



NORTH  
DAKOTA

# FNP News

*Family  
Nutrition  
Program*

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# 10 Tips to trim 100 Calories

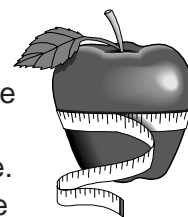
January is often a month of resolutions. Some people hope to spend less money, get better organized or start exercising. For others, losing weight is at the top of the resolution list.

You don't have to cut out your favorite foods to get healthier.

Often you just need to re-think portion sizes or make lower-calorie, lower-fat choices.

**Here are 10 ways to trim 100 or more calories without resorting to fad diets.**

1. Instead of drinking two cups of whole milk, switch to two cups of skim or 1 percent milk.  
The nutrients are about the same.
2. Switch from two tablespoons of regular mayonnaise to two tablespoons of low-fat mayo.  
**OR EAT HALF AS MUCH REGULAR MAYONNAISE.**
3. Instead of a can of regular soda pop (at 150 calories), have a glass of water. Or drink diet soda pop, which contains no calories.
4. If you can't skip regular soda pop, switch from a 20-ounce container of regular soda pop to a 12-ounce size.
5. Don't drown your salad.  
If you're like many people, three or more tablespoons of dressing land on your salad. Switch to 1½ tablespoons or less and opt for lower-calorie, lower-fat options.
6. Size up your cereal bowl. While eating cereal is a healthy option, extra calories can sneak into your diet. **Check out the Nutrition Facts label so you know what a serving size is and how many calories you are eating.** Consider substituting a serving of cereal in place of a candy bar for an afternoon snack, too.
7. Watch how much spread goes on your bread. Limit the amount of butter (at 100 calories per tablespoon) you spread on your bread.
8. Count your cookies. A single medium-size cookie can contain 100 calories or more. If you ordinarily have two (or more), have one. Or try a crunchy apple instead.
9. **Top your potato with fewer calories.** Switch from butter to sour cream, fat-free sour cream or yogurt.
10. Be size-wise with fast food. Order a small order of fries instead of a large, skip the mayo on burgers or order diet soda pop or water instead of regular pop.



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*How about another resolution?  
Aim for five to nine servings  
of fruits and vegetables daily  
and eat at least three servings  
of whole grain foods daily.*

Adapted from University of Nebraska –  
Lancaster County Extension Service

I've been hearing about folic acid on the radio. Is it only good for women?

That's a good question for January, National Birth Defects Prevention Month. Folic acid is a vitamin that can help prevent spina bifida and other birth defects. Women need to get enough folic acid *before* and *during* pregnancy. It's good for men, too. It has been shown to help prevent heart disease, certain types of cancer and possibly even Alzheimer's disease. It's found in enriched breads, pasta, rice and cereal, dry edible beans, leafy greens and orange juice. Most multivitamins also contain folic acid.



I'm trying to stay fit this winter, and we don't have a gym or mall nearby where I can go walking. What can I do?

Winter months provide some physical activity options like hiking, skating, sliding, cross country skiing and shoveling. If you're just starting to exercise, talk to your doctor. Dress in several layers so you can remove a layer as needed, and don't forget to drink plenty of water before, during and after physical activity. Dehydration is just as big an issue in cold winter months as it is in the summer. If it's just too cold to go outside, put on some music and dance!

## Soup-er Creamy Vegetable Soup

Source: Midwest Dairy Association

2 tsp. butter  
1 small onion, chopped  
1 can (14.5 oz) fat-free chicken broth  
1 large potato, cubed  
1½ c. sliced carrots  
2 c. broccoli florets or green beans  
½ tsp. salt  
¼ tsp. pepper  
¼ c. all-purpose flour  
2½ c. reduced fat milk

Melt butter in large saucepan over medium heat. Add onion; cook 5 minutes, stirring occasionally. Add broth, potato and carrots; bring to a boil over high heat. Reduce heat; simmer uncovered 5 minutes. Add broccoli (or beans), salt and pepper. Cook 5 minutes. Place flour in a medium bowl. Gradually stir in milk, mixing well. Add milk mixture to soup; bring to a simmer. Simmer uncovered 5 minutes, until vegetables are tender and soup has thickened.

*Makes four servings. Each serving contains 230 calories, 5 grams fat, 34 grams carbohydrates and 20 percent of the daily value for calcium.*

**Optional . . . Add 2 c. cooked, cubed chicken or turkey to milk-flour mixture.**