



NORTH  
DAKOTA

# FNP News

Family  
Nutrition  
Program

#171

MARCH 2005

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# Check out this Updated Nutrition and Health Advice!

Every five years, we get updated advice from the nation's top nutrition experts. This is some of the latest advice. Soon we'll have an updated version of the food guide pyramid, too!

Set some goals during March, National Nutrition Month®. Check the boxes of the nutrition, fitness and food safety tips you plan to emphasize this month and beyond.

## Make smart choices from every food group

- I'll emphasize fruits, vegetables and whole grains.
- I'll include lean meat, poultry, fish, beans, eggs and nuts.
- I'll go easy on saturated fats, trans fat, cholesterol, salt (sodium) and added sugars.

## Mix up your choices within each food group



- I'll vary my veggie choices, eating more dark green ones.
- I'll get three cups of low-fat or fat-free milk (or an equal amount of low-fat yogurt and/or low-fat cheese).
- I'll make half of my grain choices "whole grain."
- I'll choose lean meats and poultry and prepare it using low-fat cooking methods, such as baking or grilling.

## Find your balance between food and physical activity

- I'll be physically active for at least 30 minutes most days of the week.
- If I want to lose weight or help control weight, I'll aim for 60 to 90 minutes of physical activity daily.
- If I have young children and teens, I'll encourage them to get at least 60 minutes of physical activity daily.

## Get the most nutrition out of your calories

- I'll choose the most nutritionally rich foods from each food group – those packed with vitamins, minerals, fiber and other nutrients, but lower in calories.
- I'll use the Nutrition Facts label to make healthier choices.
- I'll check serving size and calories and compare different foods.

## Play it safe with food



- I'll clean my hands, food preparation surfaces, fruits and vegetables.
- I'll separate raw, cooked and ready-to-eat foods while shopping, preparing or storing.
- I'll cook meat, poultry and fish to safe internal temperatures to kill microorganisms.
- I'll chill perishable foods promptly and thaw foods properly.

## How long are canned goods safe to use? Should you buy dented cans?



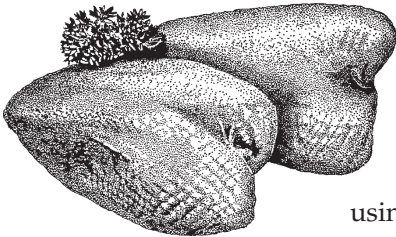
For best quality, nutrition experts recommend storing canned food in a cool, dry place and using it within two years of purchase. Canned goods will remain “safe” to consume longer, but may lose nutritional value. Label canned goods with date of purchase and rotate your stock, moving the oldest cans to the front of your cupboard.

Food in cans with small dents generally is safe. Avoid cans with sharp dents, especially if the dents are in the seams. Avoid canned goods that are bulging or leaking, too.

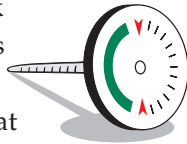
## Should I wash chicken before cooking it?

Experts don’t recommend washing meat because of the risk of cross contamination. Spreading “chicken juice” around your chicken can be hazardous to your health. It often contains Salmonella or Campylobacter.

These types of bacteria are dangerous especially for people who are very young, old or immune-compromised.



Be sure to cook chicken breasts to an internal temperature of at least 170 degrees, using a food thermometer to check for doneness.



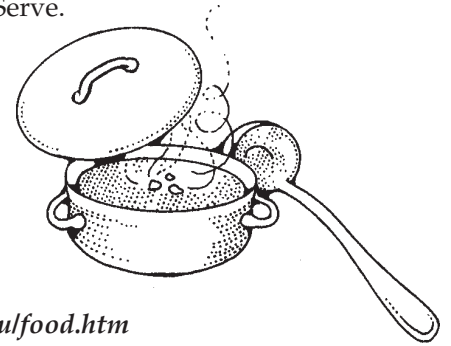
*Here’s a quick and easy soup recipe. Enjoy this colorful soup with whole-wheat buns, fruit and low-fat milk.*

## Cheesy Vegetable Soup

- 3 cans chicken broth (low-fat, low-sodium)
- 1 15-oz. can diced tomatoes (with green peppers, onions and celery)
- 2 16-oz. packages California blend frozen vegetables
- 10 oz. “light” or “reduced-fat” processed cheese (such as Velveeta)

Simmer broth, tomatoes and vegetables in pot for 40 to 45 minutes. Remove from heat and add cheese. Stir until cheese melts. Serve.

*Makes about 10 servings.  
Each serving has 150 calories,  
6 grams fat, 2.3 grams fiber  
and 11 grams carbohydrate.*



**For more nutrition and food safety tips, visit our Web site at**

***[www.ag.ndsu.nodak.edu/food.htm](http://www.ag.ndsu.nodak.edu/food.htm)***