



NORTH
DAKOTA

FNP News

Family
Nutrition
Program

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Shopping for a Healthier Heart

*Some people love to shop for groceries.
Others don't.*

Think positive.
Grocery shopping can have health benefits, especially for your heart. Grocery shopping is a chance to strengthen your heart, because walking around a store counts as physical activity. By comparing prices, you can save some money, and that might save you some stress, too.



A good place to start your grocery shopping is at home: write a shopping list after looking at the advertised sale items. Many people plan their week's menu based on the sales.

Your food choices can help keep your heart healthy, too. Be a comparison shopper — for price and nutrition.

Let's take a trip around a grocery store for some quick nutrition tips as we shop for a healthy heart.

Produce Aisle

- ♥ Buy in season and choose produce in a rainbow of colors. Fresh, frozen, canned and dried forms all count toward the "5 to 9 a day" goal, so compare prices.
- ♥ Fruits and vegetables are low in fat and good sources of fiber. Green leafy vegetables and oranges, for example, are good sources of folate, a heart-healthy B vitamin.

Meat Section

- ♥ Choose lean cuts of meat. At home, trim excess fat before cooking.
- ♥ Consider lower-fat varieties of processed meat. Compare the amount of sodium listed on the Nutrition Facts label, too.

Dairy Section

- ♥ Choose low-fat dairy products like reduced-fat milk or fat-free milk.
- ♥ Compare spreads for saturated fat content. Soft tub-type margarines are usually lowest in saturated fat.

Canned Goods

- ♥ Compare sodium content of different soups and sauces, especially if your doctor has advised you to cut down on salt.

Frozen Foods

- ♥ Consider reduced-fat frozen desserts.
- ♥ Compare fat and sodium content of frozen foods.

Cereals and Breads

- ♥ Look for "whole grain," oatmeal or whole wheat as one of the first ingredients on the ingredient label.

February is American Heart Month.

Write down two goals for a healthier heart. At the end of the month, check how you did and list some new goals!

♥ _____

♥ _____

I have “more month than money” – what can I do?

The Family Nutrition Program (FNP) can help. This newsletter is one way to learn some new techniques to help stretch your food dollars through the month.

You can also attend sessions the Extension FNP staff members conduct in your community. They offer demonstrations, food samples, reliable information related to nutrition and food safety, and ideas for you to use in your own home.

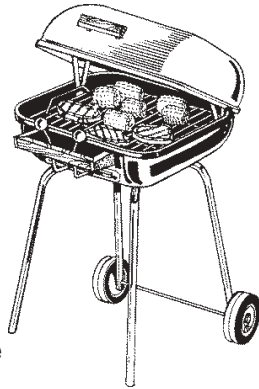
Contact the FNP staff member at the Extension office noted on this page. FNP will help you “even out” your month and your money. The program is completely free. ***Check it out.***

What are some heart-healthy ways to cook?

Try using lower-fat methods like **roasting, baking, broiling, grilling, stir-frying or steaming.**

When roasting, use a rack so meat doesn't sit in its fat drippings.

When browning meat for casseroles, usually you don't need to add oil or other fat. Be sure to drain meat before serving or adding other ingredients.



Pasta Pizza

- 15 lasagna noodles
- 5 qt. water
- 1 15-oz. can pizza sauce
- 3 c. shredded, reduced-fat mozzarella cheese, divided
- 4 oz. thinly sliced pepperoni or Canadian bacon
- 1 can (8 oz) mushrooms, stems and pieces, drained
- ½ c. diced green pepper
- ½ c. pitted ripe olives, sliced (optional)

Cook noodles in water according to package directions. Spray a 15 x 10-inch pan with nonstick cooking spray. Arrange 5 noodles in the pan and sprinkle with 1 cup mozzarella cheese. Add a second layer of 5 noodles and another cup cheese. Use remaining noodles for a third layer, but don't sprinkle cheese. Instead, spread pizza sauce evenly over noodles and bake at 350 degrees for 10 minutes. Remove pan from oven and add toppings to pizza. Top with remaining cheese. Bake another 15 minutes or until cheese melts. Makes 10 servings per pizza.

Each serving contains about 190 calories, 18 grams carbohydrate and 11 grams fat.