

Food \$ense



Wisconsin Nutrition Education Program

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UW
Extension

MyPyramid ~ The New Food Guide for Americans

The USDA released the new food guide, MyPyramid, this spring. You can get your own personal plan at

www.MyPyramid.gov.

The overall goal of the new pyramid is to encourage Americans

to make improvements in their eating patterns and physical activity levels. It emphasizes the need for a personal, individual diet and lifestyle plan. No simple symbol can tell you all you need to know about a healthy lifestyle, but the new pyramid can help you make good choices.



the pyramid. The wider band stands for foods with less fat and less added sugars. These should be chosen more often than foods at the skinny part of the band that are higher in fat and sugar.

- **Proportionality:** The different widths of the colored bands show how much you should get of a food group. Because you need more of some food groups than others, they are each a different width.

In upcoming newsletters, we will be explaining more details about each group of the pyramid. For your own pyramid plan or more details, be sure to check out the website.

MyPyramid uses the new 2005 Dietary Guidelines for Americans and the latest scientific research. It applies to people over the age of two. The pyramid's main messages are:

- **Personalization:** One size doesn't fit all! Go to www.MyPyramid.gov for your own personal plan.
- **Gradual Improvement:** The slogan 'Steps to a Healthier You' means: take small, slow steps to improve your diet and lifestyle *over time* (you can't do it all at once.)
- **Physical Activity:** The person climbing the steps stands for the need for *daily physical activity*.
- **Variety:** The six color bands stand for the five food groups and oils. *All five groups are needed each day* for a healthy, balanced diet.
- **Moderation:** The color bands get skinnier as you move from the bottom to the top of

MyPyramid Salsa

3 large tomatoes, rinsed and chopped
1 small jalapeno, rinsed, seeded and chopped
1 clove of garlic, chopped
2 Tbsp. cilantro or parsley, chopped
1 or 2 tomatillos, chopped (optional)
2 cups chopped cantaloupe or muskmelon
Juice of 1 lime or 2 Tbsp. bottled lime juice
¼ tsp. salt
¼ tsp. pepper

Mix all ingredients and serve with whole grain chips. (*You may substitute sweet bell peppers if want less "bite" to your salsa.*)

Stretch and Walk Tall!

Muscles can lose flexibility when you don't use them. This can make it difficult to do ordinary things, like tying shoes or reaching for things in the cupboard. Stretching can help you stay flexible and make walking easier. It can also lower the chance of muscle soreness when you start a walking program. Warm up with about five minutes of walking slowly and then stretch. Use gentle movements, and don't bounce or jerk. You should feel a gentle pull with no pain. Stretch again at the end of your walk.

Good posture is also important for walking. When you "walk tall," there is less stress on your joints. Slumping forward with a rounded upper back puts a lot of stress on the spine – so does standing stiffly. Check your posture:

- Your head should be held erect with your chin gently pulled back, like you are pushing the top of your head through the ceiling.
- Your stomach should be pulled in so the muscles are tight, and your lower back should have a slight forward curve.
- Your chest should be up and shoulders back, but not in an exaggerated "military posture."
- Your knees should be straight and shoulders should be directly above your hips.

When you walk or do other physical activity, try to think about "walking tall." If you are not used to standing properly, it can be very tiring. Walking with poor posture can lead to joint pain and injuries. Walking with good posture makes you look strong and confident!



Make Your Own Jams & Jellies

You can make jams and jellies out of fruits such as strawberries, cherries and grapes with little or no cooking. Freezer jams taste more like fresh fruit than cooked products, and retain a brighter color. And you don't have to spend as much time over a hot stove!



Since these jams and jellies are not processed in a boiling water canner, **they must be stored in the freezer or refrigerator.** In jam and jelly recipes, it is important **not to change:**

- The type of pectin called for, or
- The amount of sugar or fruit.

Changing the amount of sugar or fruit will cause the jam not to set. It is not recommended that you use sugar substitutes in making jelly or jam.

There are some new choices in the pectin you need to buy to make jam and jelly. Some can be used for cooked products or freezer products; others are only for freezer jams. Be sure to read and follow the package directions exactly for the product you want.

If you wish to reduce the sugar, use a modified low-or no-sugar pectin that allows you to do so. Low sugar jams are a good way to cut calories, but they will not keep as long in storage as traditional jellies and jams. Once they are opened, you need to use them within three weeks.

You can use freezer-quality plastic storage containers (not margarine tubs) for freezer jams. Store in the freezer up to one year.



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,

My family has been given a bushel of apples. Now what can I do with them all?

Granny Smith

Dear Ms. Smith,

What a nice gift! You should sort out the best apples and store them in your refrigerator's bottom drawer to slow their ripening. Store them away from strong-smelling foods, like onions.

Use bruised apples first. Serve unpeeled slices to your children for a quick and easy snack. Stir some apple slices in your hot or cold breakfast cereal. Make applesauce in the microwave with apple slices and a little water. Leave the peeling on for extra fiber.

So enjoy your health food—and be on your way to “an apple a day” with this recipe:

Microwave Apple Crisp

6 cups (6 med.) peeled, sliced cooking apples
1 Tbsp. lemon juice
1/3 cup margarine
3/4 cup packed brown sugar
1/2 cup un-sifted all-purpose flour
1/2 cup oatmeal
1/2 tsp. cinnamon or nutmeg

1. Combine apples and lemon juice in 8-inch square glass baking dish; set aside.
2. Microwave margarine in glass mixing bowl 15 to 30 seconds or until softened. Mix in remaining ingredients with fork just until crumbly. Sprinkle over apples.
3. Microwave, uncovered, 12 to 14 minutes or until apples are tender.

About 6 servings

How Clean Is That Produce??

When it comes to produce, “fresh” doesn't always equal “clean.” Here's how to wash your fruits and vegetables in order to keep your food safe.



It all starts with clean hands.

The first step in handling fresh produce is to wash your hands with warm water and soap for 20 seconds.

All produce should be rinsed with cold, running water before you eat or prepare it. This removes dirt and insects, and reduces bacteria that may be present. Soaps or washes are not needed and could be harmful to you depending on their ingredients.

MyPyramid recommends washing fresh fruits and vegetables when you are ready to eat them, rather than when they're first purchased or picked. Here are some tips from the MyPyramid guidelines on how to handle fruits and vegetables:

- Remove and discard outer leaves.
- Rinse under clean, running water just before preparing or eating.
- Rub briskly -- scrubbing with a clean brush or hands -- to remove dirt and surface microorganisms.
- Don't use soap or detergent.
- After washing, dry with a clean cloth or paper towel. Moisture left on produce may promote survival and growth of microorganisms. Drying is critical if food won't be eaten or cooked right away.
- Cut away bruised and damaged areas.
- Bacteria on the outside of fruits can be transferred to the inside when the fruit is peeled or cut. Wash fruits -- such as cantaloupe and other melons -- under running water.

Farmer's Markets in Marquette County:

If you received vouchers to use at farmer's markets through WIC or the SFMNP, be sure to use them before the end of the market season! These vouchers are provided by the U.S. Department of Agriculture, and not only help low-income folks get more fresh produce, but they also help put money into the hands of farmers and small growers. If you don't use them, there is a chance that we won't receive as many in our county next year.



Be sure to check that the vendor has a yellow FMNP sign posted before you ask them to accept your vouchers. Some farm stands are also part of this program; again, look for the sign. (If farmers aren't signed up, they cannot redeem the vouchers.)

Farmer's Markets near Marquette County

Flyte Family Farm Produce Stands

Open 10 a.m. – 6 p.m. Daily

July through September

Hwy. 23, Montello

Royal Café - Highway 21, Coloma

Pump 24 - Highway 13, Adams

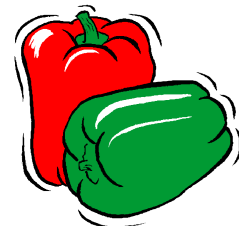
Subway Parking Lot - Business 51, Portage

From the farmer's market or your garden...

Tomato-Bell Pepper Salad

3 large ripe tomatoes cut into medium wedges
1 green or red sweet pepper, sliced
1 small onion, sliced into thin rings
¼ cup red wine (or cider) vinegar
2 Tbsp. olive (or canola) oil

Combine all ingredients in a bowl and toss lightly. Season to taste with salt and pepper.



Badgerland Produce Auction

Bringing growers together with large scale buyers looking for the best Wisconsin produce!

N2954 State Highway 22
(located 2 miles south of Montello)
Montello, WI 53949
608-697-8989

Hours of Auction: 10 a.m. – 1 p.m.
Monday & Thursday (through September 30th)

An excellent opportunity to pick up high quality produce for food preservation.

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 food stamps, 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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