



NORTH  
DAKOTA

# FNP News

*Family  
Nutrition  
Program*

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# KIDS, TV AND FOOD

You may have noted that kids are making some "special requests" in grocery stores. Maybe you've experienced this yourself.

Not surprisingly, kids often request "treats." Children commonly request snacks/desserts, candy, sweetened cereal and fast food they've seen advertised on TV. Parents and others say "yes" half the time to requests for food, especially soft drinks, cookies and candy.

These days, kids are bombarded with food ads on TV, Web sites, toys, books and games. The average child sees more than 20,000 TV commercials yearly. That adds up to about 360,000 ads by high school graduation. About half of those ads are for food.

Do food ads influence what kids request from their parents, grandparents or caregivers? Are food ads linked to what kids prefer to eat? The answer to both questions is "yes."

## Why is Healthy Eating Important?

Food choices for adults and children are linked to overall health. All foods, even "treats" in moderation, can fit in a healthy diet. A diet high in "treats" and low in fruits, vegetables, whole grains, milk and

other healthy foods can lead to weight gain and a lifetime of health concerns. Poor nutrition and inactivity are linked with heart disease, cancer and type 2 diabetes.

## What's a Parent or Caregiver to Do?

If you're a parent, grandparent or caregiver, consider these tips from nutrition and child development experts:

- Be role models for healthy eating. For example, have an apple for a snack instead of a bag of chips.
- Turn off the TV during meals. People who eat meals with the TV on are likely to consume more salty snacks and soda pop. They also consume fewer fruits, vegetables and juice.
- Limit "screen time" (TV, video games, etc.) to two hours per day.
- Consider a "TV-free" day per week.
- Eat meals as a family as often as possible. Families who eat together eat more nutritious meals and have better communication. The children do better in school and are less likely to try risky behavior.



# Creamy Fruit Smoothie

- 3 c. fresh, frozen or canned fruit in juice, drained
- 1⅓ c. nonfat dry milk
- ½ c. water
- ½ c. ice cubes
- 1 tsp. vanilla extract or vanilla flavoring
- 2 Tbsp. sugar (optional)



Place ingredients in blender; cover.  
Blend until smooth. Makes 4 servings.

*A serving with added sugar has about 220 calories, less than 1 gram fat and 45 grams carbohydrate.*

*Without sugar, a serving has 205 calories, less than 1 gram fat and 41 grams carbohydrate. A serving of either has about one-fourth the daily recommendation for calcium.*

# No-bake Snack Mix

- 8 cups cereal squares  
(such as corn or wheat Chex or Crispex)
- 2½ c. minipretzels (sticks or twists)
- 2½ c. bite-size cheddar cheese crackers
- 3 Tbsp. vegetable oil
- 1 1-oz. envelope ranch salad dressing mix

Combine cereal, pretzels and crackers in large bowl.  
Drizzle with oil and stir gently. Sprinkle with dressing mix  
and stir gently.

*Makes 26 half-cup servings. Each serving has 110 calories,  
4 grams fat and 16 grams carbohydrate.*

## Do you have any suggestions on cutting fat in recipes — and not losing the taste?

You have many ways to trim fat and calories from food. Trim visible fat from meat and drain well. Use a nonstick pan and nonstick cooking spray instead of oil or butter when frying foods. Use fat-free cooking, such as grilling or broiling. Try using apple sauce or plain low-fat yogurt in place of oil in brownie mixes. Stir-fry vegetables in chicken broth in a nonstick skillet.

## I have a large box of nonfat dry milk on my shelf. How can I use it?

Nonfat dry milk is a great source of calcium, and it's easy to use in recipes. When any recipe calls for milk, you can use reconstituted dry milk powder. To make one cup of nonfat milk, add one-third cup of dry milk powder to one cup of water. In baking, add dry milk powder to the dry ingredients and the water to liquid ingredients. In cooked cereal, add 3 tablespoons of milk powder to each one-half cup of dry cereal. In cream soup, add one-third cup of milk powder for each cup of liquid called for in the recipe.