

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

April / May

Super-Cheap, Super-Good “Super Foods”

Check out *Dining on a Dime*'s list of super foods — the ones that are both super good for you and super cheap!

Winter Squash and Sweet Potatoes. For just a little money, enjoy these robust succulent nutrient-rich vegetables that also keep well. You can store them raw on the counter and not worry about spoilage after just a day or two. Because of their natural sweetness, squash and sweet potatoes tend to be a hit with children, too!



Cabbage and Kale. Why have so many cultures relied on cabbage as a staple food? It's inexpensive, easy to find and easy to prepare. Try shredded cabbage instead of iceberg lettuce on tacos, or add it to more expensive vegetables to increase the amount for stir-fry dishes. Try cabbage leaves as low-calorie wraps instead of sandwiches or use in Asian dishes.

Kale is one of the least expensive fresh leafy vegetables, and is not as tough and strong-tasting as other cruciferous vegetables. It's great to use in a smoothie. Check out the delicious recipe on page 4 and try it yourself!

Beans. All varieties — and there are lots! — of cooked dry beans are extremely versatile and budget-friendly. Add them to soups and stews and you can cut back or omit more-expensive beef, pork or chicken, since beans are great sources of protein. They are also excellent sources of other nutrients. Bean burritos, black bean burgers, bean salads and bean soups are easy to make and tasty.

Eggs. Eggs contain a powerful punch of protein for their low price. And because of their ample and well-balanced supply of amino acids (the building blocks of protein), eggs are used as the standard against which other proteins are measured.

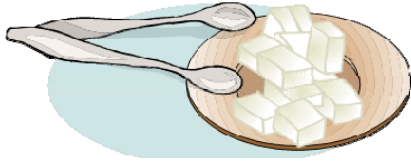
Oats. Don't just eat it for breakfast! You can use heart-healthy rolled oats in meatloaf and meatballs, and in any recipe instead of bread crumbs. Also, use them when you're baking to improve the taste and the nutritional value of fruit bars, muffins, quick breads and other baked goods without spending a lot of cash.

For more information about these and other superfoods, including health benefits, preparation tips and recipes, visit George Mateljan Foundation's [The World's Healthiest Foods](http://www.whfoods.com/foodstoc.php), www.whfoods.com/foodstoc.php

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Too Much Sugar? Not Sweet for Your Health

The average amount of added sugar eaten in the U.S. is about 20 teaspoons (79 grams) per day. While you probably know that “too much” added sugar is not a good thing, how much is too much?



Here are the limits for added sugars, as recommended by the American Heart Association. Children should get no more than 3 teaspoons (12 grams) per day. Women should get no more than 6 teaspoons (24 grams) per day. Men should get no more than 9 teaspoons (36 grams) per day.

How can you tell how if added sugar is in a food? Read the ingredients label. Names for added sugar include: high fructose corn syrup, molasses, cane sugar, corn sweetener, syrup, honey and fruit juice concentrates. The beverage or food also has added sugars if its ingredients list has words ending in “-ose,” such as fructose and sucrose.

How can you tell how much added sugar is in a food? You can't know the exact amount. Nutrition Facts labels show the grams of total sugar, but this amount includes both added sugars and naturally-occurring sugars. But if the food does not contain fruits or dairy products, know that the total grams of sugar shown on the Nutrition Facts will be mostly from added sugars.

Below are ways to reduce your and your family's intake of added sugars, based on the main sources of them in the U.S. diet.

- Limit sugar-sweetened beverages: soda, energy drinks, sports drinks, sweetened fruit drinks and sweet tea. Just 12 ounces of regular soda contain 8 teaspoons (32 grams) of added sugar. Instead, satisfy your thirst with water most of the time.
- Reduce the amount of cake, cookies, pie, sweet rolls, pastries, donuts, ice cream and candy that you eat. Instead, most of the time serve unsweetened fruit at the end of meals and as snacks. These include no-added-sugar fresh, fruit canned in water or in 100% juice, and unsweetened dried and frozen fruits.
- Switch to no-added-sugar breakfast cereals.
- If you buy flavored yogurts, switch to plain instead. For extra flavor, add unsweetened fruit.
- When preparing baked goods, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.
- Remember that treats should be enjoyed only occasionally, not every day. Enjoy a sweet life of good health!

Source (Accessed 3/23/12): American Heart Association's [Sugars and Carbohydrates](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sugars-and-Carbohydrates_UCM_303296_Article.jsp#.T20QQtWi18E), www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sugars-and-Carbohydrates_UCM_303296_Article.jsp#.T20QQtWi18E

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Raw Milk Can Sour Your Health, or Worse

Many people are rightly trying to buy and eat healthful foods produced with minimal processing. Milk and dairy products provide many nutrition benefits, such as high-quality protein, calcium and vitamin D, and other important vitamins and minerals.



To be safe, milk and milk products need to have minimal processing, called pasteurization. Here's why:

- Pasteurization kills disease-causing germs, such as *E. coli*. Serious health risks are created by consuming raw or unpasteurized milk or dairy products, such as certain cheeses, ice cream and yogurt, whether they are from cows, sheep or goats. The health dangers are especially high for young children, pregnant women, older adults and people with weakened immune systems.
- During pasteurization, milk is heated briefly (for example, to 161° F. for about 15 seconds). The time and temperature used are just long enough to kill the germs in raw milk that cause foodborne illnesses.
- You can't tell if a particular raw dairy product contains dangerous foodborne illness organisms or not. It won't look or smell different. It may have been produced on a farm with years of the highest sanitation standards and no record of problems, but life-threatening germs could still be present in the next bottle of milk without the assurance of pasteurization.

Some people argue that raw milk is more healthful than pasteurized milk, but any benefit does not outweigh the very serious health problems (even death!) that can occur from consuming raw dairy products.

In Kansas, unpasteurized milk is not sold in stores, but stores can sell cheeses made from raw milk. It is legal to purchase raw milk directly from a dairy. Some who buy raw milk and milk products are not at all aware of the serious health risks it poses. Others who buy raw milk and milk products think that the risk for illness is very small, and that it will just be temporary if they do get sick.

As you make wholesome and nutritious food choices, study the risks of consuming raw milk or milk products before buying any. It could put you and your loved ones in great jeopardy. The number of people sickened by drinking raw milk and eating raw dairy products has grown in the U.S. Get more information about this debate and watch videos of three women who describe the serious illnesses, hospitalizations and life-long consequences for them and their families that occurred from drinking raw milk, at the website [Food Safety and Raw Milk, www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html](http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html)

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

'Get Your Fruits and Veggies' Smoothie

(Makes 2 servings, almost 1 cup each)

Cool off with this nutty treat at breakfast or for a snack. Make a double batch and freeze the extra servings for the busy days of summer!

Ingredients

- 1 cup (about 6 large) frozen unsweetened strawberries
- 3/4 cup fat-free milk
- 1/2 cup firmly-packed fresh kale leaves
- 2 tablespoons peanut butter
- 1 tablespoon sugar

Directions

1. Wash your hands and work area.
2. Put all of the ingredients in a blender.
3. Cover and blend on high speed until smooth.
4. Serve cold.
5. Cover and freeze leftovers promptly.

Nutrition Facts for 1 serving: 170 calories, 8 g fat, 2 g saturated fat, 0 g trans fat, 21 g carbohydrate, 8 g protein, 0 mg cholesterol, 130 mg sodium and 3 g dietary fiber. Daily Values: 60% vitamin A, 80% vitamin C, 15% calcium, 6% iron



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