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# HEALTHY CHOICES FOR HEALTHY FAMILIES

## Topic: Spring cleaning

► Spring is just around the corner, and soon we will be head over heels into spring cleaning. Don't forget about cleaning the kitchen cupboard. Make sure food is stored in tightly covered containers. Pantry storage should be room temperature or cooler. Read product labels for the "use by" dates.

Baking powder and soda are best used within 12 to 18 months or before the date on the package. White flour is best used within six to 12 months. For longer storage, keep flour in the refrigerator or freezer in an airtight container. Because whole wheat flour contains oil in the wheat germ, use whole wheat flour within a couple of months.

Source: Cent\$ible Nutrition Program, University of Wyoming Cooperative Extension Service



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## Parent's Pow-Wow

► Most parents believe that having children do household chores is a good way to teach them how to be responsible. Sometimes parents believe it is easier to complete tasks for their child. If you want your child to value helping around the house, start involving him in household jobs when he shows an interest, which is in the early years. Kids love to help in the kitchen. Find jobs that are right for your child's age group.

Source: Just In Time Parenting, [www.extension.org](http://www.extension.org)

## Basic Budget Bites: **Caring for your fridge**

► Make sure your refrigerator is running properly so it can help you save money. Food can be kept longer if the fridge is in good working order.

- Keep the fridge below 40 degrees.
- The doors of the fridge are the warmest area. Think about moving milk and eggs from the door to a shelf.
- Clean the fridge well. Empty the fridge and clean the interior surface. Remove the bins and shelves and wash them.



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## Food Facts: **Salt**

► Sodium is a key nutrient. We must have about 400 mg of sodium (about  $\frac{1}{4}$  teaspoon of salt) each day to stay healthy. The problem is that salt makes our food taste so good that the average American uses 3 to 5 teaspoons of salt daily. This is 5,000 – 8,000 mg of sodium! Is this a cause for concern? No one knows for certain, but did you know...

- Some countries use no salt, and high blood pressure is rare.
- Some countries (the United States, Japan) have very high salt and sodium intakes, and high blood pressure is common.
- High blood pressure is usually lowered when sodium is limited in the diet.
- Soft water is high in sodium, and people who live in areas with soft water often have hypertension.

Too much sodium can upset the body's water balance, which can cause you to retain extra water. It can also cause blood vessels to tighten, which raises blood pressure. Not all of us react to sodium in this way, but there is no way to predict who is at risk. One-half of Americans over age 65 may be sodium-sensitive to some degree.

*Source: Colorado State University Cooperative Extension,  
Department of Food Science & Human Nutrition*



## Cooking with Kids: **Crunchy Fruit Yogurt**

- 2 cups low-fat yogurt, plain or vanilla
- 1 cup fruit, fresh or canned, drained
- 1 cup dry crunchy cereal (granola type)

1. Mix yogurt and fruit together in a mixing bowl.
2. Spoon into 4 cereal bowls.
3. Top each with ¼ cup crunchy cereal.

### Nutrition Facts per serving:

150 calories; 4 g total fat; 1 g saturated fat;  
0 g trans fat; 10 mg cholesterol; 75 mg sodium;  
21 g carbohydrate; 2 g dietary fiber; 10 g sugar;  
7 g protein

**Yield:** 4 servings

Source: [www.extension.org](http://www.extension.org)



## Recipe: **Oven-Fried Chicken**

- ¾ cup low-fat buttermilk
- 2 each chicken breasts, drumsticks, and thighs, skin removed
- ½ cup all purpose flour
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cumin
- ¼ teaspoon black pepper
- Cooking spray

1. Combine buttermilk and chicken in large zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
2. Preheat oven to 450° F. Combine flour, salt, peppers, and cumin in second zip-top bag. Remove chicken from marinade and discard marinade.
3. Add chicken one piece at a time to flour mixture, shaking bag to coat chicken.

4. Remove chicken from bag, shaking off excess flour. Spray lightly with cooking spray and return, one piece at a time, to flour mixture, shaking to coat.
5. Place chicken on baking sheet sprayed with cooking spray. Lightly coat chicken with cooking spray. Bake at 450° F for 35 minutes or until done, turning after 20 minutes.

### Nutrition Facts per serving:

265 calories; 5 g fat; 1.2 g saturated fat;  
110 mg cholesterol; 754 mg sodium;  
15 g carbohydrate; 1 g fiber; 38 g protein

**Yield:** 4 servings

Source: [www.extension.org](http://www.extension.org)

## Local Events

### Smart Tips: Tame the tube — get moving

- 1 Make a list of activities you want to do instead of watching TV.
- 2 Get the TV out of the bedroom.
- 3 Set clear limits and be a good role model as you watch TV.
- 4 Watch with your children. Discuss the shows and the advertising.

*Adapted from Eat Smart, Move More NC*



**If you are interested in nutrition classes, contact your extension office.**

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