

# Family Nutrition In Action

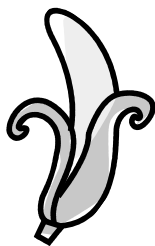
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## Pack a Snack

Before you and your family begin a busy day, grab a healthy snack to go. Then you will be less tempted to grab unhealthy foods in vending machines or at fast food restaurants. Try some of these ideas to limit between-meal hunger after school or between errands.



- ◆ Choose fresh fruits (bananas, apples and berries) or dried fruits (raisins and apricots)
- ◆ Pack low-fat mozzarella sticks or cubed cheese.
- ◆ Bag up baby carrots, celery sticks or cherry tomatoes.
- ◆ Bring whole grain crackers, pretzels or popcorn.
- ◆ Carry along a cereal bar or trail mix (cereal mixed with raisins or other dried fruit).

SOURCES: CLEMSON COOPERATIVE EXTENSION

## Eat Healthy on the Go!

For many parents, it may be confusing to eat out. It's a challenge to know what foods to choose for your family, especially when you are trying to eat healthy. Fast food can be healthy food if you know what to look for and order. Try some of the following tips so you and your family can enjoy healthy fast food meals.



### Let MyPlate Be Your Guide

Create balanced meals that include all five food groups:

- **Fruits:** Choose apple slices or yogurt parfaits instead of fries or onion rings.
- **Vegetables:** Start your meal with a salad packed with vegetables, like tomatoes, carrots and red cabbage.
- **Grains:** Ask for brown rice instead of white rice or whole-wheat bread instead of white bread.
- **Protein foods:** Choose lean turkey, roast beef or ham instead of deli meats with more fat, such as regular bologna or salami.
- **Dairy:** Include a fat-free or low-fat milk as your beverage at meals.

### Make Healthier Menu Choices

- Order menu choices that are baked or steamed, not fried or sautéed.
- Look at the appetizer section for small portions, or split a meal with your child or dining partner.
- Ask for all sauces or condiments on the side.
- Encourage your child to choose between 100% fruit juice, low-fat milk or water instead of a soda or sports drink.

### Keep Food Safe

- Be sure your food is fully cooked. If it is not, send it back!
- When taking leftover food home, refrigerate it within two hours from the time it was served to avoid getting sick.

SOURCES: CHOOSEMYPLATE.ORG, CLEMSON COOPERATIVE EXTENSION, UNIVERSITY OF MINNESOTA EXTENSION

For more information, contact your local  
County Extension Office FNP Team:  
Jill Taufer and Lisa Valentine  
386-822-5778



## VEGGIE CORNER SWEET POTATO

Sweet potatoes or “yams” are edible roots, with a smooth skin and sweet in taste. There are two basic types of sweet potato: orange (most common) and yellow. Like most vegetables, sweet potatoes are fat free, low in sodium, and cholesterol free. They are a good source of fiber, high in Vitamins A and C, and a good source of potassium.

### How to Buy:

- ◆ Choose firm, small– to medium-sized potatoes with smooth skin.
- ◆ Avoid potatoes with cracks, soft spots or blemishes.

### Cost:

- ◆ Fresh sweet potatoes cost approximately \$0.60 per pound.
- ◆ Canned sweet potatoes cost about \$0.63 per pound. They are usually packed in heavy syrup or “candied.”
- ◆ Frozen sweet potatoes cost about \$1.42 per pound.

### How to Prepare:

- ◆ Bake, roast, or grill sweet potatoes and enjoy as a side dish to any meal.
- ◆ Steam peeled sweet potato chunks for about 10 minutes until tender, and mash.
- ◆ Substitute sweet potatoes for regular potatoes in your favorite potato salad recipe.

### Storage:

- ◆ Store sweet potatoes in a cool dry place.
- ◆ Do not refrigerate sweet potatoes! The center will become hard and bitter.
- ◆ It is best to use sweet potatoes within 1 week of purchase, but they will last up to 3 to 5 weeks.

SOURCES: SNAP-Ed CONNECTION, FRUITS AND VEGGIES: MORE MATTERS, ERS USDA

## MASHED SWEET POTATOES

SERVES 6

COST PER RECIPE: \$1.49

COST PER SERVING: \$0.37

### Ingredients:

- 4 sweet potatoes (small to medium)
- 3/4 teaspoon thyme (dried)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

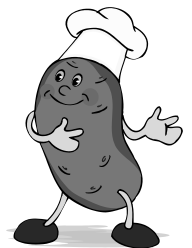
### Instructions:

1. Wash and peel the potatoes. Cut them into slices that are 3/4-inch thick.
2. Put them in a saucepan with enough water to cover the potatoes.
3. Bring the water to a boil over medium heat.
4. Cook the potatoes for 20 to 25 minutes until they are soft.
5. Drain the water. Put the potatoes in a medium bowl.
6. Use a fork or potato masher to mash the potatoes.
7. Mix in the thyme, salt, and pepper.

SOURCE: USDA SNAP-Ed CONNECTION

### Nutrition Facts:

Calories: 110  
Fat: 0  
Saturated Fat: 0g  
Carbohydrates: 24g  
Protein: 2g  
Fiber: 4g  
Sodium: 220mg



## SWEET POTATOES — DID YOU KNOW?!

Sweet potatoes are packed with vitamins and minerals!

**One baked sweet potato provides:**

- **200%** of the daily recommended allowance of **Vitamin A**
- **42%** of the daily recommended allowance of **Vitamin C**
- **6%** of the daily recommended allowance of **Calcium**
- **10%** of the daily recommended allowance of **Iron**

SOURCE: TEXAS A&M AGRILIFE EXTENSION



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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