

Loving Your Family Iowa

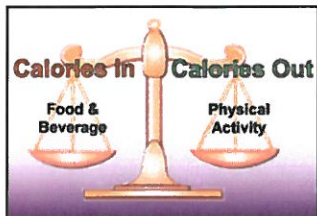
March/April 2013

www.extension.iastate.edu/families/loving-your-family

If you have a Smartphone, scan this QR code to get more information on eating healthy on a budget.



Eating Better on a Budget



Knowing your calorie needs can help you achieve and maintain a healthy weight. Tracking calories will help you become more aware of how many calories you eat. Keep a food journal or try Supertracker at www.choosemyplate.gov.

Other ways to maintain calorie balance:

- Read the Nutrition Facts label to find the calories per serving and serving size. (Visit Interactive Nutrition Facts Label, www.extension.org/pages/20277/interactive-nutrition-facts-label to learn more.)
- Choose smaller portions especially of high-calorie foods. A taste may be all you need!
- Drink water instead of sugary drinks such as soda, fruit drinks or sweet tea or coffee.
- Switch to fat-free or low-fat (1%) milk.
- Prepare food at home. At home YOU control the fat and sugar that is added to food as well as the portion size.
- Limit mindless snacking. If you snack, put a portion on your plate and put the rest of the package away.
- Get moving to burn calories.

Sources: Adapted from Ten things you can do now to maintain calorie balance and a healthy weight, E. Schuster, University of Missouri-Extension, www.extension.org, and 2010 Dietary Guidelines for Americans, www.dietaryguidelines.gov

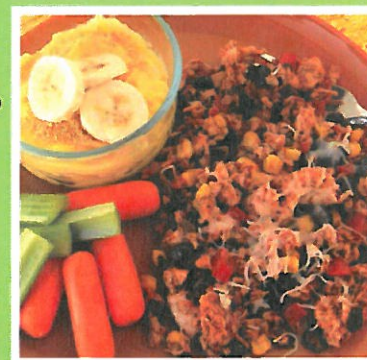
Meal in Minutes Idea

Fiesta Skillet Dinner • Raw veggies sticks
Banana slices • Low-fat pudding

Fiesta Skillet Dinner

Serves: 5

Serving Size: 1 1/2 cup



Ingredients

- 1 cup prepared instant brown rice
- 1 can (15.5 ounces) Mexican style tomatoes
- 1 can (15.5 ounces) black beans, rinsed
- 1 cup frozen corn
- 1 tablespoon chili powder
- 2 cups cooked, diced chicken
- 1/2 cup reduced-fat cheddar cheese, shredded

Directions

1. Prepare the brown rice according to package directions.
2. While the rice cooks, mix the tomatoes, black beans, corn, chili powder and chicken in a large skillet. Cook over medium heat until heated through.
3. Add the cooked rice and stir thoroughly. Top with shredded cheese.
4. Serve hot.

Source: **Healthy and Homemade Calendar 2013**, Iowa State University Extension
www.extension.iastate.edu/foodsavings/

Loving Your Family Iowa is supported by the USDA Supplemental Nutrition Assistance Program (SNAP) called Food Assistance in Iowa, Iowa State University Extension & Outreach, and local partners. In Iowa, Food Assistance can help provide a healthy diet. To find out more about Food Assistance call your local Department of Human Services office. If you don't know where the office is, call the toll-free number, 1-877-DHS-5678 to find out.

BUY EAT LIVE HEALTHY

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What foods are a good buy at this time of year?



- Cabbage
- Carrots
- Greens (mustard and turnip greens, kale)
- Bananas
- Kiwifruit
- Eggs

Patience works better than pressure.

Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy new foods when eating them is their own choice. It also teaches them how to be independent.

Indoor Activities for You and Your Child

It's a cold day but inside the weather is perfect! Instead of getting comfy on the couch, consider ways to move more indoors.

- Pull out an old jazzercise video or dance tunes. Kids will love to blast to your past. Burn calories not only exercising but also by laughing at your jazzercise or dance moves.
- Grab a hula hoop and get your hips moving.
- Let the tournament of physical activity begin! See who can keep a balloon in the air the longest and who can do the most push-ups. Brainstorm a few ideas for the tournament and let the games begin.



Source: Adapted from **Indoor Activities for You and Your Child**, www.extension.org/pages/19810/indoor-activities-for-you-and-your-child.



Additional resources



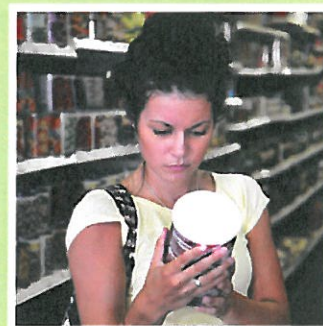
For information and tips on managing your money, check out the Spend Smart. Eat Smart. Facebook page at www.facebook.com/spendsmarteatsmart

Cut Back on Your Kid's Sweet Treats

Most children are eating too much sugar. Sweet treats and sugary drinks have a lot of calories but few nutrients. Try these strategies to cut back on your kids' sweet treats.

- Don't buy them and your children won't get them as often.
- Make treats 'treats', not everyday foods. Ask grandparents to limit sweet treats to special occasions, too.
- Offer water in place of sugary drinks such as soda, fruit drinks and sports drinks.
- Offer fruit in place of sugary snacks or desserts such as cookies, candy and ice cream.
- Be a sugar detective. The Nutrition Facts label tells you how much sugar is in one serving of a food. Look at the list of ingredients to find added sugar.

A few names for added sugars are: brown sugar, honey, evaporated cane juice, corn sweetener, fructose, high-fructose corn syrup, sucrose and syrup.



Source and for more information: Cut back on your kid's sweet treats, www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf

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