



"Bits and Bites"

Healthy Eating and Activity Team

March 2010



NUTRITION FROM THE GROUND UP

Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber and other nutrients but lower in calories.

Get the most nutrition out of your calories:

- **Focus on fruits.** Eat a variety of fruits—fresh, frozen, canned or dried. For a 2,000 calorie diet, you need 2 cups of fruit each day.
- **Vary your veggies.** Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli and dark leafy greens. Include beans and peas such as pinto beans, kidney beans, split peas and lentils more often. (Eat a rainbow of colors.... don't forget red, yellow, purple and blue veggies!)
- **Get your calcium-rich foods.** Have 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese every day (1½ ounces of cheese equals 1 cup of milk). If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients on the nutrition label.
- **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it or grill it. And vary your protein choices with more fish, beans, peas, nuts and seeds.
- **Know the limits on fats, salt and sugars.** Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.

Eat well and enjoy!

Authored by American Dietetic Association staff registered dietitians.
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**Brought to you by the Rural Health Education Network of Delaware, Otsego,
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Quotes of the Month ...

"The wise man should consider that health is the greatest of human blessings. Let food be your medicine."



Recipe for the Month

Corn Chowder

4 servings

1 tablespoon vegetable oil
2 tablespoons celery, finely diced
2 tablespoons onion, finely diced
2 tablespoons green pepper, finely diced
1 package (10 ounce) frozen whole kernel corn
1 cup raw potatoes with peel, cleaned and diced (1/2-inch pieces)
1 cup water
1/4 teaspoon salt
black pepper to taste
1/4 teaspoon paprika
2 cups milk, fat-free or low-fat (1%)
2 tablespoons flour
2 tablespoons fresh parsley, chopped

Using low-fat milk instead of cream lowers the saturated fat content in this hearty dish.

1. Heat oil in medium saucepan.
2. Add celery, onion and green pepper and sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil; reduce heat to medium; cook, covered, about 10 minutes or until potatoes are tender.
4. Pour 1/2 cup of the milk into a jar with tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

Serving size: 1 cup

Nutrition Facts per Serving:

Calories: 186 Total Fat: 5 g Saturated fat: 1 g
Cholesterol: 5 mg Sodium: 205 mg Fiber: 4 g
Protein: 7 g Carbohydrates: 31 g Potassium: 455 mg

Reprinted from A Healthier You. Based on the Dietary Guidelines for Americans, 2005 U.S. Department of Health and Human Services at www.healthier.us.gov/dietaryguidelines

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