



## Start the New Year With More Fruits and Vegetables

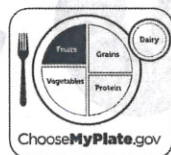
**Do you have any New Year's resolutions? Do you eat fruit at least two times per day and vegetables three times a day?**

If you have any goals for getting healthier, you may want to include "eat more fruits and vegetables" to your list. Eating plenty of colorful fruits and vegetables adds variety and flavor to your diet. They lower our risk for several diseases, including cancer and heart disease.

Enjoying more fruits and vegetables also plays a role in weight management because they help us feel full due to their water and fiber content. They also provide important vitamins and minerals to maintain good health.

**Try these 10 tips for affordable vegetables and fruits from [www.choosemyplate.gov](http://www.choosemyplate.gov):**

1. Celebrate the season. Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor and are usually less expensive.
2. Why pay full price? Check the local newspaper, online and at the store for sales, coupons and specials that will cut food costs.
3. Stick to your list. Plan your meals ahead of time and make a grocery list. Don't shop when you're hungry. Shopping after eating helps you avoid buying tempting snack foods, and you will have more of your food budget for vegetables and fruits.
4. Try canned or frozen. Compare the price and number of servings from fresh, canned and frozen forms of the same veggie or fruit.
5. Buy smart amounts of fresh fruits and vegetables. If you buy only the amount you will use, you will avoid throwing away spoiled fruits and vegetables.
6. Buy in bulk when items are on sale. If you use lots of potatoes or apples, a larger-sized bag is usually the better buy. You can buy canned or frozen fruits or vegetables in large quantities when they are on sale.
7. Opt for store brands when possible. You will get the same or a similar product for a lower price.
8. Keep it simple. Buy whole fruits and vegetables, and do some of the work at home. Precut, prewashed fruits and vegetables usually are higher in price.
9. Plan a garden to plant next spring. During the winter, consider planting some herbs in a pot to flavor soups, dips and pizza.
10. Plan and cook smart. Prepare and freeze vegetable soups, stews or other dishes to save time and money.

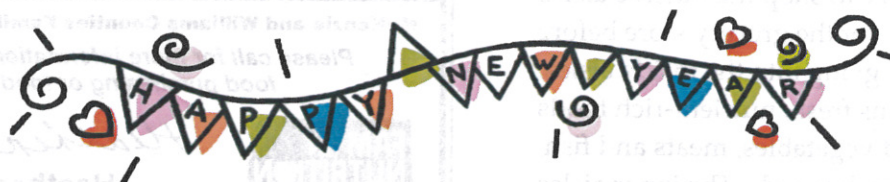
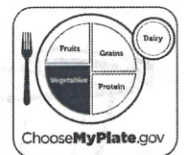


Set a goal for eating fruit and vegetables:

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This program is funded in part by USDA's 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 your county Social Services office or call 1-800-755-2716.

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I use ground beef in lots of my recipes. I have heard that you can reduce fat in cooked ground beef by rinsing it. How do you do that?

Blotting the beef with paper towels and rinsing the meat with hot water can reduce fat content by as much as 50 percent. A 3-ounce portion of pan-broiled beef crumbles, after blotting, has 195 calories and 12 grams of fat. A 3-ounce portion of pan-broiled crumbles after blotting and rinsing has 135 calories and 6 grams of fat. Here's how to do it according to a study published in the Journal of the American Dietetic Association:

- Brown ground beef in a pan over medium heat for about 10 minutes, stirring occasionally.
- Microwave 4 cups of water in a 1-quart glass measuring cup or bowl on High for five to six minutes or until very hot but not boiling. Exercise caution when you remove it from the microwave oven.
- Line a plate or other container with three layers of paper towels. Drain fat from skillet, then remove beef crumbles to the plate or container. Allow to stand for one minute and blot with more paper towels.
- Place beef in a fine-mesh strainer or colander over a bowl.
- Pour hot water over the beef to rinse away the fat. Drain the beef for five minutes.
- Proceed with cooking as the recipes directs. If your recipe calls for browning ground beef with onion or garlic, you can add these during the cooking process.



# Vegetable Beef or Venison Soup

- 1 pound ground beef or venison
- 3 to 4 c. water
- 2 (15-ounce) cans diced tomatoes
- 1 medium onion, chopped
- 2 celery stalks, diced
- 2 carrots, sliced
- 2 beef bouillon cubes
- ½ tsp. pepper
- ⅓ tsp. crushed red pepper
- ½ c. barley

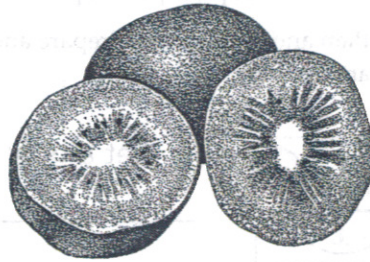
## Menu Idea

Vegetable Beef or Venison Soup  
Whole-wheat bread  
Canned mandarin oranges and pineapple chunks  
Low-fat or fat-free milk

Brown venison in oil in large pot.\* If using beef, omit oil and drain after browning. (To reduce calories and fat, you can follow the rinsing procedure outlined on this page.) Add water and tomatoes. Wash, chop and add vegetables. Add bouillon cubes, spices and barley. Bring to boil; reduce to a simmer. Cook until vegetables are tender (about 30 minutes).

\* Venison (and other game meat) is often lean and should be cooked in some fat for best results.

Makes six servings. Each serving has 261 calories, 27 grams (g) carbohydrate, 3g fat, 7g fiber and 335 milligrams sodium



**Just for Fun**  
**What fruit likes roller coasters?**  
**Ki-Whееe!**

Julie Garden-Robinson, Food and Nutrition Specialist



## Cost-saving Tip of the Month

Try to shop the outside aisles of the grocery store before going into the inside aisles.

The perimeter contains fresh, nutrient-rich foods such as fruits and vegetables, meats and fish, eggs, dairy and fresh breads. The inner aisles are filled with processed foods that may offer convenience but usually cost more.

Provided by Trish Jessen, Ward/Renville counties

### McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition, food purchasing or food safety.



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