

## Turn Up the Volume on Nutrition!



We're often advised to eat less to lose weight or maintain our current weight. That may leave us feeling unsatisfied. When we feel hungry, we may grab the nearest treat out of a vending machine.

According to new research, we should *eat more*. What this really means is we should eat foods with more volume but fewer calories. High-volume foods usually are naturally higher in water and fiber. They fill us up without filling us out.

### Try this quiz

In each pair of foods, which has fewer calories and more fiber?

- a) 1 cup of orange juice  
b) 1 cup of orange slices (peeled)
- a) 1 cup of grape juice  
b) 1 cup of grapes

*The answer is "b" for both.*

	Calories per cup	Fiber per cup (grams)
Orange juice	112	0.5
Orange slices	81	3.6
Grape juice	128	0.2
Whole grapes	104	1.4

Both juice and whole fruit are nutritious. Nutrition experts encourage us to choose more whole fruits as the lower calorie choice with the fiber bonus.

When you buy canned fruit, choose juice-packed canned fruit most often.

### Try these tips

These high-volume, lower-calorie ideas tame appetites and turn up the volume on nutrition:

- ✓ Set out a plate of fruit and vegetable "munchies," such as grapes, carrot sticks and broccoli florets, for everyone to enjoy before a meal.
- ✓ Enjoy broth-based vegetable soup as a side dish with a sandwich or as a first course before a meal.

Visit  
[www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise)  
for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program 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 accidentally left a few cans of vegetables and a carton of eggs in my garage overnight and they froze. Is this food safe to use?

You can thaw the canned food in your refrigerator and use it right away, according to the U.S. Department of Agriculture. Be sure to heat the food thoroughly.

Freezing can damage the seams of the cans, which could allow bacteria to enter the can and contaminate the contents. Always check the seams of any canned goods. If the seams have rusted or are leaking and the can is swollen, discard it carefully where no human or animal will eat the contents.

With accidentally frozen eggs, check the eggs for cracks and discard the cracked ones. Keep the remaining eggs frozen until needed, then thaw them in the refrigerator. They will be safe to use and can be hard-cooked. The yolks will become syrupy, however, and won't blend well with other ingredients in most recipes.

## Health Tip for the New Year

Take small steps to better health. Don't try to change several things at once. Focus on one thing and make your goal doable.

*Example nutrition goal:*

**Have fruit for snacks.**

*Example fitness goal:*

**Take two 15-minute walking breaks on most days.**



▼ Set a goal:

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Try this 30-minute meal with "planned-over" chicken or turkey.

## White Chicken Chili

- 3 Tbsp. vegetable oil
- 1 medium onion, chopped
- 1 (4-ounce) can diced green chilies, drained
- 3 Tbsp. all-purpose flour
- 2 tsp. ground cumin
- 1 (14.5-ounce) can low-sodium chicken broth
- 2 (16-ounce) cans Great Northern beans, drained and rinsed\*
- 1½ c. chopped, cooked chicken (or substitute turkey)
- Optional toppings: shredded cheese, sour cream, salsa



Heat oil in a large skillet over medium-high heat. Add the onion and sauté until tender. Add the chilies, flour and cumin; cook and stir for two minutes. Add the chicken broth and mix well. Add the beans and bring to a boil. Reduce heat and simmer for 10 minutes or until lightly thickened. Add the chicken and heat through. Garnish with cheese, low-fat sour cream and salsa, if desired.

\* You may substitute soaked, dry beans (See November 2007 issue of FoodWi\$e for directions for soaking dry beans.)

*Makes six servings.*

*Each serving has 338 calories, 10 grams (g) of fat, 37 g of carbohydrate and 9 g of fiber.*

**Menu idea:**  
**White Chicken Chili,**  
**cornmeal muffins,**  
**carrot/celery sticks,**  
**apple crisp,**  
**low-fat**  
**milk.**

Recipe source:

Canned Food Alliance; [www.mealtime.org](http://www.mealtime.org)

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Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

