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# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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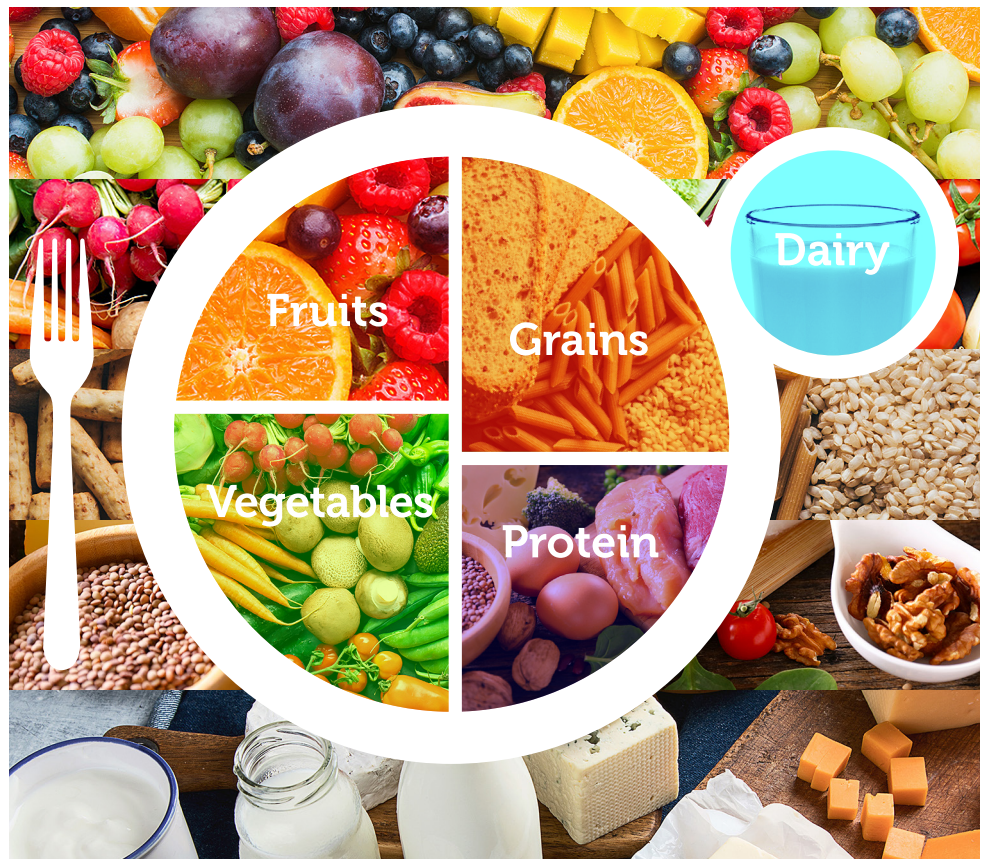
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## Start off the new year with MyPlate

**K**ick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you to choose many foods throughout the day and throughout the week. It shows what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way. Start with the tips below.

- **Focus on whole fruits.** Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.
- **Vary your veggies.** Veggies can be raw or cooked and can be fresh, frozen, canned, or dried.
- **Vary your protein routine.** Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts,

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## BASIC BUDGET BITES

# Canned and frozen fruits and veggies

**D**uring the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

Source: Adapted from <https://winnebago.extension.wisc.edu/2018/12/26/canned-fruits-and-vegetables-are-a-good-choice>

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seeds, and soy products. Try to eat many kinds of lean proteins.

- **Make half your grains whole grains.** Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.
- **Move to low-fat or fat-free dairy** milk, yogurt, and cheese (or lactose-free dairy or fortified soy versions).
- **Drink and eat less sodium, saturated fat, and added sugars.** Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.

Source: Adapted from MyPlate.gov

For more information, visit [MyPlate.gov](https://www.MyPlate.gov)



## PARENT CORNER

# Be a role model

**D**id you know that children are more likely to try new foods and eat healthy foods if they see their caregivers doing the same? Next time you want your child to try a new vegetable, do it with them or offer something they often see you eating.

## FOOD FACTS

# Black-eyed peas

**B**lack-eyed peas are often eaten on New Year's Day to bring good luck with the new year. They also happen to be packed with fiber, which helps lower cholesterol and keeps you regular.

Choose dried beans or beans canned with low or no sodium. Select dried beans that are dry, firm, clean, uniform in color, and not shriveled.

Source: <https://fruitsandveggies.org/fruits-and-veggies/black-eyed-peas-nutrition-selection-storage>

## COOKING WITH KIDS

# Black Bean Quesadillas

- 1 15-ounce can low-sodium black beans, rinsed and drained
- 1 cup frozen, fresh, or canned corn
- 1/2 small red onion, diced
- 1 medium green bell pepper, diced
- 1 1/2 cups shredded cheddar cheese
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 10 whole-wheat tortillas

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently clean all produce under cool running water before chopping.

3. Add the black beans, corn, onion, pepper, cheese, chili powder, and garlic powder to a medium bowl. Gently fold until everything is evenly combined.
4. Place a 1/2 cup of the filling on one side of each tortilla and fold over.
5. Heat a large nonstick skillet over medium heat. Place two quesadillas in the skillet at a time. Cook until each side is slightly browned and the cheese is melted, about 2 to 3 minutes per side.
6. Slice into triangles and enjoy! This pairs well with salsa.
7. Store leftovers in the refrigerator within 2 hours.

**Recipe makes 10 servings**  
**Serving size: 1 quesadilla**

Nutrition Facts per serving: 250 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 15mg cholesterol; 310mg sodium; 35g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

Source: Jean Noble, Program Coordinator II, University of Kentucky Cooperative Extension Service, Nutrition Education Program, Chop Chop Summer 2022



## RECIPE

# Smoky Slow-Cooker Black-Eyed Peas

- 1 medium onion, chopped
- 1/2 medium bell pepper, chopped
- 2 cloves minced garlic, or 1/2 teaspoon garlic powder
- 2 small or 1 large jalapeno pepper, ribs and seeds removed and finely chopped (optional)
- 1 pound dried black-eyed peas, sorted and rinsed
- 1 (12 ounces) package smoked turkey sausage, cubed
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon ground black pepper, or to taste
- 2 small bay leaves
- 7 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.
3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

**Stovetop Option:** Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

**Recipe makes 12 servings**  
**Serving size: 1 cup**

Nutrition Facts per serving: 180 calories; 3g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 240mg sodium; 26g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium

Source: Anita Boyd, Mason County SNAP-Ed Program Assistant Senior



LOCAL EVENTS

SMART TIPS

Percent daily value

Sometimes the Nutrition Facts label can be hard to grasp. Use this tip to make sense of the numbers on the label. Always look at the “%DV” which stands for percent daily value. It is listed on the far-right side of the label. %DV stands for the amount of a nutrient a single serving of food adds to your daily food plan.

For example, if the label says 10% DV for calcium. That means a serving of that food has 10% of the amount of calcium the average adult should get in a day.

Use %DV to determine if a serving of the food is high or low in an individual nutrient. As a general guide:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

Source: FDA Nutrition Facts Label

If you are interested in nutrition classes, contact your Extension office.



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