

# NUTRITION NEWS

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## NEP

Nutrition Education Program  
for Families

### DIETARY GUIDELINES FOR AMERICANS: EAT PLENTY OF GRAINS, FRUITS AND VEGETABLES

One of the Dietary Guidelines is to choose a diet with plenty of grain products, fruits and vegetables. These foods make up the base of the Food Guide Pyramid. It is important to eat plenty of these foods because they are loaded with vitamins, minerals, and complex carbohydrates. These foods are also low in fat.

Most Americans do not eat enough fruits, vegetables and grains even though research shows that eating these foods lowers the risk for many diseases. One of the reasons fruits, vegetables and whole grains lower disease risk is that they contain fiber which is only found in plant foods. Eating enough fiber is important for proper bowel



function, and can reduce the symptoms of constipation, diverticular disease, and hemorrhoids.

Another reason to eat plenty of fruits and vegetables is because these

foods contain vitamins and minerals necessary for a healthy body. Foods at the base of the pyramid have vitamin C, folate, vitamin A and antioxidants (vitamin C, vitamin E, & beta carotene which is a form of vitamin A). Antioxidants are important because of their role in reducing the risk for cancer and other diseases. Folic acid or folate has been shown to reduce the risk of a serious birth defect.

Fruits and vegetables also have potassium and calcium which reduces the risk of high blood pressure. Make it a goal to eat the recommended number of servings from the grain, fruit and vegetable group.

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#### Ways To Eat 5 A Day:

- \* Top cereal with dried or fresh fruit
- \* Top ice cream with pureed or fresh fruit
- \* Have a peanut butter and banana sandwich
- \* Put single serving raisin boxes in the cookie jar
- \* Substitute pureed fruit for fat in muffins and cakes
- \* Have veggies and dip
- \* Top your pancakes with fruit instead of syrup

#### How Many Servings Do I Need A Day?

##### Bread, Cereal, Rice, and Pasta 6-11 servings

- 1 slice of bread
- 1 ounce of ready-to eat cereal
- ½ cup cooked cereal, rice or pasta

##### Vegetables 3-5 servings

- 1 cup of raw leafy vegetables
- ½ cup of other vegetables, cooked or chopped raw
- ¾ cup of vegetable juice

##### Fruits 2-4 servings

- ¾ cup of fruit juice
- ½ cup of chopped, cooked or canned fruit
- 1 medium apple, banana or orange

\*\*5 A Day promotes eating at least the minimum recommended servings of fruits (2 servings) and vegetables (3 servings) a day.



# Take the 5 A Day Challenge!

It's easy to eat 5 or more servings of fruits and vegetables a day.

Just enter a check mark each time you eat one serving. Find out if you eat 5 A Day every day!

## What is a **Serving**?

**1 Serving =**

- 1 medium-size fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup cooked or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit



1  
2  
3  
4  
5

|          |   | D A Y S |        |         |           |          |        |          |
|----------|---|---------|--------|---------|-----------|----------|--------|----------|
|          |   | Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| SERVINGS | 1 |         |        |         |           |          |        |          |
|          | 2 |         |        |         |           |          |        |          |
|          | 3 |         |        |         |           |          |        |          |
|          | 4 |         |        |         |           |          |        |          |
|          | 5 |         |        |         |           |          |        |          |

Count up your servings every day and you'll be on your way to 5 A Day!

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## Food Safety: Refrigerate Foods Quickly

Foods must be refrigerated quickly because cold temperatures keep most harmful bacteria from growing and multiplying. Set the refrigerator at 40°F and the freezer unit at 0°F. You should occasionally check these temperatures with an appliance thermometer. To reduce the risk of foodborne illness:

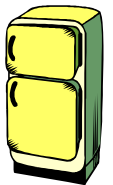
- Refrigerate or freeze fresh foods, prepared foods and leftovers within two hours of purchase.
- When running errands, go to the grocery store last. This way,

you can go home and put away your fresh or frozen foods.

- Never defrost (or marinate) food on the kitchen counter. Use the refrigerator, cold running water or the microwave, and cook immediately.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Remove the stuffing from poultry and other stuffed meats. Refrigerate the stuffing in a separate container.
- Don't pack the refrigerator. Cool

air must circulate to keep food safe.

- When planning a picnic, keep the food cold by filling a cooler with ice or using a well insulated cooler with ice packs.
- Keep food cold on the buffet table by setting dishes in bowls of ice.
- Use small platters of food, and replace them with fresh platters, rather than adding fresh food to a dish that already had food on it.



Sources:

<http://www.dole5aday.com/>

<http://www.fighbac.org/steps/>



# Stuffed Green Peppers

## Nutrition Facts

Serving Size 1 each  
Servings Per Container 4

Amount Per Serving  
Calories 387 Calories from Fat 126

% Daily Value

Total Fat 14g 22%

Saturated Fat 3g 17%

Cholesterol 98g 33%

Sodium 321mg 13%

Total Carbohydrate 35g 12%

Dietary Fiber 6g 24%

Sugars 6g

Protein 32g

Vitamin A 56% • Vitamin C 229%

Calcium 7% • Iron 35%

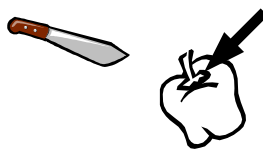
## Ingredients

- 4 large green peppers
- 1 pound ground turkey
- 1 cup rice, cooked
- 1/2 cup onion, chopped
- 1 1/2 cups tomato sauce, divided
- Pepper to taste
- 1/2 tsp. salt (optional)

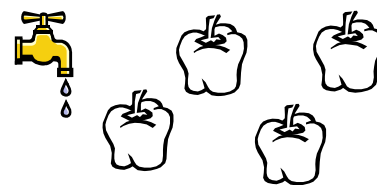
1. Heat oven to 350° F.



2. Cut around the stem of the green peppers. Remove the seeds and pulpy part of the peppers



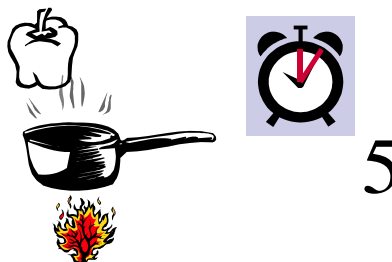
3. Wash green



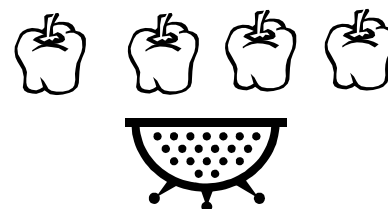
4. Boil water in a saucepan.



5. Add green peppers to boiling water. Boil for 5 minutes.



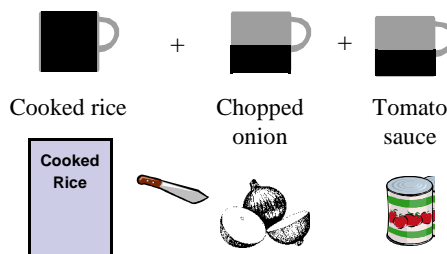
6. Drain the peppers well.



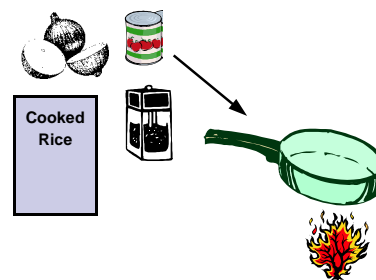
7. In a skillet, brown ground turkey.



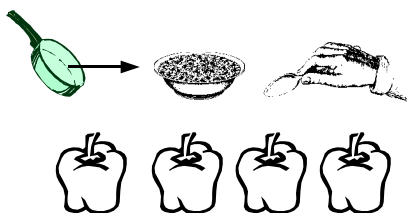
8. Measure 1 cup cooked rice, 1/2 cup chopped onion, and 1/2 cup tomato sauce.



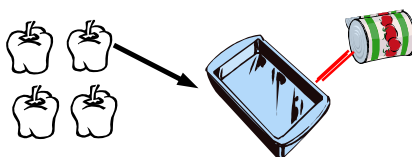
9. Add the cooked rice, onion, tomato sauce, and pepper to cooked turkey.



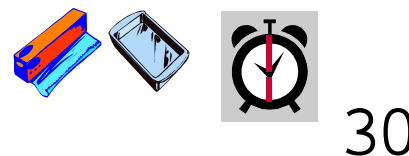
10. Stuff each pepper with the mixture.



11. Place the 4 stuffed green peppers in a casserole dish. Pour the remaining tomato sauce over the green peppers.



12. Cover and bake for 30 minutes at 350°.



# NEP

Nutrition Education Program for Families

## Utah State UNIVERSITY EXTENSION

### State of Utah

DEPARTMENT OF WORKFORCE SERVICES



*NEP means Nutrition Education Program. In Salt Lake, Davis, Box Elder, and Utah Counties there is EFNEP, which stands for Expanded Food and Nutrition Education Program. In the rest of the counties there is FNP which stands for Family Nutrition Program. Both programs provide information and teach skills that people need to improve their health and well being through diet.*

*NEP for families offers nutrition education through individual and family instruction in the home and in small group classes. The lessons are taught by Nutrition Assistants who are members of the USU Extension staff. The Nutrition Assistants have personally experienced the difficulty of raising families on a limited income.*

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## Turtle Talk

Dear Turtle,

My 3-year old daughter loves to drink lots of juice and milk from her cup. When its meal time, she doesn't eat much. I know juice and milk are healthy, but how can I get my child to eat more?

Sincerely,

Audrey

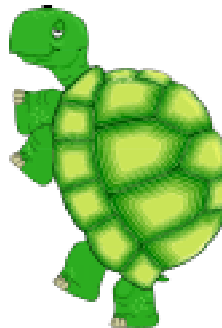
Dear Audrey,

Juice and milk are good for your toddler. The problem is that children have very small stomachs. If you fill them up with fluid, they will not be able to eat their meals. It is more important that your child eat a well balanced meal than lots of juice or milk. When children miss

out on meals, they are not getting the energy and nutrients that their bodies need to grow. Give your child milk or 100% juice at meal times. During the day, give your children water and nutritious snacks. This way your child will be able to get more energy and nutrients. An occasional cup of juice or milk between meals is okay. Remember that children need 4-6 small nutritious meals a day to keep them growing strong.

Sincerely,

Turtle



## More Ways To Eat 5 A Day

- \* Keep cut up vegetables in cold water in your refrigerator
- \* Make jello with fruit juice and add fruit slices
- \* Add vegetables to your lasagna
- \* Start the morning off right with a glass of fruit or vegetable juice
- \* Have a veggie potato bar
- \* Use pureed fruits as a sauce for meat
- \* Make a vegetable stir fry
- \* Bake apples and top with cinnamon
- \* Make a shake with yogurt, milk and fruit

