

Choose**MyPlate**.gov

Increase Your Veggie IQ!

At this time of the year, children are heading off to classrooms to learn new skills. We are never too old to learn new things. Learning new vegetable shopping and preparation skills may help us save money and include more veggies on our plate.

Whether they are children or adults, many people do not eat the recommended amount of colorful vegetables, which provide fiber, vitamins and minerals. These 10 tips from www.choosemyplate.gov might help.

Learn more about cooking healthy meals by visiting www.ndsu.edu/eatsmart.

1. Discover fast ways to cook.

Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots or broccoli in a bowl with a small amount of water for a quick side dish.

2. Be ahead of the game.

Cut up a batch of bell peppers, carrots or broccoli. Prepackage them to use when time is limited.

3. Choose vegetables rich in color.

Brighten your plate with red, orange or dark green vegetables, which are full of vitamins and minerals. Try acorn squash, sweet potatoes or collard greens.

4. Check the freezer aisle.

Compare prices. Frozen vegetables are just as nutritious as fresh. Try adding frozen corn, beans or sugar snap peas to your favorite dishes or eat as a side dish.

5. Stock up on veggies.

Keep canned tomatoes, kidney beans, garbanzo beans and

mushrooms on hand. Compare the sodium content, and look for ones labeled "reduced sodium" or "no salt added."

6. Make your garden salad glow with color.

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers or chopped red cabbage.

7. Sip on some vegetable soup.

Try tomato, butternut squash or garden vegetable soup. Look for reduced- or low-sodium soups.

8. Eat healthful meals away from home.

Order an extra side of vegetables or a side salad.

9. Savor the flavor of seasonal vegetables.

Check your local grocery store specials for in-season buys.

10. Try something new.

Choose a new vegetable and add it to your menu.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP 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 keep hearing the message that we should manage our portion sizes. Is a portion size the same as a serving size?

Portion sizes and serving sizes often are different. A "portion" is the amount of food you choose to eat.

A "serving" is the amount of food listed on the Nutrition Facts label.

All the information (calories, fat, carbohydrate) on nutrition labels is based on the serving size.

Nutrition Facts	
Serving Size: 1 cup (226g)	
Servings Per Container: About 6	
Amount Per Serving	
Calories 170	Calories From Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 3g	15%
Trans Fat 0.5g	
Cholesterol 5mg	2%
Sodium 1180mg	49%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Personal Pizzas

- 4 8-inch whole-wheat tortillas
- 1 small (4-ounce) can tomato or pizza sauce
- 1 clove garlic, minced
- 1½ c. mozzarella cheese, shredded (part skim)
- Chopped veggies of choice, such as colorful bell peppers (green, yellow, red) or mushrooms
- 1 small onion, sliced
- Any other toppings (Canadian bacon is a low-fat meat option)
- Italian seasoning (optional)

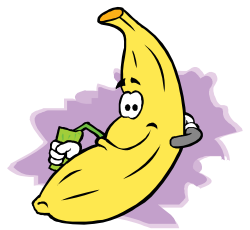


Lay tortillas on an ungreased cookie sheet. Spoon tomato sauce over each tortilla. Top with minced garlic. Next, sprinkle each pizza with an equal amount of mozzarella cheese. Layer the cheese with peppers and onions and any other vegetables or toppings you like. Bake at 400 F for 10 minutes or until the cheese is bubbly. Serve.

Makes four servings. Each serving has 300 calories, 11 grams (g) fat, 34 g carbohydrate and 310 milligrams of sodium.

Menu Idea:

Personal Pizza, cucumber slices flavored with seasoned vinegar or a squeeze of lemon, bananas and low-fat milk.



Just for Fun

Why aren't bananas ever lonely?
Because they come in bunches!

Julie Garden-Robinson, Food and Nutrition Specialist

Example: A food package lists 1 cup as the serving size. You decide to eat 2 cups as your portion. Fill in the chart with your answers.

	2-cup portion	% Daily Value (DV)
1. Number of Calories		N/A
2. Amount of Total Fat (grams)		
3. Amount of Sodium (milligrams)		

Answers: 1. 340 calories; 2. 20; 32%; 3. 2,360; 98%

Size Up Your Servings With These Visuals

- 3 ounces of meat = size of a deck of cards
- ½ cup of cooked rice, pasta or potato = ½ baseball
- 1 to 1½ ounces of cheese = 4 stacked dice
- 2 Tbsp. of salad dressing or peanut butter = 1 golf ball

Tip of the Month

Most of us have heard that we should not go grocery shopping when we're hungry because we tend to make unneeded purchases. But does the day of the week we shop make a difference? Studies have shown that the best day of the week to shop is Tuesday. This is the day the fewest people shop, so the store will not be as crowded.

Provided by Peggy Grosz, Morton County

McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition, food purchasing or food safety.



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