

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension Family Nutrition Program



# DINING ON A DIME

## *Eating Better for Less*

October / November

### Sugar Overload?

Many children and teens eat enough sugar every year to match — or exceed — their body weight! Here’s an example of how sugars in various foods and drinks can add up:

- 3/4 cup sweetened corn and oat cereal = 12 g sugar
- 8 ounces unsweetened apple juice = 29 g sugar
- 6 ounces sweetened flavored yogurt = 25 g sugar
- 1/2 cup peaches canned in heavy syrup, drained = 20 g sugar
- 1 chocolate chip cookie = 10 g sugar
- 5 jelly beans = 10 g sugar
- 1 can (12 ounces) of a regular soft drink = 60 g sugar



In the above example, the total amount of natural and added sugars adds up to 166 grams, or about 41 teaspoons, of sugar per day. If eaten daily, this would be 133 pounds of sugar per year. The good news? You can decrease the amount of sugar that your family members eat and drink.

**Cut out liquid sugars.** Strive to omit sweetened beverages (such as soda pop and fruit drinks) from your family’s diet. They have very high amounts of added sugar per serving. Limit intake of 100% fruit juices, too.

**Cut back on sweetened foods.** Commonly eaten solid foods with large amounts of added sugar include candy, fruit canned in heavy syrup, fruit yogurt, donuts, cake, some cereals and ice cream.

**Be aware.** At the grocery store, check the grams of sugar listed on the Nutrition Facts labels of your favorite foods. Compare the sugar content per serving with other foods to determine which have less sugar. Keep in mind that Nutrition Facts do not distinguish between added sugars and naturally-occurring sugars, such as those in milk products and fruits.

As parents, we can do a lot to improve the health of our kids. By being good examples ourselves, and helping them make better choices, we can set our children on a path of good nutrition. That can be the *sweetest* gift of all.

Nutrition Facts	
Serving Size about 1/2 cup (140g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 110mg</b>	5%
<b>Total Carbohydrate 15g</b>	5%
Dietary Fiber 2g	8%
<b>Sugars 5g</b>	
<b>Protein 3g</b>	
Vitamin A 220% • Vitamin C 6%	
Calcium 8% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

## Make It a Hazard-free Holiday

Dreaming of a traditional turkey dinner? Think food safety, too. Check out these tips to ensure a scrumptious, safe and hazard-free Thanksgiving holiday!

**Purchasing.** Decide in advance what size turkey you'll need to buy. Figure one pound per person if you get a whole bird. This amount will allow for serving leftovers (also known as “planned-overs”) at an additional meal or two.

**Thawing.** Do not thaw it at room temperature, since bacteria can grow to dangerous levels as the outer portion thaws! Instead, place the frozen turkey in a pan in the refrigerator. Allow 24 hours for every 4 or 5 pounds of turkey. (For example, put a 15 pounder into the refrigerator on the Sunday or Monday morning before your Thursday Thanksgiving meal.) An acceptable alternative for smaller turkeys is to submerge the turkey, still in its wrapper, in a deep sink of cold water. Replace the water with fresh cold water every 30 minutes. Allow 30 minutes for every 1 pound of turkey. For an 8 pound turkey, this method will take 4 hours. Cook the turkey immediately after thawing it.

**Cooking.** Always start cooking by first washing your hands with soap and water. Place turkey in a roasting pan. Remove the wrapper and giblet packages. Neither rinsing nor stuffing the turkey are recommended. (Cook the stuffing in a casserole dish separately.) Cover the turkey for the first hour it's in the oven, to keep the turkey moist and to reduce splattering inside the oven.

The chart shows cooking times for roasting a turkey at 325 degrees F. Cook it until a meat thermometer inserted into the wing, the thickest part of the breast and the thickest part of the inner thigh reaches 165 degrees F.

If it is done before you are ready to eat, cover the turkey to prevent it from drying out and put it back in an oven set to 200 degrees F.



Turkey Size	Approximate Cooking Time at 325 degrees F.
4 to 8 pounds	1 1/2 to 3 1/4 hours
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours

**Storing.** Cover and refrigerate, or freeze, leftovers within 2 hours. Use shallow containers. Eat leftover refrigerated turkey within 4 days, and stuffing and gravy within 2 days. For best quality, use frozen leftovers within 6 months.

**Reheating.** To keep the turkey moist, add broth or water and cover. If reheating in an oven, set the oven to at least 325 degrees F. If reheating in a microwave, cover and rotate the dish for even heating. Either way, reheat turkey to an internal temperature of 165 degrees F.

Source: (Accessed 9/13/10): Let's Talk Turkey, USDA, [www.fsis.usda.gov/PDF/Lets\\_Talk\\_Turkey.pdf](http://www.fsis.usda.gov/PDF/Lets_Talk_Turkey.pdf)

For more information about healthy eating, contact your local extension office.

Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Erin Henry and Mary Meck Higgins, “Dining on a Dime,” October 2010.

## Thrifty Thanksgiving



This holiday season, almost everyone is looking for ways to save money. How can you skimp on expenses while enjoying quality time with your family and friends? Read on for some penny-pinching tips for hosting this year's feast!

- \$\$ Get a good estimate on how many guests you'll be feeding. If you were left with loads of leftovers last year, reduce the amount of food you make this season. Consider making just enough, with a little extra of a few of your own family favorites that will freeze well in case they are left over. You'll save time and money!
- \$\$ Make your shopping list now. You can begin to watch for sales, clip coupons, and shop for those items that you can buy ahead for the big day. If you start early enough, you may not have to pay full price for a single item on your Thanksgiving day list! When you shop ahead a little at a time, it's also not such a big hit to your budget.
- \$\$ Save room in your freezer for a good deal on a turkey. If you have room in your freezer, you may even be able to take advantage of getting your turkey for free! Some grocery stores offer them free to customers who spend a certain amount of money during a promotional period several weeks before the holiday.
- \$\$ When guests ask if they can bring anything, say "yes!" You could even make a point to ask your family and friends to bring a specific type of food to the meal. This way, no one bears all of the burden for feeding a large meal to a crowd. Arrange for out-of-town guests to bring non-perishable foods. Even if you want to cook all of the main dishes yourself, you could ask your guests to bring the bread, vegetable and fruit trays, beverages and dessert. These can often be as expensive as the rest of the meal.
- \$\$ Be creative yet thrifty in decorating. For example, pine cones and acorns are beautiful — and free! Before the big day, enjoy a physical activity break with your family to fill some "nature bowls" to decorate your dinner table.
- \$\$ After the feast, make a delicious broth. After carving off all of the turkey meat, place the bones into a large pan. (Or, freeze the bones to make broth another week.) Coarsely chop an onion, celery stalk and/or leaves, and carrot. Add them, along with 2 quarts of water, and cover the pan. Bring the mixture to a boil. Reduce heat. Let it boil very gently for 2 hours. Remove the bones and solid foods using a colander or slotted spoon, and discard them. Cover and refrigerate the broth overnight. Discard any white fat that has risen to the top of the jellied broth. Freeze the broth in 1 or 2 cup portions to use as a delicious start for soups, such as *Dining on a Dime's* Great Beans and Turkey Soup recipe on page 4.

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***

### **Great Beans and Turkey Soup (Makes 4 one-cup servings)**

#### **Ingredients**

- 1 cup onion, chopped
- 1/2 cup celery, chopped
- 2 cups turkey broth, no salt added (see page 3)
- 2 cups cooked turkey, no bones or skin, chopped
- 1 1/2 cups cooked great northern beans (or another kind, if desired), cooked without added salt, rinsed and drained
- 1 cup frozen corn
- 1/2 teaspoon ground cumin
- 2 ounces chopped green chilies (optional)

#### **Directions**

**1.** Heat a saucepan sprayed with non-stick cooking spray over medium heat. **2.** Add onion and celery. Cook and stir about 5 minutes, or until just browned. **3.** Add remaining ingredients. Stir well. Cover. Stirring occasionally, cook about 15 minutes. **4.** Serve when hot and bubbly. **5.** Cover and refrigerate or freeze leftovers within 2 hours.

*Nutrition Facts per 1 cup serving: 260 calories, 4 g fat, 28 g carbohydrate, 27 g protein, 55 mg cholesterol, 160 mg sodium and 8 g dietary fiber. Daily Values: 2% vitamin A, 10% vitamin C, 10% calcium, 15% iron.*



**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.