

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



September/October

MyPlate

MyPlate is a simple image designed to remind us to make healthy food choices at meals and snacks. This includes eating a variety of foods from the five basic food groups shown in the logo.

When looking at MyPlate, you can easily picture the advice to make half your plate fruits and vegetables. The other half should consist of grains, preferably whole grains, and various lean protein foods. Include low-fat dairy milk or yogurt with meals and snacks, as well. Just because MyPlate shows a plate with separate food groups, however, does not



mean that you should avoid eating sandwiches, stews, casseroles or other mixed dishes. Similarly, feel free to serve any food in cups or bowls!

While the image is new, the information about what and how much to eat has not changed. Both the older MyPyramid and the new MyPlate illustrate the same food groups and the same recommendations about what and how much to eat.

The MyPlate logo includes a website where you and your family can get lots of specific information about what and how much to eat (www.ChooseMyPlate.gov). It is loaded with practical ways to help people make healthier food choices. At this website, you can learn about which foods to eat more of, which foods to eat less of, healthy choices within the various food groups, how many calories and servings you need based on your age and gender, and guidelines for physical activity. It also includes many tip sheets and ideas for families with youngsters, information on weight loss, examples of seven days of balanced meals, some recipes, a food planner and a food diary tracker.

The main dietary advice to remember is:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables. (See page 3 for more about this!)
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Focus on Home Food Safety

Healthy eating requires safe food to eat. September is national Food Safety Education Month. The four basic ways to handle food safely are: Clean, Separate, Cook and Chill. Read on for easy, specific actions that you and your family can take to reduce your risk of getting a foodborne illness.

Clean: Wash Hands Often. Wash them for at least 20 seconds before and after preparing food, and before eating. Handwashing is also important after using the bathroom, changing diapers, coughing or sneezing, tending to someone who is sick or injured, touching an animal or handling garbage. Before cooking or preparing food, wash your work area. Rub dirt off of fresh fruits and vegetables under cool running water.

Separate: Keep Raw Meats and Eggs Separate from Cooked or Ready-To-Eat Foods. When shopping, place raw meat/fish/poultry in a plastic bag to separate it from other foods in the cart and your take-home bags. Once home, store them in a container on the bottom shelf of the refrigerator to prevent raw juices from leaking onto ready-to-eat foods. Use a clean cutting board for raw meat/fish/poultry and another clean board to cut ready-to-eat foods. Don't let cooked foods touch a utensil or platter that has juices from raw meat/fish/poultry.

Cook: Cook to Proper Temperature. To destroy any potentially harmful bacteria, cook meat/fish/poultry/leftovers to safe internal temperatures. For



safety and quality, let meats stand/rest for three minutes after cooking and before carving or eating it. Use a food thermometer that you cleaned with hot soapy water before (and after) use. When using a microwave oven, periodically stir/rotate/flip the food as it cooks, so it heats evenly throughout, and no cold spots are left where harmful bacteria can survive. Cook eggs until the yolk and white are not runny.

Type of Food	Minimum Internal Cooking Temperature
Raw beef/pork/lamb: roasts/steaks/chops; Fish	145 degrees F.
Raw ground beef/pork/lamb; Egg dishes	160 degrees F.
All raw chicken/turkey; Re-heated leftovers	165 degrees F.

Chill: Refrigerate Promptly to 40 Degrees F. or Below. Pack perishable food in a cooler after shopping for the drive home. Refrigerate raw and cooked perishable foods at least within two hours (one hour when the room temperature is above 90 degrees). Don't defrost or marinate perishable foods at room temperature. Refrigerate perishable leftovers in shallow containers to speed up the cooling process. Eat or discard refrigerated leftovers within a safe time frame.

Page 3

Stretch Your Fruits & Vegetables Budget

Did you know that September is national Fruits and Vegetables Month?

Make half your plate fruits and vegetables each meal. It's one of the healthiest things that you can do for yourself and your family! Here are *Dining on a Dime*'s top ten favorite tips for saving money while getting the maximum benefits from fruits and vegetables.

Get a **Food Spending Plan.** Find out what is a reasonable amount to spend in order to feed your family healthy meals, using an easy (and free!) calculator online, at *www.extension.iastate.edu/foodsavings/fooddollar*

Cook enough for several meals and freeze leftovers. Place enough food for one meal in a freezer container. Thaw in the refrigerator for a no-hassle meal in the future, on a day when you don't have time to cook.

Buy fresh fruits and vegetables in season, when they are lower in price and taste better. To know which foods are in season during each month, visit the website, www.fruitsandveggiesmatter.gov/downloads/Get_Smart_Shopping.pdf

Minimize waste, by buying only the amounts your family will eat.

Enjoy the comforts of home more often. Eating at restaurants increases the amount you spend on food. Include fruits and veggies in quick meals that you prepare at home, such as the recipe on the next page. For delicious low-cost recipes to make in 30 minutes, visit the website, http://recipefinder.nal.usda.gov



Make homemade soup for a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in lunch-size containers.

Canned fruits and vegetables can be stored for a long time. Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice.

To make many fresh fruits and vegetables last longer, store them in the refrigerator soon after getting home from your shopping trip.

Clearly label your foods in the freezer and refrigerator with the contents and date. Use within a safe time frame.

Buy frozen fruits and vegetables in large bags, to stretch your budget. Avoid those with added sugar, salt or sauce.

Source (accessed 8/11/2011): <u>30 Ways in 30 Days to Stretch Your Fruit and Vegetable Budget</u>, CDC, at www.fruitsandveggiesmatter.gov

For more information about healthy eating, contact your local extension office. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

Dining on a Dime's Cooks' Corner Spicy Tuna and Apple Pockets (Makes 3 servings)

Ingredients

- 1 teaspoon prepared mustard, any kind
- 3 tablespoons non-fat or low-fat yogurt, plain or vanilla
- 1 teaspoon each dried parsley and instant chopped onion
- 6 ounces light tuna canned in water, drained
- 2 tablespoons grated Parmesan cheese
- 1/4 cup chopped cucumber or celery
- 1 medium apple, cored, not peeled, chopped
- 3 halves of pita bread, preferably whole wheat
- 1 tablespoon prepared wasabi or creamy horseradish sauce

Directions

1. Wash your hands and work area. 2. In a mixing bowl, stir together mustard and yogurt. Stir in all remaining ingredients, except the pita bread and sauce. 3. Spread the inside of each pita half with 1 teaspoon wasabi or horseradish sauce. 4. Fill each pita pocket with 1/3 of the tuna mixture. 5. Serve cold. 6. Cover and refrigerate leftovers within two hours.

Nutrition Facts per 1/2 pocket: 230 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 29 g carbohydrates, 20 g protein, 25 mg cholesterol, 480 mg sodium, 4 g dietary fiber. Daily Values: 4% vitamin A,



Cooperative Extension Service K-State Research and Extension

K-State, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

K-State is an equal opportunity provider and employer.

6% vitamin C, 8% calcium, 10% iron. Source: VYP Recipe Series, www.ksre.ksu.edu/HumanNutrition/p.aspx?tabid=198