

January 2008

Welcome to the year 2008 !!

Did you make a decision to make this the year you eat healthier? Spend less money? or maybe to spruce up your living space? The Good Eating Made Simple (GEMS) Newsletter is right up your alley. Little GEMS of information to help you eat healthier, spend less money on food and make some of your own home made cleaning products.

The Dietary Guidelines have been out since 2005 and some people still don't understand the changes recommended. I will simplify it the best can.

GET THE MOST NUTRITION
OUT OF YOUR CALORIES

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

FIND YOUR BALANCE BETWEEN
FOOD AND PHYSICAL ACTIVITY

Be physically active for at least 30 minutes most days of the week. (Brisk walking, gardening, yard work count, but light housework does not.)

MAKE SMART CHOICES FROM
EVERY FOOD GROUP

The food groups are listed in the right hand column. A healthy diet is low in saturated fats, trans fats, cholesterol, salt (sodium) and sugars.

1. FOCUS ON FRUITS

Eat a variety of fruits – whether fresh, frozen, canned or dried – rather than fruit juice for most of your fruit choices. Try to get at least 2 cups of fruit each day. (1 small banana or 1 small orange counts as 1/2 cup).

2. VARY YOUR VEGGIES

Eat more dark green veggies, (broccoli, kale, and other dark leafy greens) orange veggies, (carrots, sweet potatoes, pumpkin and winter squash) and dry beans and dry peas (pinto beans, kidney beans, black beans, split peas and lentils). Try to get at least 2 & 1/2 cups each day.

3. GET YOUR CALCIUM RICH FOODS

Get 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat or fat-free yogurt or cheese. (1 & 1/2 ounces of cheese equals 1 cup) If you can't consume milk, choose lactose-free milk products and/or calcium fortified foods and beverages.

4. MAKE HALF YOUR GRAINS WHOLE GRAINS

Eat 6 oz each day with at least 3 oz being whole-grain cereals, breads, crackers, rice or pasta each day. (one ounce is 1 slice of bread, 1 cup of breakfast cereal or 1/2 cup of cooked rice or pasta) Look to see that grains such as wheat, rice, oats or corn are referred to as a "whole grain" in the list of ingredients.

5. GO LEAN WITH PROTEINS

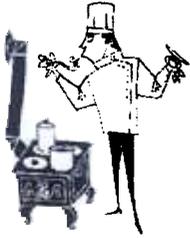
Choose lean meats and poultry. Bake, broil or grill it. Vary your choices with fish, beans, peas, nuts and seed. Try not to eat more than 5 & 1/2 oz per day.

FRIED RICE

1/2 cup canned pork or chicken,
drained and chopped

1 small onion, chopped

4 oz can mushroom stems and pieces, chopped and
drained



3 cups cooked rice

1/4 cup lite soy sauce

1 teaspoon dry parsley

2 eggs, beaten

Vegetable oil or cooking spray.

Spray large skillet with cooking spray. Over medium heat, cook meat, onions and mushrooms until tender. Stir in rice, soy sauce and parsley. Add in the beaten eggs and continue stirring over low heat for 5-6 minutes or until eggs are cooked thoroughly.

Serve hot. Store leftovers in the refrigerator for up to 4 days or freeze them. Diced carrots, celery, peppers and frozen peas can also be added at the same time as the onions and mushrooms.

WINTER FRUIT SALAD

20 oz can pineapple chunks

16 oz can pear halves

16 oz can sliced peaches

16 oz can apricot halves

2-6 oz containers of

lemon or vanilla low-fat yogurt

Drain each can of fruit very well. Cut the fruit in bite size chunks. Mix them all together in a medium size bowl. Pour yogurt over top and blend gently.

Sprinkle with cinnamon if desired. Serve and enjoy.

**MICHIGAN STATE
UNIVERSITY
EXTENSION**

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact the Center for Civil Justice, 1-800-481-4989 or the Roscommon County Department of Human Services 1-989-275-5107



MANICOTTI

2 cups low fat cottage cheese

1 egg

1 cup grated Parmesan cheese

2 Tablespoons parsley

1 cup low fat mozzarella cheese, shredded

10 oz package of chopped spinach
(defrosted and drained well)

12 whole grain manicotti shells

1 30 oz jar spaghetti sauce

2 Tablespoons Parmesan cheese

Preheat oven to 350 degrees F. Spray baking dish with vegetable spray.

Mix together first 6 ingredients and stuff this mixture into uncooked manicotti shells. Cover the bottom of a baking dish with a small amount of spaghetti sauce. Place filled shells in the dish. Pour remaining sauce over the stuffed shells. Cover with aluminum foil and bake for 90 minutes. Sprinkle 2 tablespoons of Parmesan cheese on top before serving. Store leftovers in the refrigerator for no longer than 4 days. Leftover Manicotti can be frozen.



MyPyramid.gov
STEPS TO A HEALTHIER YOU