

Food \$ense



Wisconsin Nutrition Education Program

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Go Lean with Protein-- Meat & Beans Group

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Foods in this group supply many nutrients including protein, B vitamins, vitamin E, iron, zinc, and magnesium. All of these nutrients are important for the health and maintenance of your body.

What's a serving? Typically, 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds is considered a 1 ounce serving from the Meat & Beans Group. A 3 ounce serving of meat, poultry, or fish is about the same size as a deck of playing cards.

Keep it lean. Most meat and poultry choices should be lean or low fat:

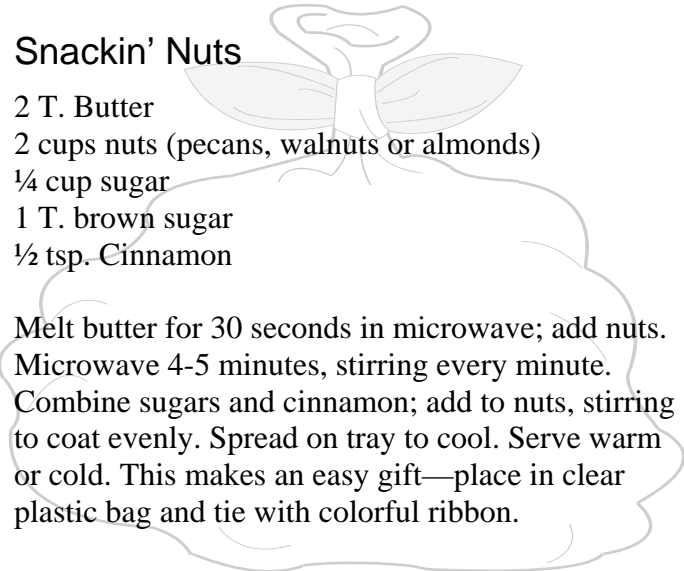
- Try to choose extra lean ground beef (the label should say at least 90% lean).
- Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.
- Buy skinless chicken parts, or take the skin off before cooking.
- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.

- Prepare dry beans and peas without added fats.

Vary your protein choices. Try these suggestions for adding a variety of foods from the Meat and Beans Group into your diet:

- Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, like salmon, trout, and herring.
- Choose dry beans or peas as a main dish or part of a meal.
- Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items.
- Choose eggs as a low-cost protein source.

Snackin' Nuts



2 T. Butter
2 cups nuts (pecans, walnuts or almonds)
¼ cup sugar
1 T. brown sugar
½ tsp. Cinnamon

Melt butter for 30 seconds in microwave; add nuts. Microwave 4-5 minutes, stirring every minute. Combine sugars and cinnamon; add to nuts, stirring to coat evenly. Spread on tray to cool. Serve warm or cold. This makes an easy gift—place in clear plastic bag and tie with colorful ribbon.

Go Ahead...Go Nuts!

Many people do not vary their choices from the meat & beans food group, selecting meat or poultry everyday. Consider adding nuts to your diet as a healthy alternative. Just a small handful is packed with protein, fiber and many other nutrients. It is true that nuts are high in fat, but the fat is healthy, monounsaturated fat--the kind that doesn't raise your blood cholesterol. Stick to a small serving so calories don't add up. One-half ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) is equal to a one ounce equivalent in the meat & beans group.



Different nuts have different health almonds for the most fiber, almonds and hazelnuts for the most vitamin E (an antioxidant), Brazil nuts for more selenium (another antioxidant), cashews and pistachios for more potassium, walnuts for essential fatty acids. Nuts may help reduce your risk of heart disease, diabetes and some forms of cancer.

Choose nuts as a snack, on salads, or in main dishes:

- Add slivered almonds to steamed vegetables.
- Add toasted peanuts or cashews to a vegetable stir fry instead of meat.
- Sprinkle a few nuts on top of low-fat ice cream or frozen yogurt.
- Add walnuts or pecans to a green salad instead of meat.

Nutty Peanut Butter Balls

- ½ cup peanut butter
- ¼ cup dry milk powder
- ¼ cup unsweetened cocoa powder
- ⅓ cup honey
- ¼ cup sunflower seeds
- ½ cup crispy rice cereal

Mix together all ingredients except cereal. Roll into one-inch balls. Roll in crispy rice cereal.

What's In Your Cart?

Meat is usually the most expensive thing we buy in the grocery store. Look at these recent price comparisons of some of the items in the meat aisle. The last column shows how much *one serving* costs.

Frozen cod fillets:	\$5.99/lb	\$1.12
Boneless pork chops:	\$3.98/lb	75¢
Beef round steak:	\$3.59/lb.	67¢
Boneless beef chuck roast:	\$2.89/lb.	54¢
Canned tuna:	\$1.89/12 oz	47¢
Whole cut-up chicken:	\$1.39/lb	35¢
Canned beans (average)	\$.65/lb(can)	16¢
Large eggs:	\$.79/dozen	13¢

There are meat and poultry choices that are even more than \$5.99/lb! You may not want to feed your family beans or eggs at every meal, but you can really stretch your food dollars by mixing up your meat and protein choices. Remember that you are saving money by cooking these foods "from scratch." When you buy foods already prepared (frozen meals or entrees) you are paying two to three times as much for the protein you buy!

Start Walking This Fall

Autumn is a great time to be active—the weather is cooler and the colors are beautiful! Here are some ways to refresh your walking program or get one started:

- 1. Connect with walking buddies.** Call a friend to go with you, or take your cell phone and reconnect while you walk.
- 2. Get out your raincoat.** Walks in light rain can be very soothing.
- 3. Re-tool your routes.** Find a new path or two to explore.
- 4. Get out your thermos.** Take some spiced warm apple cider on your morning walk.
- 5. Wear reflective gear.** Good for dusk and dawn walks.
- 6. Carry a camera.** Snap pictures of stunning leaf displays.



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.

Seeing Isn't Believing

Many people assume that if a hamburger is brown in the middle, it is done. However, looking at the color and texture of food is not enough – you have to use a food thermometer to be sure! According to USDA research, **1 out of every 4** hamburgers turns brown before it reaches a safe internal temperature. The only safe way to know if meat, poultry, and egg dishes are “done” is to use a food thermometer. When a hamburger is cooked to **160°F**, it is both safe and delicious!

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



What's Your Plan For Holiday Spending?

- Can you save a little money now before Christmas?
- Shop now if you find a great clearance price on an item.
- Make your own gifts for friends or teachers. Use a coffee mug or pretty plate to wrap spiced nuts or homemade cookies.
- Give the gift of time to grandparents: offer to do chores or shopping.
- Set limits on what you will spend and stick to them.



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,

It seems like every month I run out of money to buy meat for my family suppers. I am a careful shopper but I end up with an empty refrigerator before the next paycheck. Do you have any ideas to help me stretch my food budget?

Lois Price

Dear Lois,

You may be eligible to get help from the federal food stamp program—called FoodShare in Wisconsin. Have you checked out the internet tool for applying for FoodShare? Go to www.access.wisconsin.gov and you can find out if you might be eligible. It has lots of up-to-date information about benefits to working families. And you can apply for these benefits on-line! You can use your own computer or one at your local library or Job Center. You may need to talk with someone locally after you submit the application.

Many people are eligible for FoodShare and are not applying. ACCESS makes the process much easier.

FoodShare will help you stretch your food budget and make it easier for you to feed your family nutritious meals all month long.

Sue Keeney

Smart \$ Tip:

Make more casseroles or soups to stretch your food budget. A pound of hamburger can make four burgers OR a dish to serve 6-8 people. Which is better for your budget?

Create Your Own One-Dish Meal

Vegetables	Chicken, fish, meat eggs, dried beans or peas	Liquid ingredients	Bread, rice or pasta
About 1½ cups	1½ to 2 cups	1 to 1½ cups	1 to 1½ cup
mixed vegetables tomatoes corn green beans cooked and cubed acorn squash zucchini potatoes broccoli peas cabbage	tuna fish canned meat cooked meat: chicken hamburger lean sausage pork turkey hard cooked eggs cooked lentils cooked split peas cooked navy or pinto beans	cheese sauce white sauce cream soups: broccoli celery chicken mushroom cheese soup tomato soup tomato sauce shredded cheese plus milk evaporated milk	Bread, cubed Cooked rice Cooked macaroni Cooked spaghetti Cooked noodles Cooked barley Cooked bulgur

Prepare a **one-dish meal** by following these steps:

1. Choose one or more ingredient(s) from each list.
2. Add other optional ingredients you like for flavor: onions, spices, herbs.
3. Mix ingredients together.
4. Bake: Place ingredients in a covered casserole dish. Add optional toppings: bread crumbs, cracker crumbs, Parmesan cheese. Bake at 350° for 45 minutes. Uncover last 15 minutes to brown topping. Serve hot.

Kids in the Kitchen

Banana Dog

- 1 hot dog bun, whole wheat if possible
- 2 Tbsp. peanut butter
- honey
- 1 small banana, peeled

1. Open bun and spread with peanut butter.
2. Slowly drizzle honey over peanut butter.
3. Place banana in bun and close.
4. Enjoy!

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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