



Inside the Pyramid: Vary Your Veggies



In this newsletter we are looking at the new MyPyramid recommendations about vegetables. Because different groups of vegetables have different nutrients and benefits, it is recommended that we eat a wide variety of colors and types of vegetables.

Eat 2 ½ cups vegetables daily:

- Plan vegetables into your meals ahead of time.
- Keep your freezer stocked with frozen vegetables and your pantry stocked with a variety of canned beans, tomatoes and other veggies
- Buy fresh vegetables in season to save money and get the best nutritional value

Eat More Orange Vegetables:

- Sweet potatoes, carrots, winter squash and pumpkin
- Snack on baby carrots; Keep a container in the frig
- Try new recipes and experiment with orange vegetables

Eat More Dark Green Vegetables

- Broccoli, spinach, greens, romaine and other dark green leafy lettuces
- Include an green salad with your dinner
- Dress broccoli up with a sauce or dip

Eat More Legumes

- Black, garbanzo, kidney, navy, pinto or white beans, split peas, lentils
- Add beans to chili or soup
- Use beans as a side dish

There are 2 more vegetable groups. Starchy veggies include potatoes, corn and green peas. Other vegetables include tomatoes, peppers, green beans, celery and onions. All of the different groups offer important benefits, but Americans seem to eat more of the starchy and the other vegetable groups. Focus on adding dark green, orange, and legume vegetables to your diet. Check out this issue to find some great orange veggie ideas!

Sweet Potato French Fries

4 sweet potatoes
1 Tbsp butter, melted (or vegetable oil)
½ tsp salt

1. Spray a baking pan with nonstick cooking spray or rub with oil.
2. Wash the potatoes and peel the skins off. Cut the potatoes into ½ inch thick wedges.
3. Rub the potato wedges in melted butter. Lay the potatoes in a single layer on the pan. Sprinkle with salt.
4. Bake 20 minutes or until brown and tender.



Food thermometers aren't just for a holiday turkey—they're for all cuts and sizes of meat and poultry, including hamburgers, chicken breasts, and pork chops. Using a food thermometer is the only reliable way to make sure you are preparing a safe and delicious meal for your family.

Why Use a Food Thermometer?

Everyone is at risk for foodborne illness. Using a food thermometer not only keeps your family safe from harmful food bacteria, but it also helps you to **avoid overcooking**, giving you a safe and flavorful meal.

Some people may be at high risk for developing foodborne illness. These include pregnant women and their unborn babies and newborns, young children, older adults, people with weakened immune systems, and individuals with certain chronic illnesses. These people should pay **extra** attention to food safety.

What Are the Signs of Foodborne Illness?

The signs and symptoms of foodborne illness range from upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness—even death.

How To Use a Food Thermometer

1. Use an instant-read food thermometer to check temperature toward the end of the cooking time, but before the food is expected to be "done."
2. The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle.
3. Compare your thermometer reading to the USDA Recommended Internal Temperatures to determine if your food has reached a safe temperature.

4. Make sure to clean your food thermometer with hot, soapy water before and after each use!

Large-dial oven-safe or oven-probe thermometers may be used for the duration of cooking. Because there are so many types of food thermometers, it is important to follow the instructions for your food thermometer.

USDA Recommended Internal Temperatures

- Steaks & Roasts - 145 °F
- Fish - 145 °F
- Pork - 160 °F
- Ground Beef - 160 °F
- Egg Dishes - 160 °F
- Chicken Breasts - 170 °F
- Whole Chicken - 180 °F

White Bean Chowder Mix

Make this simple, tasty gift for your friends!

- 1 2/3 cups dried great northern beans
- 1 2/3 cups instant potato flakes in small plastic bag
- 1/3 cup imitation bacon bits
- 1/3 cup dried minced onion
- 2 T. chicken bouillon granules
- 1 tsp. pepper
- 1 tsp. sage
- ½ tsp. celery flakes (optional)

In a quart jar, layer beans then bag of potato flakes. Mix seasonings and put in another small bag and add to jar. Place a lid on jar and attach a label with cooking instructions:

- Remove seasoning and potato flakes bags and set aside. Rinse beans and put in microwave-safe dish. Add water to 1 inch above beans and cover loosely. Cook on high for 15 minutes, turning once. Drain and rinse beans.
- Place beans in large soup pot. Add 8 cups water, 1 (14 ounce) can diced or crushed tomatoes, and seasonings from bag. Cover, bring to a boil, reduce heat and simmer 2 hours until beans are tender.
- Stir in potato flakes. Makes 6-8 servings.



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 Keeney,

I have this big winter squash and I don't know how to prepare it for my family. Any suggestions?

Hilda Hubbard

Dear Mrs. Hubbard,

I've found that the easiest way to bake a winter squash is in the microwave! Wash your squash to remove garden dirt. Poke it several times on all sides with a table fork. Place it in the microwave. Put a paper towel under the squash to absorb any liquid that drains out. Cooking time will depend on each microwave's power and on the size of the squash, but a general guideline is 10 to 12 minutes. Turn the squash over after about 6 minutes.

The "meat" of the squash steams inside the skin. You'll know it's done baking when it is soft to the touch. It's best to let the squash sit, finish cooking, and cool down a little before cutting it in half.

Then remove the seeds and season to your liking. A little margarine and brown sugar is often used. Enjoy!

Sue Keeney



MyPyramid and Physical Activity

"Stepping Up To A Healthier You" stresses how important physical activity is to living a longer, healthier life. The benefits of physical activity may include:

- Improves self-esteem
- Increases fitness level
- Helps build and maintain bones, muscles and joints
- Builds endurance and strength
- Enhances flexibility and posture
- Helps manage weight
- Lowers risk of heart disease, colon cancer and type 2 diabetes
- Helps control blood pressure
- Reduces depression and anxiety

MyPyramid recommends 30 minutes of *moderate intensity* activity, preferably every day. More activity, or *vigorous activity* may be required to help you loose weight. Moderate activities include:

- Walking briskly
- Gardening, yard work
- Dancing
- Bicycling (< 10 miles/hour)

Vigorous activities include

- Running or jogging
- Swimming
- Bicycling (> 10 miles/hour)
- Basketball

Think about ways you can increase your physical activity on a daily basis. You don't have to do all 30 minutes at one time. A short walk during the middle of your day can be a great "pick-me-up!"

Start taking steps today for a healthier you.



DID YOU KNOW...
that winter squash is high in vitamins A and C, potassium and dietary fiber?

Put a Rainbow on Your Plate



Vegetables and fruits are full of vitamins, minerals and other plant nutrients that we need to stay healthy. Many of the phytochemicals and other compounds that

make veggies and fruits good for us are also what give them their color. Our body uses phytochemicals to stay healthy and energetic, help maintain a healthy weight, protect against the effects of aging, and reduce the risk of cancer and heart disease. So eating different colors every day helps us get the most health benefits from fruits and vegetables. Try this rainbow of choices:



Kids in the Kitchen

Pumpkin Pie Pudding

- 1 1/2 cups skim milk
- 1 (3.4 oz.) package instant vanilla pudding and pie filling
- 1/2 teaspoon pumpkin pie spice
- 1 cup canned pumpkin
- 1/2 cup miniature marshmallows

1. In a large bowl, combine milk, pudding mix and pumpkin pie spice. Beat for 2 minutes on low speed or until slightly thickened (or whip by hand until thickened).
2. By hand, stir in pumpkin until well blended. Fold in marshmallows.
3. Spoon mixture into 6 individual serving dishes.

Color	Vegetables	Fruits
Red	Tomatoes, beets, red cabbage, kidney beans	Raspberries, red apples, pink grapefruit
Orange/yellow	Winter squash, carrots, pumpkin, sweet potatoes	Apricots, cantaloupe, peaches, oranges, lemons
Green	Broccoli, green peas, kale, leafy greens, Brussels sprouts, cabbage	Honeydew, kiwi, green grapes
Purple	Eggplant, purple cabbage and purple carrots	Blackberries, blueberries, plums, raisins
White	Garlic, leeks, onions	Bananas

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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