

VEGETABLE

Chinese-Style Vegetables

(Makes 6 servings)

Per serving: 69 calories, 3 grams fat

- 4 carrots
- 1 stalk celery
- 2 stalks fresh broccoli
- 1 small onion
- ¼ of a green pepper
- 1 Tablespoon vegetable oil
- ¼ cup water
- salt and pepper, if desired
- 2 Tablespoons soy sauce (optional)

Wash vegetables. Slice carrots and celery. Cut ¼-inch off tough end of broccoli, 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 of 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 immediately over rice.



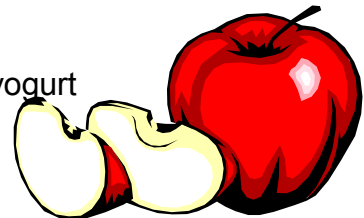
FRUIT

Waldorf Salad

(Makes 8 servings)

Per serving: 173 calories, 14 grams fat

- 1 cup diced celery
- 3 medium apples, diced
- ¼ cup chopped walnuts or any nuts (optional)
- ¼ cup raisins (optional)
- ½ cup mayonnaise or salad dressing (regular or light)
- 1 Tablespoon lemon juice
- OR: ¼ cup salad dressing and
¼ cup vanilla or peach lowfat yogurt



Dice celery and apples. Combine celery, apples and nuts and/or raisins. Combine mayonnaise and lemon juice; add to mixture. Toss to mix dressing into the fruit mixture. Serve cold.

MILK



Instant Cocoa Mix

(Makes 3 1/3 mix, enough for 10 cups of hot cocoa)

Per serving: 104 calories, ½ grams fat

- 3 cups instant nonfat dry milk
- ½ cup sugar
- ¼ cup cocoa
- 1/8 teaspoon salt

Put nonfat dry milk, sugar and salt in a bowl. Sift in cocoa. Mix well. Store in a moisture-proof container.

To make cocoa: For 1 cup of cocoa, use 1/3 cup mix; add a small amount of water and stir together to make a paste. Fill cup with boiling water and stir.

GRAINS

Bran-Oatmeal Muffins

(Makes 12 muffins)

Per serving: 163 calories, 6 grams fat

- 1 cup All Bran or Bran Buds cereal
- 1 cup 2% lowfat milk
- 1 cup flour
- 2½ 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



Menu Idea

Banana
Muffins
Lowfat Milk

Preheat oven to 375 degrees. Combine milk and bran cereal in bowl, let stand for 5 minutes. Meanwhile, mix together flour, baking powder, baking soda, salt and oatmeal. Add egg, sugar and vegetable oil to the bran and milk mixture; mix well. Pour flour mixture into cereal mixture and stir just until moistened. (Over mixing will result in tough pointed muffins.) Fold in raisins (optional). Fill greased or paper lined muffin cups 2/3 full. Bake 12 to 15 minutes.

Variations:

- Substitute ¼ cup blueberries, chopped dates, apples or nuts for the raisins.
- Sprinkle muffins with a mixture of cinnamon and sugar before baking.

MEAT

Lasagna

(Makes 8 servings)

Per serving: 402 calories, 21 grams fat

- 8 ounces lasagna noodles
- 1 pound ground beef
- 2 cups (14 or 16 oz. jar) spaghetti sauce
- 1 cup (8 oz. can) tomato sauce
- ¼ cup water
- 1 cup (8 oz.) lowfat cottage cheese
- 1 Tablespoon minced parsley (optional)
- 8 ounces (2 cups) mozzarella cheese, shredded
- 1/3 cup grated Parmesan cheese

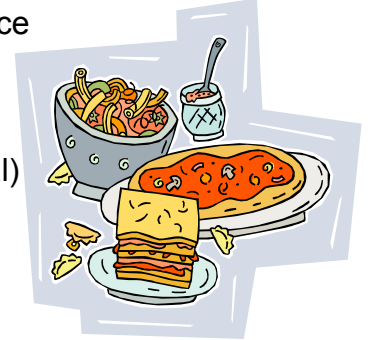
Menu Idea

Lasagna
Tossed Salad
Pineapple
Chunks
Lowfat Milk

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

Use 8" by 11" casserole dish (or, you may use a 9" by 13" 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 cheese. Then add another layer of noodles, the remainder of the cottage cheese and mozzarella cheese, and 1 cup meat sauce. Place another layer of noodles and top with the remaining meat sauce and grated Parmesan cheese.

Bake at 375 degrees for 35-45 minutes, until hot and bubbling.



What Counts As One Serving?

Grains

Cereal, Rice, Pasta and Bread

- ▲ 1 slice bread or 1 large tortilla
- ▲ 1 ounce dry cereal
- ▲ ½ cup cooked cereal, rice or pasta
- ▲ ½ hamburger bun or hotdog bun

Vegetables

- ▲ ½ cup raw or cooked vegetable
- ▲ 1 cup tossed salad
- ▲ 1 baked potato

Fruits

- ▲ 1 medium whole fruit
- ▲ ¾ cup real fruit juice
- ▲ ½ cup canned fruit
- ▲ ¼ cup dried fruit

Milk

Milk, Yogurt and Cheese

- ▲ 1 cup milk
- ▲ 8 ounces yogurt
- ▲ 1½ to 2 ounces cheese

Meat

Poultry, Fish, Dry Beans, Eggs and Nuts

- ▲ ½ cup raw or cooked vegetable
- ▲ 1 cup tossed salad
- ▲ 1 baked potato

How Many Servings Do You Need Each Day?

	Women & some older adults	Children teen girls, active women, & most men	Teen Boys & active men
Grain Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group**	2-3	2-3	2-3
Meat Group	2 for a total of 5 oz.	2 for a total of 6 oz.	3 for a total of 7 oz.
Calorie Level*	about 1,600	about 2,200	about 2,800

*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils and sweets group sparingly.

**Women who are pregnant or breast feeding, teenagers and young adults to age 24 need 3 servings.

What's the Best Nutrition Advice?

- ▲ Eat a variety of foods
- ▲ Maintain healthy weight – balance the food you eat with exercise.
- ▲ Choose a diet low in fat, saturated fat and cholesterol.
- ▲ Choose a diet with plenty of vegetables, fruits and grain products.
- ▲ Use sugars only in moderation.
- ▲ Use salt and sodium only in moderation.
- ▲ If you drink alcoholic beverages, do so in moderation.

Dietary Guidelines for Americans – U.S. Department of Agriculture and Department of Health and Human Services

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Wisconsin Nutrition Education Program



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Family Living Programs • Cooperative Extension • University of Wisconsin Extension

Food Guide Pyramid



A Guide to Healthy Meals & Snacks