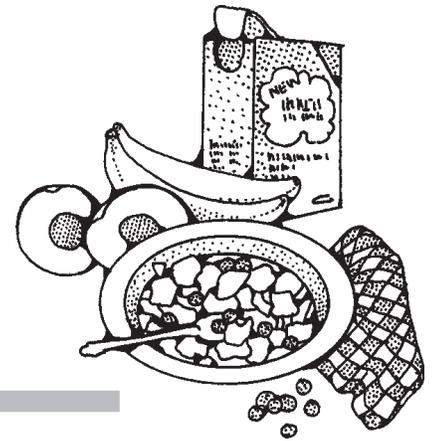


Don't Skip the Most Important Meal



Have you ever found yourself running late in the morning? Maybe you stayed up too late, and in the morning you hit the snooze button one too many times. You may be tempted to dash off to work or school and skip something really important: breakfast.

As the morning goes along, you may start feeling tired. You may not be able to focus on what you are doing.

Fuel your body and brain with nourishing food every morning. Kids and adults perform better at school and work when they eat breakfast. Researchers have shown that foods containing protein and fiber keep us energized throughout the morning.

- Add variety to your diet by choosing foods from three or four different food groups, such as a grain, meat, fruit and milk.
- Have some protein. Research shows that people who eat a protein-containing breakfast perform better on tests involving thinking and concentration. For example, having a glass of milk, container of yogurt, piece of cheese, peanut butter on your toast or a hard-cooked egg all will add protein.
- Choose cereal wisely. When shopping, look high on the shelves instead of at eye level or lower, where the kids cereals often are placed. Read the Nutrition Facts labels carefully. Compare fiber, sugar content, vitamins and minerals.
- Choose fiber-rich, whole-grain cereals and whole-grain breads more often. To select whole-grain foods, check the first couple of items on the ingredient list. For example, look for oatmeal, whole wheat or whole grain. Look for a health claim on the package.

Make eating breakfast a priority. Try these sample breakfast menus:

- Graham crackers with peanut butter and a fruit and yogurt smoothie
- Oatmeal with raisins and low-fat milk
- Whole-grain cereal with sliced bananas and low-fat or nonfat milk
- Peanut butter on whole-wheat toast, apple slices and low-fat or nonfat milk
- Scrambled eggs with salsa wrapped in a tortilla, peach slices and low-fat or nonfat milk

No time at all? Grab a glass of chocolate (or plain) milk and a banana and go!

For more information, visit www.ag.ndsu.edu/foodwise/

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 know that rice is really economical, but my rice doesn't turn out very well. I like it to be "fluffy" instead of sticky. Can you help?

You're right about rice being economical. It costs about 15 to 20 cents per serving.

To make fluffy rice, try these tips from the USA Rice Federation:

- Accurately measure rice and liquid according to package directions.
- To prevent under- or overcooking, set the timer according to package directions.
- Keep the lid on the pot during cooking to prevent steam from escaping.
- Remember that rice triples in volume, so use cookware of the right size.
- Do not stir. Stirring releases the starch, resulting in sticky rice.
- At the end of the cooking time, remove the lid and test for doneness. If the rice is not tender or the liquid is not absorbed, cook two to four minutes longer.
- When the rice is cooked, fluff with a fork or slotted spoon to allow steam to escape and keep the grains separate.



Venison or Beef Stroganoff

- 1½ lb. ground venison or beef
- 1 to 2 Tbsp. cooking oil
- 1 (10.25-ounce) can reduced-fat, reduced-sodium cream of mushroom soup
- 1 (4-ounce) can mushrooms, drained
- ½ c. light sour cream
- 3 c. cooked white rice or brown rice

Prepare rice according to package instructions.

Brown ground venison in oil. If using beef, omit oil and drain after browning. Stir in soup, mushrooms and sour cream. Heat to an internal temperature of 165 F.

Makes six servings. Per serving (including rice): 360 calories, 27 grams (g) carbohydrate, 10 g fat and 500 milligrams sodium

I received some frozen ground venison and venison steaks from my neighbor after his hunting trip. How do you use it?

You can use venison, or deer meat, just like beef in recipes. You can use it in chili, stew, casseroles or other dishes. Be sure to thaw venison in the refrigerator.

Venison tends to be very lean, or low in fat. You may need to add one or two tablespoons of cooking oil when you brown the venison.

Cook venison and other game meats to an internal temperature of 165 degrees



Seasonal Produce Guide for Fall

"In season" produce is often at best quality and lowest price. Check the sales ads of your favorite grocery store.

Apples	Cranberries	Rutabagas
Broccoli	Grapes	Squash
Brussels Sprouts	Pears	Sweet Potatoes
Cauliflower	Pumpkin	

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McKenzie and Williams Counties Family Nutrition Program
Please call for more information on nutrition, food purchasing or food safety.



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