

Food \$ense



Wisconsin Nutrition Education Program

Vol. 6 Issue 2 JAN-FEB-MAR 2006

UW
Extension



Inside the Pyramid: Make Half Your Grains Whole

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases, such as heart disease, high blood pressure, diabetes, and cancer. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Tips to help you eat whole grains:

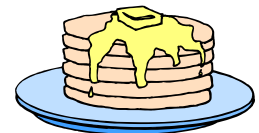
- Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread.
- For a change, try brown rice or whole-wheat pasta.
- Use whole grains in mixed dishes, such as barley in vegetable soup.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, muffin, cookie or other flour-based recipes.
- Use whole-grain bread crumbs in meatloaf.
- Try rolled oats or crushed, unsweetened whole grain cereal as breading for baked chicken.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or with soup.
- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

Identify whole-grain products by reading the ingredients label. Whole grain should be listed first. Whole grains are:

- Brown rice
- Bulgur
- Graham flour
- Oatmeal
- Whole-grain corn
- Whole oats
- Whole rye
- Whole wheat
- Wild rice

Oatmeal Pancakes

½ cup all-purpose flour
½ cup quick-cooking oatmeal
1 cup buttermilk
1 Tbsp. sugar
2 Tbsp. vegetable oil
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 egg



1. Beat all ingredients in a medium bowl until smooth.
2. Grease heated griddle, with shortening, using a pastry brush.
3. Pour about ¼ cup batter onto the hot griddle.
4. Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.
5. Serve with applesauce, if desired.

Makes 10-12 pancakes.

Win the War on Winter Weight

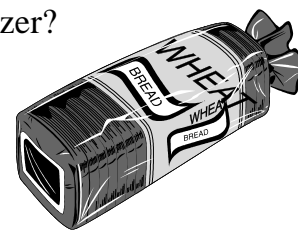
With a little effort, you can get through this winter without putting on those extra pounds. Imagine how good you will look and feel in the spring!



- Plan a realistic and achievable exercise routine. Something is always better than nothing.
- Leave a pair of summer shorts in your closet. Try them on occasionally to judge whether you've gained weight. With bulky winter clothes, the extra pounds can sneak up on you.
- Bundle up and brave the cold. A 30 – 45 minute outdoor walk will be good for your body and your mind– the fresh air and sunlight will improve your mood!
- Think twice before you turn on the T.V. But if you must – try to move while watching. Stretching, marching in place, or tidying up the room will burn calories, and keep you from munching.

Storing Bread and Cereal Products

Cupboard? Refrigerator? Freezer? Here are some tips on storing grain products:



Breads and buns:

- Store at room temperature for 5-7 days.
- For longer storage, wrap well before freezing: in aluminum foil and then in a freezer bag. (Plastic bags that bread comes in from the store allow too much moisture to be lost from the loaf, resulting in a dried out product when thawed.) Label and date! Store in the freezer for 3-6 months.
- Other baked goods such as cookies or cakes can be frozen for 6-12 months.

Flour, corn meal, oatmeal and cereals:

- Store at room temperature in tightly sealed containers for 6-8 months.
- Flours may also be refrigerated for up to a year (whole wheat flour should always be refrigerated.)
- Flour may be frozen for up to 2 years.
- Refrigerating or freezing whole grain products keeps the oils from becoming rancid. Always use air-tight containers.

Pasta and Rice:

- Spaghetti, macaroni, etc. can be stored up to 2 years in the cupboard.
- Plain rice can be stored a year in the cupboard, or 2 years in the freezer.
- Brown or wild rice can be stored in the cupboard, but will stay fresher in the refrigerator or freezer.

Kids in the Kitchen

No-Bake Granola Bars



- 2 cups crispy rice cereal
- 2 cups quick-cooking oats
- 1/3 cup firmly packed brown sugar
- 1/2 cup light corn syrup
- 1/2 cup peanut butter
- 1 teaspoon vanilla
- 1/2 cup raisins, nuts or chocolate chips

1. Combine oats and cereal in large bowl and set aside.
2. Boil brown sugar and syrup in a small saucepan over medium-high heat, or cook in microwave until boiling. Stir until sugar is dissolved.
3. Remove from heat and stir in peanut butter and vanilla until well blended.
4. Pour sugar mixture over cereal and stir until well coated; let stand 10 minutes.
5. Stir in raisins, nuts or chips and press into 13x9x2" pan.
6. Cut into bars when completely cool.





Dear Sue Keeney ...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Dear Sue,

There are so many oils to choose from in the store! My mother always used corn oil, but my boyfriend only buys olive oil. Can't I just buy the cheapest oil to save money?

Marge Erin Ornot

Dear Marge,

All fats and oils are a mixture of *saturated* and *unsaturated* fatty acids. Saturated fats and trans fats tend to raise LDL ("bad") cholesterol levels in the blood, which in turn, increases risk for heart disease. So we want to cut back on foods with saturated and trans fats. Using cooking oils is a good choice instead of shortening or stick margarine.

Corn, safflower, soybean, and sunflower oils are *polyunsaturated* and do not raise LDL levels. They can be used for cooking, frying and baking.

Olive and canola oils are *monounsaturated*, and may help lower blood cholesterol levels even more than polyunsaturated oils do. Canola oil is tasteless so is a good choice for all uses. Olive oil has a flavor so it's used more for frying, but not baking.

Olive oil is usually more expensive, but if you like the flavor, you can buy cheaper brands. Canola oil is the best buy for an all-purpose oil. Try it – I think you'll like it.

Sue

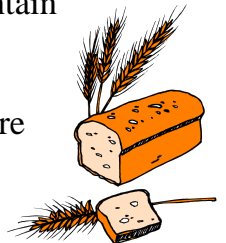
Remember!

Oils and fats **all contain about 120 calories per tablespoon**. Balance the amount of calories eaten with energy expended!

Get the Most Out of Your Calories

There are a certain number of calories for you to eat each day. This number depends on your age, activity level, and whether you're trying to gain, maintain, or lose weight. You could use up the entire amount on a few high-calorie items, but chances are, you won't get the full range of vitamins and nutrients your body needs to be healthy.

In the grain group, there are two different categories to choose from--whole grains and refined grains. Whole grains contain the entire grain kernel. Refined grains have been milled. This process gives grains a finer texture and longer shelf life, but it also removes the fiber that you get from whole grains. Whole grains provide the nutrients you need, without the added calories.



When reading labels, check the ingredient list and make sure it says 'whole' wheat, oats, rye, barley etc. For example, there is a difference between wheat bread and whole wheat bread. If it is not whole wheat, you are not receiving all the benefits of the whole grain. Foods like oatmeal, cheerios, whole bran products, whole wheat products, and whole grain flours are the grains of choice when it comes to improving your health--so enjoy and live healthy and happy.

Use the Nutrition Facts label to choose products with a higher % Daily Value—the % DV for fiber is a good clue to the amount of whole grain in a product.

Eat whole grains plain, add them to other dishes or use them as ingredients in baked goods. Rice, bread, cereal, flour and pasta are all grains or grain products. Choose the whole-grain versions rather than refined grains as often as possible.

Use a Financial Calendar in the New Year

Having enough money for food will be easier if your other bills are under control. Keep all your financial due dates on a calendar--it is easier to keep track of paying bills.

- Write in income when you get it.
- Write in when bills and expenses are due.
- For bills you mail, enter them on the date they need to be mailed instead of the due date.
- As you pay each bill, cross it out on your calendar.

Here's one family's sample calendar:

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Rent due	2	3	4	5 Child care payment	6
7	8	9 Mail phone bill	10	11	12 PAYCHECK Child care payment	13
14	15 Credit card payment	16	17	18	19 Child care payment	20
21	22	23	24	25 Utilities bill	26 PAYCHECK Child care payment	27
28	29 Insurance payment	30 Car payment	31			

WNEP education is supported by the USDA Food Stamp Program, UW-Extension and local partners. Food stamps can help provide a healthy diet. To find out more about FoodShare in Marquette County, call 608-297-7550. This newsletter is provided to you as a collaborative effort between the Marquette County UW-Extension Nutrition Education Program and the Marquette County Commission on Aging. For more information on either of these programs, please contact:



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