

Cent\$ible Nutrition News

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Cost Cutter: Make Your Own Stock

A great way to save money and decrease sodium



consumption is by creating homemade stock for soup and other dishes. Save extra pieces of onion, carrots, celery, and herbs, like rosemary or thyme, to simmer with beef, veal, lamb, or chicken bones. It takes some time to create, but the end result is quite tasty and you get to decide how much salt to add. Store-bought stocks are easy to use, but they are often expensive and full of sodium.



Helping Families Eat Better for Less

Creating a Healthy Plate

A healthy diet begins with a healthy plate. One way to create a healthy plate is by following MyPlate guidelines. MyPlate includes the five food groups that are recommended for a healthy diet. It shows how much of each food group should be eaten at a meal.

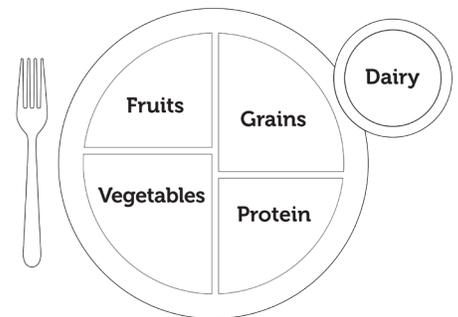
Fruits and vegetables should take up about $\frac{1}{2}$ of your plate. This may seem like a lot, but there is such a variety of colors, tastes, and textures. Mix up your choices!

Grains should take up a little more than $\frac{1}{4}$ of your plate. MyPlate recommends that half of your grains come from whole-grains. Whole-grains, like 100% whole-wheat bread, are more nutritious and have more fiber than refined grains, like white bread.

Protein should take up the remainder of your plate. This is about the same as 3 ounces of protein per meal. There are many different sources of protein including beef, poultry, seafood, tofu, beans, nuts, and eggs. Try choosing lean or low-fat options and remember to vary your protein source.

The circle next to MyPlate represents dairy. Dairy products are a rich source of calcium. Dairy foods can easily be incorporated into meals, such as a glass of milk, 8 ounces of yogurt, or 2 slices of cheese.

The best meals have a balance of items from all the food groups. Build your plate using choosemyplate.gov and make your next plate a healthy plate.



Interested in **free** classes?

Call **1-877-219-4646** today or see back for more details!

Food Safety: Remember to Chill

Refrigerating foods is a key component of food safety. Cold temperatures slow the growth of harmful bacteria. Avoid over-stuffing your refrigerator so the cold air can easily circulate to keep the food safe. The temperature of the refrigerator should remain at 40°F or below and your freezer temperature should be at 0°F or lower. Don't forget to refrigerate or freeze perishable foods as soon as you get home from the grocery store.

References

- Cent\$ible Nutrition Program Cookbook
- fightbac.org
- choosemyplate.gov

Image Sources

- choosemyplate.gov
- vecteezy.com

Want more tips
and recipes?

Call **1-877-219-4646**

today! Or visit

www.uwyo.edu/cnp.



PHYSICAL ACTIVITY

Be Active Every Day

We all need to be active every day. Being physically active is not just part of a “program” or a “diet”. It is part of a healthy lifestyle. Physical activity helps with mobility, balance, and flexibility throughout life. Being active can also positively affect your mood, brain power, and your body’s ability to burn calories.

Being active and using energy to move your body can be as simple as walking, gardening, biking, playing sports, or dancing. The best way to incorporate physical activity into your day is to choose things you like to do and start by doing what you can. Every little bit adds up and the health benefits increase as you spend more time being active.



FAMILY CORNER

Chicken Tortilla Soup with Spinach & Corn

Ingredients

- 2 teaspoons canola oil
- 1 onion, chopped
- 1 packet *CNP Chicken in Broth* (see Featured Recipe section)
- 1 cup corn, canned or frozen
- 10 ounces frozen spinach
- ½ cup salsa
- 1 lime, juiced
- Black pepper to taste
- ¼ cup cilantro, chopped
- 1 ounce tortilla chips, crushed

Directions

1. Wash hands with warm, soapy water.
2. Heat oil and cook onion until tender.
3. Add *CNP Chicken in Broth* packet, corn, and spinach. Reduce heat and cook 3 minutes. Add salsa and lime juice. Season to taste with pepper.
4. Serve with cilantro and tortilla chips.

Makes 6 servings

Nutritional Facts

Serving Size: 1 cup | Calories: 150 | Calories from Fat: 40 | Total Fat: 4g | Cholesterol: 30mg | Sodium: 260mg | Total Carbohydrates: 17g | Dietary Fiber: 3g | Sugars: 5g | Protein: 12g

SENIOR SENSE

Healthy Eating

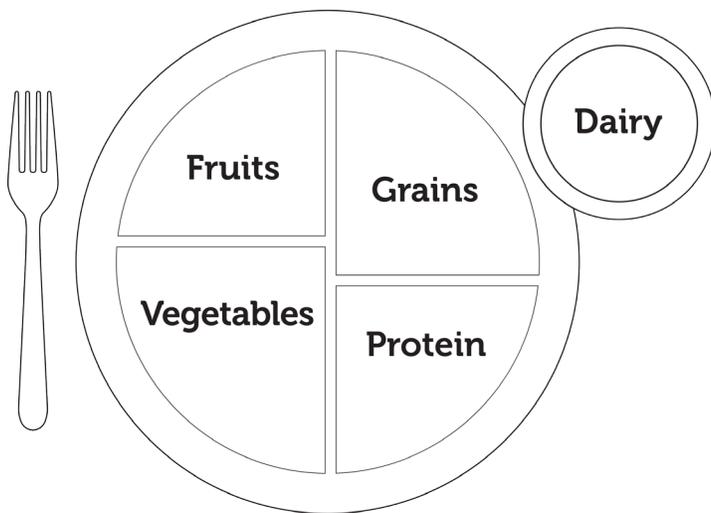
Enjoy what you are eating, whether it is a crisp apple, a crunchy green salad, or a piece of homemade banana bread. Avoiding food you enjoy can increase your hunger for that food. Cravings like these can make healthy eating more difficult. Instead, follow the MyPlate guidelines with a healthy balance of fruits, vegetables, grains, proteins, and dairy. By following a healthy plate, you can leave room for an occasional treat. Remember, when it comes to healthy eating, variety and balance are key.

KIDS CORNER

MyPlate

Can you put each food where it goes on MyPlate?

Banana	Beans	Bread
Yogurt	Carrot	Pear
Chicken	Milk	Peppers
Apple	Nuts	Crackers
Cheese	Broccoli	Rice



Answers
Fruits: Banana, Apple, Pear
Vegetables: Carrot, Broccoli, Peppers
Grains: Bread, Crackers, Rice
Protein: Chicken, Beans, Nuts
Dairy: Yogurt, Cheese, Milk

FEATURED RECIPE

CNP Chicken in Broth

Ingredients

- 4 pounds raw chicken whole or parts with bones, or 2 pounds boneless
- 4 carrots
- 4 celery stalks
- Water
- 1 teaspoon salt
- ½ teaspoon black pepper

Directions

1. Wash hands with warm, soapy water.
2. Remove excess fat and skin from chicken. Place in large pot. Add water to cover. Heat to boiling. Reduce heat and cover. Simmer about one hour.
3. Slice carrots and celery into ¼-inch pieces. Place in separate pan. Add just enough water to cover. Heat to boiling, reduce heat and cover. Simmer about 30 minutes. Drain vegetable broth and save.
4. Cool chicken. Strain broth and save. Remove chicken from bones and cut into pieces.
5. To reduce fat, chill broth. Fat rises to the top and becomes firm. Remove fat and discard.
6. Divide chicken, celery, carrots, and vegetable broth among four freezer-safe containers.
7. Pour 1 ½ to 2 cups of chicken broth into each container.
8. Seal, date, and label containers. Freeze and use within 6 months.

Makes 4 (2 cup) servings

Nutritional Facts

Serving Size: 2 cups | Calories: 290 | Calories from Fat: 60 | Total Fat: 6g | Cholesterol: 165mg | Sodium: 770mg | Total Carbohydrates: 7g | Dietary Fiber: 2g | Sugars: 4g | Protein: 52g



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“I make sure to sanitize areas before and after cooking and I separate meats from fruit and vegetables.”
 – CNP Graduate

Want more tips and information like this? Don't wait!
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Converse/Niobrara, 358-2417	Park, 527-8560
Crook/Weston, 746-3531	Platte, 322-3667
Fremont (Lander), 332-2694	Sweetwater, 352-6775
Fremont (Riverton), 857-3660	Uinta, 783-0570
Goshen, 532-2436	Wind River Indian Reservation, 335-2872
Hot Springs/Washakie, 347-3431	

For information on how to apply for supplemental nutrition assistance, please call 1-800-457-3659.

 Toll-free in Wyoming at 877-219-4646
 In Laramie at 307-766-5375
 en Español 1-307-399-5483

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The 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 1-877-219-4646.

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