cook the eggs until whites and yolks are firm. Do not serve with runny yolks.
Scrambled	For 2 servings: Break 4 eggs into a bowl. Add 4 tablespoons milk or water. Beat together. Lightly grease a frying pan or use non-stick spray. Add egg mixture and cook over low heat, stirring occasionally, until mixture is set and not runny.

Cooking and storing dried beans and peas

Dried beans and peas are a good choice.

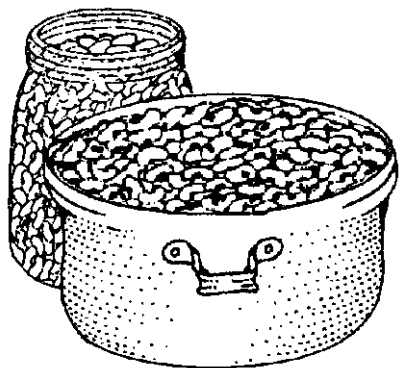
- Dried beans and peas contain little fat.
- Dried beans and peas are good sources of fiber, protein, and several vitamins and minerals.
- For convenience, canned beans (such as pinto, navy, and kidney) are also nutritious.

Storing dried beans and peas

Store dried beans and peas in an airtight (covered) container. Coffee cans with lids work well. Store in a cool, dry place for up to a year, or in the freezer for up to 2 years.

Storing soaked or cooked beans

If you are not going to use them right away, keep soaked or cooked beans and peas in the refrigerator or freezer.



Soaking dried beans and peas

Many dried beans and peas require soaking before cooking. Lentils, black-eyed peas, and split peas can be cooked with or without soaking.

Sort through dried beans or peas. Discard any that are discolored or shriveled.

Use one of these two methods for soaking dried beans and peas before cooking:

Quick soak

Place 2 cups (1 pound) of dried beans or peas in a large pan with 6 cups of water. Bring to a boil. Boil for 2 minutes. Remove pan from heat, cover, and let stand for 1 hour. Drain soaked beans or peas. Add fresh water for cooking.

Overnight soak

Place 2 cups (1 pound) of dried beans or peas in a large pan with 6 cups of water. Let soak overnight. In the morning, drain the beans or peas. (You will add fresh water for cooking.) Refrigerate if you do not cook them right away.

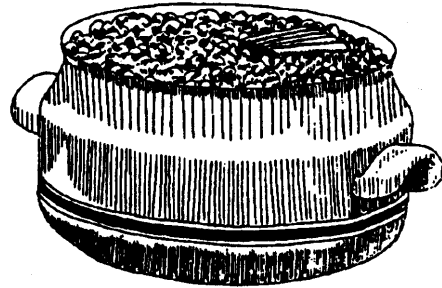
Cooking dried beans and peas

Place beans or peas in a large pan. If using a recipe, add water as called for in the recipe. If cooking beans for later use, cover the beans or peas with an amount of water equal to about three times the amount of beans.










(Soybeans may require additional water.)

If desired, you may add 1 tablespoon of oil or other fat to reduce foaming during cooking. You may add small pieces of cured or smoked meats for flavor. Bring beans or peas to a boil. Reduce

heat to low and simmer; use this chart as a guide for cooking times. Stir occasionally. Beans and peas are done when they are easily pierced with a fork (fork tender).



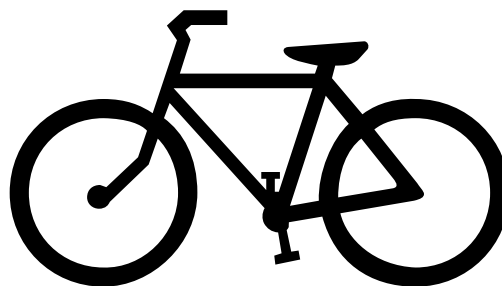
One cup of dried beans makes 2 to 3 cups of cooked beans.

Type of beans or peas	Approximate cooking time
No presoaking needed:	
 Split peas	30 to 45 minutes
 Lentils	
After presoaking:	
 Pinto beans	2 hours
 Kidney beans	
 Lima beans	1 hour
 Navy beans	1½ to 2 hours
 Great Northern beans	
 Soybeans	3 hours
 Black-eyed peas	45 to 60 minutes

Physical activity — Part of a healthy life

You will learn:

- Why physical activity is important.
- How to get more activity into your daily life.



Physical activity is fun and helps you feel good.

Being physically active helps you burn calories and can help you maintain or improve your weight.

Many Americans are inactive. Inactivity can contribute to obesity. Overweight adults have a greater risk of high blood pressure, heart disease, stroke, diabetes, and some types of cancer.

Include physical activity in your daily life:

- If you have health problems or questions, check with your doctor before starting a new physical activity.

- Walking is a great physical activity. Walk with friends or family to be safe and have more fun. Try to walk for 30 minutes or more a day. This can be several short walks that add up to 30 minutes. Do this several times a week.
- Climbing stairs instead of using the elevator will burn more calories and build strength.
- Keep active around the house: sweep the floors, wash the windows, or mow the grass.
- Encourage your children to play actively and spend less time watching television. Set a good example for your children by being active yourself.

Remember: More physical activity is better than less, and any is better than none.

List some physical activities that you and your family enjoy:

Let's review MyPyramid.


Now that we've learned about MyPyramid, let's review what we've learned. What is the most important MyPyramid message for you personally?



MyPyramid.gov

STEPS TO A HEALTHIER YOU

List 1 or 2 things you want to do differently
after reading this booklet:

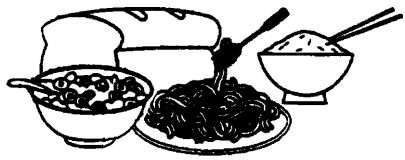


Recipes

The number of calories and grams of fat per serving are listed for each recipe. You can use this information to help you plan meals that aren't too high in fat and calories.

Recipes were analyzed using low-fat milk. If you use fat-free milk, the calories and fat in the recipe will be lower. If you use 2% or whole milk, the calories and fat in the recipe will be higher.

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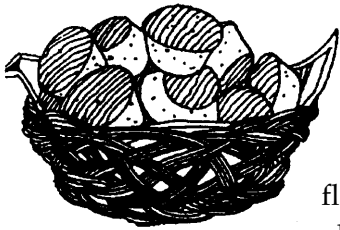


Recipes for foods in the Grain Group

Bran-Oatmeal Muffins

*Makes 12 servings
141 calories and 6 grams of fat per serving*

- 1 cup ready-to-eat bran cereal**
- 1 cup low-fat milk**
- 1 cup flour**
- 1½ teaspoons baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- ½ cup uncooked oatmeal**
- 1 egg**
- ¼ cup sugar**
- ¼ cup vegetable oil**
- ½ cup raisins (optional)**



Preheat oven to 375° F. Combine milk and bran cereal in a bowl and let stand for 5 minutes.

Meanwhile, mix together flour, baking powder, baking soda, salt, and oatmeal. To the

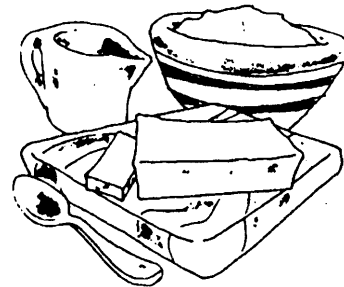
bran and milk mixture, add egg, sugar, and vegetable oil; mix well. Pour flour mixture into cereal mixture and stir just until moistened. Overmixing will result in tough, pointed muffins. Fold in raisins (optional). Fill greased or paper-lined muffin cups $\frac{2}{3}$ full. Bake 12 to 15 minutes.

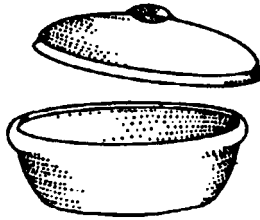
Spoonbread

*Makes 8 servings
155 calories and 6 grams of fat per serving*

- 3 cups low-fat milk**
- 1 cup cornmeal**
- 3 eggs**
- 2 Tablespoons melted butter or margarine**
- 1½ teaspoons salt**

Preheat oven to 400° F. Lightly grease a 9-inch square baking pan. Mix milk, cornmeal, salt, and butter in a sauce pan. Cook and stir over medium heat until thickened. Beat eggs in large bowl. Slowly pour and stir hot cornmeal mixture into eggs. Pour batter into greased baking pan. Bake 30 to 35 minutes, until top of spoonbread is firm. Serve at once.





Easy Rice Pudding

Makes 6 servings

241 calories and 3 grams of fat per serving

2¼ cups low-fat milk

½ cup raisins

¼ cup sugar

1 Tablespoon margarine

¼ teaspoon cinnamon

1 cup uncooked rice

Mix milk, raisins, sugar, margarine, and cinnamon in a saucepan. Bring to a boil. Turn heat to lowest setting. Stir in rice, and cover pan.

Simmer until rice is tender, about 30 to 40 minutes.

Rice A'ghetti

Makes 6 servings

186 calories and 4 grams of fat per serving

2 Tablespoons vegetable oil

1 cup uncooked rice

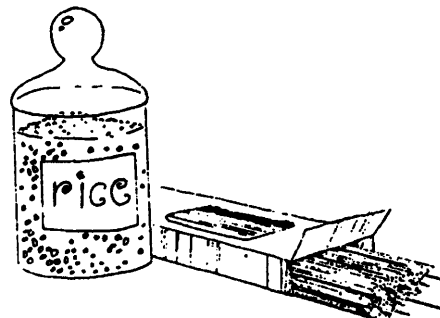
½ cup spaghetti, broken into small pieces

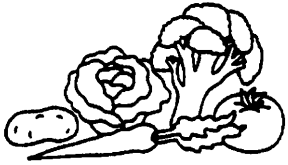
½ small onion, chopped

3 cups water

1 Tablespoon instant chicken or beef bouillon crystals OR 1 bouillon cube

Melt margarine in large saucepan. Add rice, spaghetti, and onion. Cook and stir mixture for 8 to 10 minutes over medium heat or until spaghetti is golden brown. Add water and bouillon. Bring to a boil, stir, and reduce heat. Cover. Simmer over low heat for 25 to 30 minutes or until liquid is absorbed and spaghetti and rice are tender. Serve at once.





Recipes for foods in the Vegetable Group

No-Crust Pumpkin Pie

Makes 8 servings

112 calories and 2 grams of fat per serving

- 2 large eggs**
- 2 cups canned OR cooked pumpkin or yams**
(1 pound can)
- ¾ cup brown OR white sugar**
- ¼ teaspoon salt**
- 1 ½ teaspoons pumpkin pie spice OR 1 teaspoon**
cinnamon and ¼ teaspoon nutmeg and
¼ teaspoon ground cloves
- ¼ cup flour**
- 1 cup non-fat dry milk powder**
- 1 cup water**

Preheat oven to 350° F. Measure all ingredients into large bowl. Mix well. Pour into greased 9-inch pie plate. Bake at 350° F for 45 to 55 minutes or until a knife inserted near the center comes out clean.

Variation: Use ¾ cup low-fat milk instead of the 1 cup of non-fat dry milk powder and the 1 cup water.

Chinese-Style Vegetables

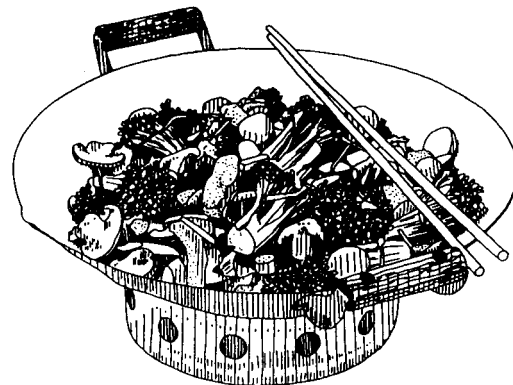
Makes 6 servings

69 calories and 3 grams of fat per serving

- 4 carrots**
- 1 stalk celery**
- 2 stalks fresh broccoli**
- 1 small onion**
- ¼ green pepper**
- 1 Tablespoon vegetable oil**
- ¼ cup water**
- salt and pepper, to taste**
- 2 Tablespoons soy sauce (optional)**
- 3 cups hot cooked rice (try brown rice)**

Wash vegetables. Slice carrots and celery. Cut ¼ inch off tough end of broccoli, and slice stalk and flowers into bite-size pieces. Chop onion and green pepper. Set vegetables aside. Heat oil in a large frying pan or wok over medium heat. Stir in onion. Cook and stir until just limp. Stir in rest of vegetables. Add water, cover, and cook 8 to 10 minutes or until just tender. Stir in soy sauce and seasonings, if desired. Serve at once over rice.

Variation: Add 1 to 2 cups chopped cooked chicken or turkey meat before adding water.





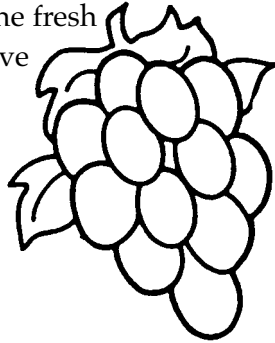
Recipes for foods in the Fruit Group

Best-of-the-Season Fruit Salad

Makes 6 servings
80 calories and 0 grams of fat per serving

- 1 can (16 ounces) fruit cocktail canned in light syrup or fruit juice
- 1 banana
- 2 medium fruits — Pick your favorite fruits in season.

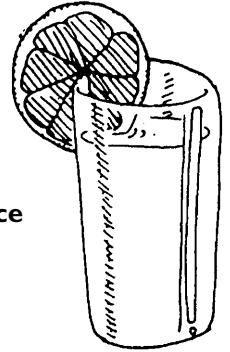
Drain fruit cocktail. Slice banana and stir into fruit cocktail. Wash fresh fruit. Peel if necessary. Cut into bite-size pieces. Stir the fresh fruit into the fruit cocktail. Serve on lettuce leaf or in a bowl for breakfast, lunch, or dinner.







Orange Smoothie

Makes 4 servings
176 calories and 2 grams of fat per serving

- 1 can (6 ounces) frozen orange juice concentrate
- 3½ cups low-fat milk
- ½ teaspoon vanilla
- ½ teaspoon sugar



Blend ingredients together with an electric mixer, or shake in a covered container until smooth. Serve cold.

In-season fruits			
			
Spring	Summer	Fall	Winter
Apples Bananas Grapefruit Oranges Strawberries	Cherries Melons Nectarines Peaches Plums Strawberries	Apples Bananas Grapes Melons Pears	Apples Bananas Grapes Grapefruit Oranges Tangerines



Recipes for foods in the Milk, Yogurt, and Cheese Group

Cheese Enchilada Stack

Makes 6 servings

330 calories and 15 grams of fat per serving

- 2 cans (15 ounces each) tomato sauce**
- 4 teaspoons chili powder**
- ¼ teaspoon garlic powder**
- 12 soft tortillas (9 ounces)**
- 2 cups (8 ounces) shredded cheddar or Monterey Jack cheese**

Preheat oven to 350° F. In a medium saucepan, combine tomato sauce, chili powder, and garlic powder. Spread ¼ of the sauce in the bottom of a 9-inch pie pan or square baking pan; top with 1 tortilla. Spread with 2 Tablespoons sauce and 2 rounded Tablespoons cheese. Repeat, layering tortillas, sauce, and cheese. Cover with aluminum foil. Bake until hot and cheese is melted, 25 to 30 minutes. Heat remaining sauce over medium heat until hot. Remove enchilada stack to a serving plate. Cut into wedges. Serve with extra sauce.

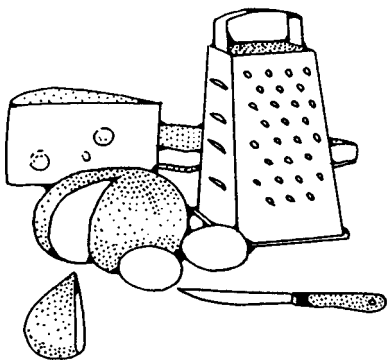
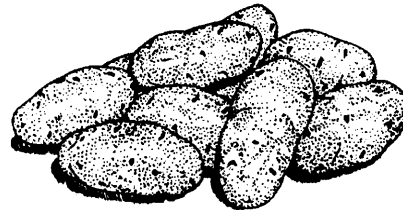
Potato-Cheese Bake

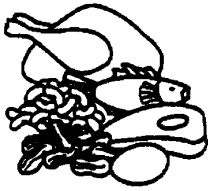
Makes 6 servings

200 calories and 9 grams of fat per serving

- ½ small onion, finely chopped**
- 3 eggs, beaten**
- ¼ cup low-fat milk**
- 3 cups cooked mashed potatoes**
- 1 cup (4 ounces) process cheese, shredded**

Preheat oven to 375° F. Mix all ingredients. Pour into casserole dish. Bake 40 to 50 minutes. Serve at once.





Recipes for foods in the Meat and Beans Group

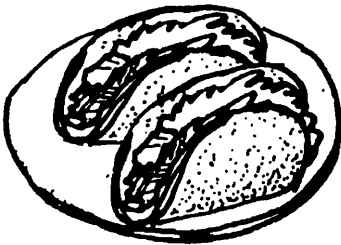
Bean Tacos

Makes 8 tacos
200 calories and 9 grams of fat per taco

- 8 taco shells**
- 1 small onion, chopped**
- 2 teaspoons vegetable oil**
- 1 can (16 ounces) refried beans OR**
2 cups mashed, cooked beans
- 1 cup salsa (optional)**
- ¼ head lettuce, chopped**
- 2 tomatoes, chopped**
- 1 cup (4 ounces) shredded cheese**
- hot sauce or taco sauce, to taste**

Warm taco shells in oven at 325° F for 5 minutes. Stir-fry chopped onion in vegetable oil. Stir in beans and salsa. Heat thoroughly. Spoon hot beans into bottom of taco shell. Sprinkle on shredded cheese, lettuce, chopped tomatoes, and hot sauce or taco sauce.

Variation: Make tostadas (open sandwiches). Use flat corn tortillas. Spread beans on tortillas. Sprinkle with cheese, chopped lettuce, tomato, and hot sauce.



Lasagna

Makes 8 servings
355 calories and 14 grams of fat per serving

- 8 ounces lasagna noodles (try whole wheat)**
- ½ pound ground beef or ground turkey**
- 2 cups (14- or 16-ounce jar) spaghetti sauce**
- 1 cup (8-ounce can) tomato sauce**
- ½ cup water**
- 10-ounce package frozen chopped broccoli or spinach, thawed and drained**
- 1 cup (8 ounces) low-fat cottage cheese**
- 1 Tablespoon chopped parsley (optional)**
- 2 cups (8 ounces) shredded mozzarella cheese**
- ½ cup grated Parmesan cheese**

Cook noodles in boiling water until tender, about 10 minutes. Drain noodles and set them aside. Brown ground meat in a skillet. Drain off excess fat. Mix in the spaghetti sauce, tomato sauce, water, and broccoli or spinach. Set aside. In a small bowl, mix cottage cheese with parsley (optional).

Use an 8- by 11-inch casserole dish (or you may use a 9- by 13-inch pan). Place about 1 cup of the meat sauce in the bottom of the pan; cover with a layer of noodles. On the noodles, place half of the cottage cheese and half of the mozzarella cheese. Spoon about 1 cup of the meat sauce over the cheeses. Then add another layer of noodles, the remainder of the cottage cheese and mozzarella cheese, and 1 cup meat sauce. Add another layer of noodles, and top with the remaining meat sauce and grated Parmesan cheese.

Bake at 375° F for 35 to 45 minutes until hot and bubbling.



Stove-Top Barbecued Meat

Makes 5 servings

244 calories and 10 grams of fat per serving

1 Tablespoon oil

1 pound pork chops, pork steaks, chicken legs or thighs

Barbecue sauce:

1 can (8 ounces) tomato sauce

1 small onion, chopped

¼ cup catsup

2 Tablespoons vinegar

2 Tablespoons brown sugar

½ teaspoon salt

⅛ teaspoon pepper

Heat oil in large frying pan. Cook meat until browned on all sides. Mix all ingredients for sauce and pour over meat. Turn heat to low. Cover pan and simmer for 45 minutes until meat is tender.

Peanut Butter-Raisin Sandwich Spread

Makes 10 servings (2 Tablespoons each)

188 calories and 13 grams of fat per serving

¾ cup raisins

1 cup peanut butter

Finely chop raisins. Mix peanut butter and chopped raisins. Use as a spread on whole wheat bread or crackers.



Ham and Cheese Omelet

Makes 2 servings

205 calories and 15 grams of fat per serving

4 eggs

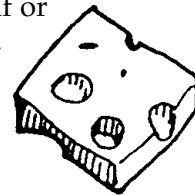
**4 Tablespoons water OR low-fat milk
dash of salt and pepper, to taste**

1 teaspoon butter or margarine

2 Tablespoons cheese

2 Tablespoons chopped, cooked ham

Mix eggs, water, salt, and pepper together with a fork. Heat butter or margarine in a 12-inch skillet over medium heat until melted. Pour in egg mixture. Mixture should set at edges at once. With pancake turner, carefully draw uncooked portions at center to outside. When top is just cooked, remove from heat. Sprinkle cheese and ham over cooked egg mixture. With pancake turner, fold in half or roll, turning out onto platter with a quick flip of the wrist.





Cajun Red Beans and Rice

Makes 6 servings

622 calories and 15 grams of fat per serving

- 2 cups (1 pound) dried red or kidney beans**
- ½ pound smoked turkey**
- 3 cups onion, chopped**
- 1 cup green onions, chopped**
- 1 Tablespoon garlic salt**
- ¼ teaspoon oregano**
- 1 teaspoon red pepper**
- 1 teaspoon black pepper**
- 1 teaspoon Worcestershire sauce**
- ½ pound smoked sausage, cut into slices (optional)**
- 1 can (8 ounces) tomato sauce**
- 3 cups hot cooked rice (try brown rice)**

Sort and wash beans; place in a large pan. Add 6 cups of water to beans; let soak overnight. Drain. Cover with 6 cups fresh water. Add smoked turkey to beans; cover and simmer 45 minutes. Stir in onions, herbs, spices, and Worcestershire sauce; continue to cook 1 hour. Brown sausage and drain; add to bean mixture. Stir in tomato sauce. Cover and simmer 45 minutes, adding more water if necessary. Serve over rice.

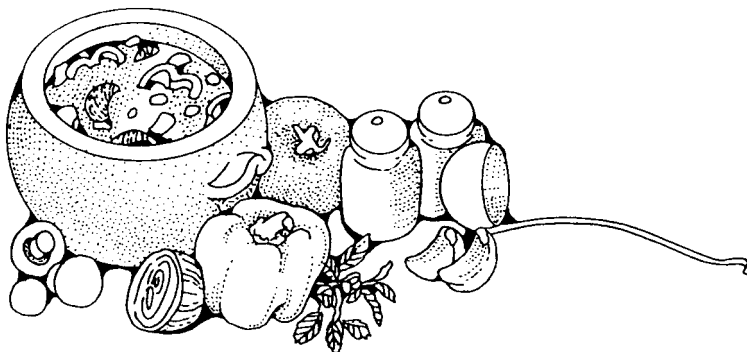
Split Pea Soup

Makes 6 servings

285 calories and 6 grams of fat per serving

- 2 cups dried split peas**
- 1 large onion**
- 2 Tablespoons butter or margarine**
- 5 cups water**
- ½ cup grated or sliced carrot**
- 1 teaspoon salt**

Wash and drain dried split peas. Chop onion. Cook onion in butter in a large pan until tender. Add water, split peas, grated carrot, and salt to onion. Bring to boil. Lower heat and cover pan. Simmer about 1½ hours until thickened.





Tuna Casserole with Peas

Makes 4 servings

487 calories and 15 grams of fat per serving

½ pound noodles (try whole wheat noodles)

2 Tablespoons margarine or butter

¼ cup onion, chopped

¼ cup flour

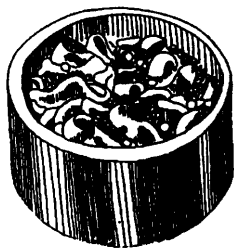
2 cups low-fat milk

1 can (16 ounces) peas, drained

1 can (6½ ounces) tuna, drained

½ cup (2 ounces) cheddar or process cheese, shredded (optional)

Cook noodles in boiling water. Drain. While noodles are cooking, melt margarine in a skillet. Cook onions in the margarine until tender. Stir flour into margarine/onion mixture. Gradually add milk and cook until mixture thickens, stirring often. Add drained peas and tuna, noodles, and cheese. Mix together. Heat thoroughly in skillet and serve, or put in a casserole dish and bake at 350° F for 30 minutes.



Hamburger Soup

Makes 5 servings

392 calories and 17 grams of fat per serving

1 pound ground beef or cooked leftover meat loaf or roast beef

2 cups potatoes, diced

1 cup carrots, sliced

1 cup onions, chopped

1 cup celery, chopped

1 can (46 ounces) tomato juice

2 cups water

salt and pepper, to taste

Brown ground beef; drain off fat. Combine meat, vegetables, tomato juice, and water in large kettle. Simmer for 1¼ hours or until vegetables are tender.

Ham Hocks and Red Beans

Makes 3 servings

330 calories and 8 grams of fat per serving

1 cup (½ pound) dried kidney beans or pinto beans

1 onion, chopped

1 pound smoked ham hocks OR 4 ounces smoked turkey

1 slice green pepper

1 clove of garlic

1 bay leaf

Sort, wash, and soak beans in 3 cups of water. When ready to cook, drain off water and put beans in a large pot with 4 cups of water. Add onion, meat, green pepper, bay leaf, and garlic. Cook slowly but steadily for 2 hours. Remove bay leaf before serving.





How to Stew a Chicken

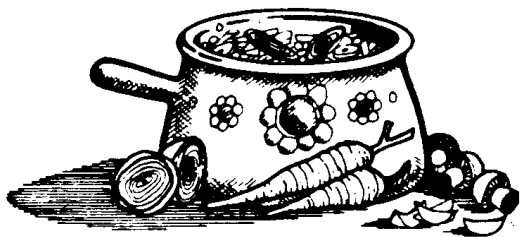
whole chicken or chicken parts
(like legs or thighs)

water

1 onion, chopped

½ cup celery, chopped

½ cup carrots, chopped



Place chicken in a pan with enough water to cover. Add vegetables. Bring to a boil. Reduce heat to low; cover and simmer 1 hour. Strain meat in a colander, saving the liquid. Refrigerate liquid. Remove meat from bones and refrigerate. Remove fat from top of cold broth. Use the broth for soup. Use the meat for casseroles, salads, or sandwiches.

Poultry Pasta Salad

Makes 4 servings, 1¼ cups each
265 calories and 6 grams of fat per serving

1 cup elbow macaroni, uncooked

1 teaspoon green onion, chopped

¼ cup light salad dressing, mayonnaise type

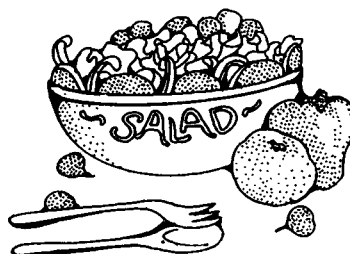
1½ cups cooked turkey or chicken, diced

1 cup seedless red or green grapes, halved

½ cup celery, thinly sliced

4 leaves salad greens

Cook macaroni according to package directions. Drain. Stir chopped green onion into salad dressing. Mix together lightly: macaroni, turkey or chicken, grapes, and celery. Stir in salad dressing. Chill well. Serve on salad greens.



Baked Fish and Vegetables

Makes 4 servings, 4 ounces of fish and ½ cup of vegetables each

350 calories and 12 grams of fat per serving

4 frozen white fish, cod, or perch fillets
(total of 16-20 oz.)

16 ounces frozen mixed vegetables

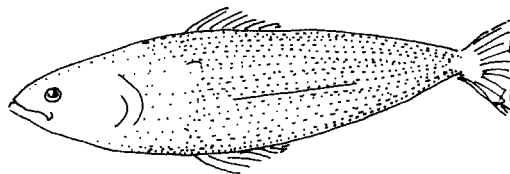
1 small diced onion

1 teaspoon lemon juice or fresh lemon sliced thin

1 Tablespoon parsley flakes dried or freshly chopped

4 10- x12-inch tin foil squares

Preheat oven to 450° F. Separate and place fish fillets in center of each tin foil square. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form leak-proof seal. Bake for 10 minutes. Serve. Refrigerate leftovers.



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The Wisconsin Nutrition Education Program and University of Wisconsin-Extension have a variety of other easy-to-read publications, including some in Spanish:

- *Eating for Pleasure and Health* B3538
(*Comiendo por Placer y Salud* B3538S)
- *Feeding Young Children* B3572
(*Cómo Alimentar a los Niños* B3572S)
- *How Food Affects You* B3479
(*Los Alimentos: Cómo le Afectan* B3479S)
- *Keeping Food Safe* B3474
(*Cómo Mantener los Alimentos Seguros* B3474S)
- *Parenting the First Year* B3790
(*El Primer Año del Bebé* B3790S)
- *Parenting the Second and Third Years* B3791
(*El Segundo y Tercer Año del Niño* B3791S)
- *Planning to Stay Ahead* B3478
(*Cómo Planear para Salir Adelante* B3478S)
- *Stretching Your Food Dollars: Planning Meals & Shopping* B3487
(*Cómo Ahorrar Dinero en el Gasto de los Alimentos* B3487S)

To order, call toll-free 877-947-7827 or order online at cecommerce.uwex.edu.

Answer key to “Grains You Eat”:

The whole grains are: brown rice, bulgur, oatmeal, and popcorn. The other foods may or may not be whole grains. One way to tell is to look for words like "whole" or "whole grain" before the first food in the ingredient list.

Acknowledgments

“What is a healthy diet?” and “Grains You Eat” are adapted from *Finding Your Way to a Healthier You*. USDA Home and Garden Bulletin No. 232-CP, 2002.

The “Sample ingredient list for whole grain food” is adapted from *Nutrition and Your Health: Dietary Guidelines for Americans*. USDA Home and Garden Bulletin No. 232, 5th edition, 2000.

“We all need a variety of foods” is adapted from Team Nutrition mini-poster (Washington, D.C.: U.S. Department of Agriculture, Food & Consumer Service), 1995 and the USDA's MyPyramid (www.mypyramid.gov).

“Hook’ a New Way to Cook Fish” is adapted from material from the U.S. Department of Commerce, National Marine Fisheries Service.

Recipe sources include:

Basic Steps to Building a Better Diet. Madison, WI: Dane County Extension Nutrition Education Program.

Eating Right Is Basic. East Lansing, MI: Michigan State University Cooperative Extension’s Expanded Food and Nutrition Education Program, 1992.

“Recipe Finder.” Food Stamp Nutrition Connection. Accessed March 2006 from foodstamp.nal.usda.gov/recipes.php.

If you do not have a computer, try your local library. Most public libraries have a free computer connected with the Internet.

Reference to products is not intended as an endorsement to the exclusion of others that may be similar. Examples are listed in this booklet as a convenience to readers.



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Wisconsin Nutrition Education Program

Materials developed by WNEP staff and Family Living Program specialists, University of Wisconsin-Extension Cooperative Extension:

Carol Bell, staff assistant, Racine County
Patricia Boelkow, nutrition educator, Waukesha County
Ellen Henert, associate media specialist, UW-Extension
Barbara Love, nutrition educator, Milwaukee County
Patricia Ludeman, coordinator, Dane County
Beverly Phillips, senior outreach specialist, UW-Madison
Joy Thompson, nutrition educator, Rock County

Revised in 2002 and 2006 by Amy Rettammel, outreach specialist, UW-Madison and UW-Extension

Reviewers:

Reviewed in 2000 by Amy Rettammel, associate outreach specialist, Nutritional Sciences, UW-Madison and UW-Extension. Original reviewers: Gloria Green, lecturer, Family Living Programs, UW-Extension; Barbara Ingham, assistant professor, Food Science, and food science specialist, UW-Madison and UW-Extension; Susan Nitzke, professor, Nutritional Sciences, UW-Madison and UW-Extension. Reviewed in 2006 by EFNEP educators and coordinators in Dane, Rock, Waukesha, Milwaukee, and Racine/Kenosha counties as well as Extension Specialists Amy Rettammel, Susan Nitzke, and Gayle Coleman.

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B3479 How Food Affects You (2006)