

Food \$ense



Wisconsin Nutrition Education Program
Vol. 7 Issue 2 JAN-FEB-MARCH 2007

UW
Extension



Whole Grains—the *Real* Breakfast of Champions!

Beginning your day without breakfast is like starting your car without gas. Breakfast gives your body the fuel it needs after 8-12 hours without food. It kick-starts your metabolism so the body starts burning calories. That's why breakfast eaters have an easier time maintaining a healthy weight. Skipping breakfast can make you feel tired, restless or irritable. People who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight than those who skip lunch.

Good breakfast foods are rich in whole grains, fiber and protein while low in added sugars. Whole grains give you the fuel you need for energy, and keep you going through the day. Whole grain breakfast cereals, both the ready-to-eat and cooked varieties, provide vitamins, minerals and lots of fiber. Adding milk, yogurt or fruit to cereal makes breakfast even more nutritious.

If you are not a cereal lover, consider these whole grain breakfast ideas:

- Whole-grain toast with peanut butter with a glass of milk
- Bran muffin and yogurt topped with berries.
- Toasted whole-wheat waffle topped with fruit and yogurt.
- Lean ham on toasted, wheat English muffin with vegetable juice.

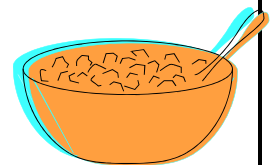
- Breakfast wrap: cut-up fresh or canned fruit and low-fat cream cheese rolled in a whole-wheat tortilla, with chocolate milk.
- Instant or regular oatmeal with milk and dried fruit
- Whole-wheat pita stuffed with sliced hard-cooked eggs

Start the day with good nutrition and you're off to a great start!

Granola

Make your own speedy cereal for a whole grain breakfast or snack.

- 4 cups quick or regular oats
- 1 cup coconut
- ¾ cup wheat germ
- 1 cup chopped nuts or seeds
- ½ cup brown sugar
- ½ cup honey
- ½ cup butter or canola oil
- ½ tsp salt
- 1 tsp vanilla
- ½ cup raisins (optional)



In a 3-quart glass bowl, blend all ingredients except raisins. Microwave (high) 10-12 minutes or until ingredients are toasted, stirring every 3 minutes. (Add raisins last 4 minutes.) Mixture will scorch if not stirred. Spread on cookie sheet to cool. Store in tightly covered container. Makes 6 cups.

Does Television Eat Up Your Family Mealtime?

Eating a meal in front of the TV may be a fun treat from time to time, but family meals at the table can teach kids about good nutrition and social skills.

Kids who eat more meals in front of the TV tend to be more overweight than other kids. They may get less physical activity. They may not pay attention to whether they're hungry or full. Also, they may be tempted by TV ads to eat more high-calorie foods.

Family meals at the dinner table are good for children's eating habits. Kids whose families turn the TV off at mealtimes tend to eat more fruits and vegetables. Eating meals with the family can help them build their self-esteem and learn table manners.

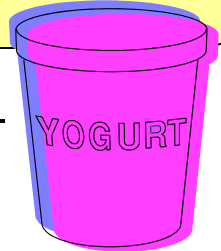
Tips for family meals:

- If you don't have regular family meals, start by having 1 per week. Choose a time when everyone can be there. It doesn't have to be dinner. A weekend breakfast is fine.
- Talk about positive things that help your children expand their view of the world.
- Ask each family member to share something new that they did or learned.
- Use family meal times to show support for your children. Save problems for other times.

Source: *Pennsylvania Nutrition Education*



What is the Danger Zone? 40°F to 140°F is the range in which bacteria can grow and multiply. Room temperatures in our homes fall within the danger zone. Bacteria multiply very fast in food left in the danger zone, and cooking may not destroy all bacteria. Some foodborne bacteria produce toxins that can survive heat. To avoid this danger, keep hot foods hot, and cold foods cold!



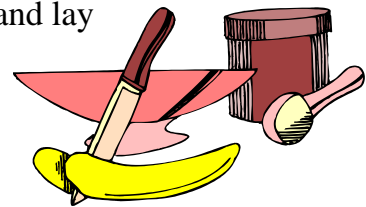
Vanilla Crème Parfait

1½ cups fat-free artificially sweetened vanilla yogurt (2 6-ounce containers)
1 cup fresh fruit blueberries or frozen, thawed (or favorite fruit)
½ cup unsweetened breakfast cereal flakes or granola

Divide yogurt between two small bowls. Spoon the fruit over yogurt. Sprinkle on cereal.

Breakfast Banana Split

Split a banana lengthwise and lay it in cereal bowl. Mound yogurt over banana, top with fruit and cereal. Sprinkle peanuts on top if desired.



FOOD SAFETY TIP: If in doubt, throw it out. If food containing harmful bacteria is eaten, it could cause serious illness.

Fill Up With Fiber

Dietary fiber is best known for its ability to prevent and relieve constipation. Fiber provides other health benefits as well. Eating foods rich in fiber can help lower blood cholesterol, control blood sugar levels, may play a role in preventing obesity and is associated with a lower risk of colon cancer.

Dietary fiber describes the part of plant foods that your body cannot digest. It is found in fruits, vegetables, whole grains, beans and peas, nuts and seeds. Foods high in fiber are usually low in calories and fat while packed with vitamins, minerals and other important nutrients.

The recommended daily allowance of dietary fiber for men is 30 to 38 grams per day and for women, 21 to 25 grams. For children over the age of two, it's the child's age plus five grams. For example, a seven-year-old needs about 12 grams of fiber (7 years + 5 = 12 grams). Currently, most Americans consume only about half the recommended amount. Here are some simple tips to add fiber to your diet:

- Eat more fruits and vegetables—at least 2 cups of fruit and 2 ½ cups of vegetables a day. Choose raw for the most fiber.
- Make half your grains whole. Eat at least 3 oz. of whole grain cereals, breads, crackers, rice or pasta.
- Read food labels. The labels of almost all foods will tell you the amount of dietary fiber in each serving.
- When appropriate, avoid peeling fruits and vegetables; eating the skin helps you get every bit of fiber.
- Snack on air-popped popcorn, dry roasted nuts and seeds or your favorite whole grain cereal.
- Add beans to soups, stews and salads; substitute legume-based dishes for those made with meat.



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,

I want to start eating more whole grains. How can I look at a food and know for sure if it is a whole grain or not?

Rita LaBell

Dear Rita,

You're not alone. Many people who want to start eating more whole grain foods are often unsure how to find them.

The secret to finding out if a food is made out of whole grains is to look at the ingredients list on the food package. The first ingredient listed is present in the highest amount by weight. Look for the word "**whole**" in front of a grain to be named **first** on the label's ingredient list, such as "**whole wheat,**" if you want to get a food that is high in whole grains. Here are some ways you might find whole grains listed in an ingredient list:

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

INGREDIENTS:

Whole wheat flour, water, high fructose corn syrup, wheat gluten, soybean and/or canola oil, yeast, salt, honey.

Foods labeled with the words "multi-grain," "stone ground," "100% wheat," "cracked wheat," "seven-grain," "pumpnickel," or "bran" are usually **not** whole grain products.

Don't trust the color of a food to tell you if it is a whole grain or not. Bread can often be brown because it has molasses or other added ingredients. Read the ingredient list to see if it really is made with whole grains.

Sue Keeney

Remember the 2-hour rule: Don't leave perishable food at room temperature for more than 2 hours. In two hours, bacteria can grow to amounts that may not be destroyed by cooking. Refrigerate foods as soon as you are done eating or cooking it.

Breakfast-A Great Place to Start

Many children do not eat breakfast at home in the morning. A lot of families find it hard to find time to sit down before school to have a meal. There are also many families that are on a tight budget and simply can't afford to provide breakfast at home or pay for breakfast at school.

Taking advantage of the School Breakfast Program has many benefits for parents and children. Parents with moderate to low incomes may qualify for their children to receive school meals free or at a reduced price. All children receive the same meals. Children who qualify for the free or reduced price meals are not singled out or publicly identified in any way.

Studies show that children who eat breakfast at school have healthier diets, perform better on tests, and have better memory than children who skip the morning meal.

Check with your child's school office for more information on the School Meal Program. You may be able to save hundreds of dollars each school year.

Children and Cooking

Children love to help prepare food, and they like to eat the foods they make. Letting them help in the kitchen will encourage them to eat a bigger variety of foods. They also will feel good about their contribution.

What kids can do depends on their physical development:

- **Two-year-olds** can do things like scrub vegetables and fruits, tear lettuce, and snap beans.
- **Three-year-olds** can help knead bread, spread onto firm bread, shake and stir, and pour liquids.
- **Four and Five-year-olds** can beat eggs, measure dry and liquid ingredients, mash, and roll cookie dough.

Remember...

- Kids need to be supervised in the kitchen.
- This is a good time to teach about washing hands.
- Be prepared for a messy kitchen – it is part of learning.
- Teach the kids to help with clean up so they will remember this as they grow up.



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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