



Eat Healthy this
Holiday Season

December 2017
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- Enjoy Foods from Many Cultures (English/Spanish)
- Making Healthier Food Choices
- Eating Right For a Healthy Weight
- Vegetarian Nutrition For School Aged Children
- Winter Squash Recipe (English/Spanish)



For more information on
how to lead a healthier
lifestyle, visit our website
GetHealthyCT.org

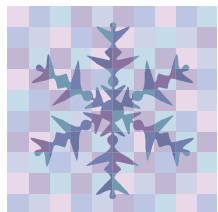


December: Healthy Holiday Substitutions

By Lisa Franzen-Castle, MS, PhD, RD
Extension Nutrition Specialist
UNL Panhandle Research & Extension Center
Author E-mail: lfranzen2@unl.edu



During the holiday season, eating healthy can seem downright impossible. Between shopping for the holidays, family and work responsibilities and



sometimes not enough sleep, temptation to indulge in your favorite holiday foods can be hard to resist. This holiday season, instead of feeling bad about making and eating your

favorite holiday dishes and treats, make some simple substitutions to bump up the nutrition and decrease the fat, calories, and sodium in your recipes to have a healthier holiday season. Check out the following tips on making healthy holiday substitutions.

Making Healthy Holiday Substitutions:

- **Flour:** Try substituting whole wheat flour for half of the called for all-purpose flour in baked goods such as cakes and muffins to increase the nutrient content of your treats. Whole grains provide many nutrients vital for health, such as dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- **Cream:** Top off holiday pies with frozen or low-fat yogurt instead of whipped cream or ice cream. When recipes call for sour cream, use plain, low-fat or fat-free yogurt to make snacks that are lower in fat and calories. Dairy products that retain their calcium content such as yogurt have calcium as well as potassium, vitamin D, and protein.



- **Seasoning Salt:** When the recipe calls for seasoning salt, such as garlic salt, celery salt, or onion salt try using herb only seasoning, such as garlic powder, celery seed, onion flakes, or use finely chopped herbs garlic, celery, or onions. According to the 2005 Dietary Guidelines, a healthy adult should not exceed 2,300 mg of sodium a day, however many Americans consume twice that amount.
- **Eggs:** For cakes, cookies, and quick breads try using egg whites or cholesterol free egg substitute instead of whole eggs. Two egg whites or ¼ cup cholesterol free egg substitute can be used in many recipes in place of one whole egg. One large egg has about 213 mg of cholesterol, which is all located in the yolk, and it is recommended that healthy adults limit dietary cholesterol to less than 300 mg per day. Egg whites contain no cholesterol.



The National Institutes of Health say Americans gain about a pound every winter holiday season. Although one pound sounds small, over several years this adds up. Remember, obesity doesn't happen overnight, pounds accumulate slowly over time. So start a tradition this holiday season by getting creative and making your holiday recipes healthier through simple substitutions.

*Check out these additional resources on ingredient substitutions:

<http://food.unl.edu/web/fnh/ingredient-substitutions>
<http://real.unl.edu/programs/misc/Diabetes12-09-3-slide2.pdf>

Sources:

1. <http://www.mealtime.org/content.aspx?id=94>
2. <http://www.mayoclinic.com/health/healthy-recipes/NU00585/METHOD=print/>
3. http://www.ncpad.org/nutrition/fact_sheet.php?sheet=769
4. <http://www.mypyramid.gov/holiday-healthycooking.html>

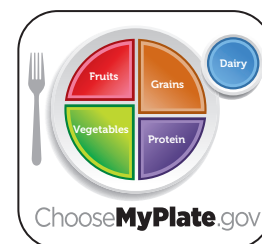
Updated: November 2010 **Know how. Know now.**



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enjoy foods from many cultures



10 tips to wisely celebrate healthier foods and customs

As a diverse Nation, we can embrace our cultural traditions for the foods we love and still prepare them in healthier ways. This involves being creative with favorite recipes by substituting foods and ingredients that are less healthy with flavorful and appealing choices that still help remind us of our treasured food ways.

1 cook with others

Learn about cooking different traditional or regional foods from others who use authentic recipes and ingredients and explore ways to improve the nutrition of some of your own family favorites. Cooking dishes at home allows you to add variety to meals. If needed, adapt recipes by cutting back on gravies, creams, and sauces; adding more vegetables; or baking instead of frying.



2 blend cultures

Many popular foods and beverages in America blend the cuisines of many cultures. Celebrate our Nation's diversity and be inspired by dishes that include more fruits, vegetables, whole grains, beans, seafood, lean meats, and low-fat dairy.

3 add a touch of spice

Combinations of herbs and spices often remind us of dishes from our own heritage or our favorite ethnic food. Add flavor to meals with herbs and spices, such as chili, garlic, ginger, basil, oregano, curry, or cilantro, which can replace salt and saturated fat.



4 use familiar foods to create exotic dishes

Use foods you know and prepare new recipes, such as adding curry to chick peas, cilantro to brown rice, or mango to your salad or smoothie. Make half your plate fruits and vegetables.

5 find the salt and sodium and go with lower numbers

All packaged foods are labeled to show amounts of sodium. Use "low-sodium" soy sauce, or broth or canned beans labeled "no salt added." Check nutrition labels and use products that are lower in sodium or are salt-free.

6 think about beverages

Many cultures offer tasty beverages, such as fruit drinks, alcoholic drinks, rich coffees, and sweet teas. Consider using frozen fruits to create a great tasting smoothie, or adding spices, low-fat dairy, and small amounts of sugar to make beverages. When buying prepared beverages, choose items with less sugar and fat. To manage calories, drink water or other unsweetened beverages instead of sugary drinks.

7 delight in cultural gatherings

Celebrate traditions, especially those that help you stay physically active. Have fun with traditional dances, sports, and games that make you move. Balance what you eat with regular physical activity.

8 show children what's important

Children learn to cook from their elders. Show kids how meals and dishes from various traditions are prepared. Let them taste foods they made, as you share related stories and customs from your own heritage or expose them to other cultures, but consider ways to cut back on high-calorie foods and ingredients.

9 make smart choices when dining out

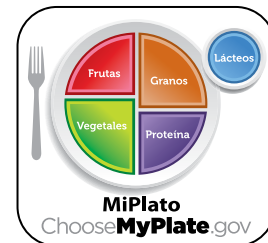
Eating out offers tempting new dishes that make it easy to overeat. Choose lower calorie dishes, such as stir fries, kabobs, or whole-wheat pastas with tomato sauce. Split a dish or ask for a take-home container at the start of a meal to save part of what's served on your plate.



10 remember, all types of foods fit on MyPlate

MyPlate is designed to remind Americans to eat healthfully, using foods from the food groups. The MyPlate website provides practical information, tips, tools, and recipes that will help you build a healthier diet. Go to www.ChooseMyPlate.gov.

disfrute comidas de varias culturas



10 consejos para celebrar alimentos y costumbres más saludables

Somos un país diverso y podemos abrazar las tradiciones culturales de las comidas que nos encantan, pero prepararlas de manera más saludable. Para ello debemos ser creativos y sustituir los alimentos e ingredientes menos saludables de nuestras recetas favoritas por otras opciones sabrosas y apetitosas, que igual nos recuerden nuestras preciadas costumbres alimenticias.

1 cocine con otros

Aprenda a cocinar distintos alimentos tradicionales o regionales de quienes usan recetas e ingredientes auténticos y explore formas de mejorar la nutrición de algunas de las recetas de su propia familia. Cocinar en casa le permite agregar variedad a las comidas. Si hace falta, adapte las recetas limitando las salsas de carne, cremas y otras salsas; agregue más vegetales; o prepárelas en el horno en vez de freírlas.



2 combine culturas

Muchos alimentos y bebidas populares en los Estados Unidos combinan la cocina de varias culturas. Celebre la diversidad de nuestro país e inspire en platos que incluyan más frutas, vegetales, granos integrales, frijoles, mariscos, carnes magras y productos lácteos bajos en grasas.

3 agregue un toque de sabor

Las combinaciones de hierbas y especias a menudo nos recuerdan platos de nuestros orígenes o comida étnica favorita. Agregue sabor a los alimentos con hierbas y especias, como chiles, ajo, jengibre, albahaca, orégano, curry o cilantro, que pueden reemplazar la sal y las grasas saturadas.



4 use alimentos conocidos para crear platos exóticos

Use alimentos que le resultan familiares y prepare nuevas recetas. Por ejemplo, agregue curry a los garbanzos, cilantro al arroz integral, o mango a sus ensaladas y batidos. Haga que la mitad de su plato sea frutas y vegetales.

5 encuentre la sal y el sodio, elija los contenidos bajos

Todos los alimentos empaquetados indican la cantidad de sodio que contienen. Use salsa de soja “baja en sodio,” o caldos o frijoles enlatados que indiquen “sin sal agregada.” Controle la información nutricional y use productos bajos en sodio o libres de él.

6 piense en las bebidas

Muchas culturas ofrecen bebidas sabrosas, como jugos de frutas, bebidas alcohólicas, cafés cargados y té dulces. Considere usar frutas congeladas para crear batidos deliciosos, o agregar especias, productos lácteos bajos en grasas y cantidades de azúcar pequeñas cuando prepare bebidas. Cuando compre bebidas preparadas, elija aquellas con menos azúcares y grasas. Para limitar las calorías, beba agua u otras bebidas no endulzadas en vez de bebidas azucaradas.

7 deléitese en las reuniones culturales

Celebre las tradiciones, especialmente aquellas que lo ayudan a mantenerse físicamente activo. Diviértase con los bailes, deportes y juegos tradicionales que hagan mover. Equilibre su alimentación con actividad física regular.

8 enseñe a los niños qué es importante

Los niños aprenden a cocinar de sus mayores. Muéstreles como se preparan los alimentos y platos de distintas tradiciones. Deje que prueben los alimentos que preparan y comparta con ellos historias y costumbres relacionadas de su propia herencia, o expóngalos a otras culturas, pero busque formas de limitar los alimentos e ingredientes con muchas calorías.

9 sea inteligente cuando coma fuera

Comer fuera pone a su alcance nuevos platos tentadores, que facilitan los excesos. Elija platos con menos calorías, como aquellos fritos en poco aceite, brochetas (kebab), o pastas de harina integral con salsa de tomate. Divida los platos o pida un envase antes de empezar la comida para separar una parte de lo que le sirvan y llevársela a casa.



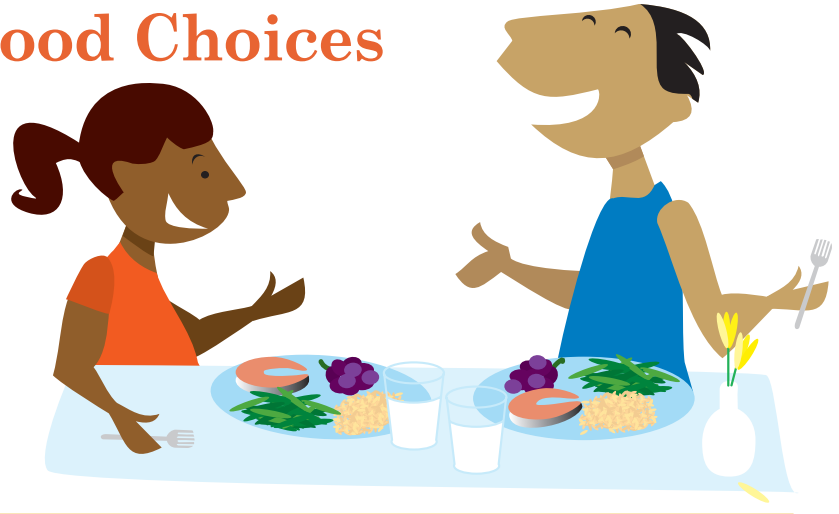
10 recuerde, las comidas de todo tipo entran en MiPlato

MiPlato ha sido diseñado para que los estadounidenses recuerden alimentarse saludablemente con comidas de los grupos de alimentos. El sitio web MiPlato brinda información práctica, consejos, herramientas y recetas que lo ayudarán a llevar una dieta más saludable. Visite www.ChooseMyPlate.gov.

parent tips

Making Healthier Food Choices

You want to give your family the best that you can. Here are some tips to help you make healthier foods for your family.



The 2010 U.S. Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, sodium (salt), and added sugars.
- Stays within your calorie needs.

Learn more about the Dietary Guidelines for Americans at www.DietaryGuidelines.gov.

There are lots of small changes you can make to help your family eat healthy—at home and when you're out.

Making healthy choices at home

Tips for reducing fat

- Try baking, broiling, boiling, or microwaving instead of frying.
- Choose fat-free or low-fat milk products, salad dressings, and mayonnaise.
- Add salsa on a baked potato instead of butter or sour cream.
- Remove skin from poultry (like chicken or turkey) and do not eat it.
- Cool soups and gravies and skim off fat before reheating them.

Tips for reducing sugar

- Serve fruit instead of cookies or ice cream for dessert.
- Eat fruits canned in their own juice rather than syrup.
- Reduce sugar in recipes by 1/4 to 1/3. If a recipe says 1 cup, use 2/3 cup.
- Use vanilla, cinnamon, or nutmeg to add flavor when sugar is reduced.

Healthier snack ideas

- Toss sliced apples, berries, bananas, or whole-grain cereal on top of fat-free or low-fat yogurt.
- Put a slice of fat-free or low-fat cheese on top of whole-grain crackers.
- Make a whole-wheat pita pocket with hummus, lettuce, tomato, and cucumber.
- Pop some fat-free or low-fat popcorn.
- Microwave or toast a soft whole grain tortilla with fat-free or low-fat cheese and sliced peppers and mushrooms to make a mini-burrito or quesadilla.
- Drink fat-free or low-fat chocolate milk (blend it with a banana or strawberries and some ice for a smoothie).

Be sure to watch portion size. Check the **We Can!** Web site at <http://wecan.nhlbi.nih.gov> for more healthy eating tips!

Making healthy choices when dining out

Ordering healthier

When you are picking food, choose items that have less fat or added sugar. Or ask for a low-fat or low-sugar substitution. When you order:

- Choose foods that are steamed, broiled, baked, roasted, poached, or lightly sautéed or stir-fried.
- Ask for fat-free or low-fat milk instead of cream for coffee or tea.
- Pick food without butter, gravy, or sauces—or ask to have the food without it.
- Choose a fat-free, light, or low-fat salad dressing.
- Ask for salad dressing on the side—use only some of it.

- Pick drinks without added sugar, like water, fat-free or low-fat milk, unsweetened tea, or diet iced-tea, lemonade, or soda.

Eating healthier

You can make healthy choices during your meal by doing the following:

- Trim fat from poultry or meat.
- Do not eat the skin on chicken or turkey.
- Share your meal, or take half home for later.
- Skip dessert or order fruit.
- Split dessert with a friend.



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

We Can! Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for a Healthy Weight

Reaching and maintaining a healthier weight contributes to your overall health and well being. Losing even a few pounds or preventing further weight gain has health benefits.

Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips to get you started.

Start with a plan for lifelong health. Focus on the big picture—achieving overall good health—not just short-term weight loss.

Set healthy, realistic goals. You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

Get a personalized eating plan. Go to www.ChooseMyPlate.gov for a plan that will give you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian for a customized plan.

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with a variety of foods. Half your plate should be filled with fruits and vegetables, about one fourth with lean meat, poultry or fish, and one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt or cheese.

Start your meal with low calorie foods like fruits, vegetables and salads. These foods are packed with nutrients your body needs.

Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one may help you feel satisfied with reduced portions.



Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters—slow down and give your brain a chance to get the word.

Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

Watch portion sizes to manage your calorie intake. This is the key to an effective weight management plan. To make sure your portion sizes are “just right,” visit the MyPlate Food Groups Food Galleries at www.choosemyplate.gov/STEPS/howmuchshouldyoueat.html for healthy eating guidelines in household measures.

Snack smart. Include snacks as part of your daily calorie allowance and limit portions to one serving. Plan for nutritious snacks to prevent between-meal hunger. Keep portable, healthy snacks in your desk, backpack or car.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness—plus, it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Pick activities you like and do each for at least 10 minutes at a time. Aim for a total of 2 hours and 30 minutes or more each week of moderate activity such as brisk walking. If you are currently inactive, check with your doctor concerning increased physical activity.

Is it right for you?

Make sure your weight management plan is right for you. Does it include:

- Foods from all five food groups?
- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life?
- Foods you can buy at the supermarket?
- Some of your favorite foods?
- Foods that fit your budget and lifestyle?
- Regular physical activity or exercise?

If the answer is “yes” to all the questions, your weight management plan is right for you.

A registered dietitian nutritionist can develop a personalized weight management plan that meets your individual needs. For names of registered dietitian nutritionists in your area, visit www.eatright.org.

For more information about healthy eating, visit www.eatright.org and www.ChooseMyPlate.gov.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.



RD Resources for Consumers:

Vegetarian Nutrition for School-Aged Children

Balanced vegetarian diets are healthy for children and may help them maintain a healthy body weight.

Vegetarian children often eat more fruits, vegetables and fiber, and less fat and cholesterol. This may reduce risk of chronic disease and weight-related illness.

Types of Vegetarians

Lacto-ovo: Includes dairy products and eggs.
Excludes meat, poultry, and fish.

Lacto: Includes dairy products. Excludes eggs, foods containing eggs, meat, poultry, and fish.

Vegan: Includes only foods from plant sources, such as fruits, vegetables, beans, grains, seeds, and nuts.
Excludes dairy products, eggs, meat, poultry, fish, and all foods containing these items.

Lacto-ovo, lacto, and vegan vegetarian diets can support healthy growth and development.

Calorie Needs and Growth

All children need more calories during times of rapid growth or increased physical activity. Vegetarian diets are often high in fiber and low in fat. This may cause children to feel full before they consume enough calories. Watch for sudden changes in your child's growth and activity level. Include foods rich in nutrients and calories. Nutritious snacks can help to ensure proper calorie intake.

Changing to a Vegetarian Diet

Some children are vegetarian from birth, but many families change later in life. There are many ways to help children make this transition. Explain why the family has chosen a vegetarian diet. Introduce new foods gradually. Make familiar foods available. Try making meat-free versions of favorite family meals.

A Healthy Diet for Life

A vegetarian diet can help form healthy eating habits for life. Include whole-grains, fruits, and vegetables often. Limit foods high in saturated fat, sugar, and salt. Consult a registered dietitian (RD) for help with diet assessment and meal planning. To find an RD in your area, visit **www.eatright.org**.

Foods high in nutrients and calories

- Avocado
- Nuts & nut butters
- Seeds & seed butters
- Dried fruits
- Full-fat soy products
- Bean spreads
- Fruit juices

Important Nutrients and Good Sources

Protein

- Beans
- Grains
- Tofu
- Meat analogs
- Nuts and nut butters
- Dairy products
- Eggs

tip Protein needs can be easily met if children eat a varied diet.

Vitamin D

- Vitamin D fortified foods (cow's milk, soymilk or rice milk, orange juice, ready-to-eat cereals)
- Eggs
- Skin exposure to sunlight

Calcium

- Fortified soy or rice milk
- Fortified orange juice
- Milk and yogurt
- Green leafy vegetables (broccoli, kale, bok choy)
- Calcium-set tofu
- Almonds and almond butter

Iron

- Whole or enriched grains
- Dried fruits
- Fortified cereals
- Beans
- Green leafy vegetables

tip Include a source of vitamin C (bell peppers, tomatoes, citrus fruits) with meals to increase iron absorption.

Vitamin B12

- Fortified soymilk
- Some meat analogs
- Vitamin B12-fortified nutritional yeast
- Fortified ready-to-eat cereals
- Eggs
- Dairy products

tip A vitamin B12 supplement may be used

Zinc

- Whole-grain products
- Wheat germ
- Fortified cereals
- Nuts
- Beans

Meal Ideas

Breakfast

- Cereal with soy or cow's milk
- Pancakes topped with berries
- Bagel with nut butter
- Oatmeal with fruit
- Eggs, tomato, and cheese in whole wheat tortilla
- Tofu scramble
- Yogurt, fruit, and nuts

Lunch

- Bean soup with whole-grain bread
- Green salad
- Noodles with peanut butter sauce
- Avocado sandwich
- Pasta salad
- Nut butter and banana sandwich

Dinner

- Pasta with tomato sauce
- Vegetable pizza
- Bean chili
- Veggie burger
- Tofu stir-fry over brown rice
- Bean burrito
- Vegetable curry with barley

Snacks

- Hummus with pita
- Fruit smoothie
- Fresh or dried fruit
- Raw vegetables with dip
- Trail mix
- Applesauce
- Low-fat graham crackers

Menu Planning

Provide your child with a balanced and varied diet. Choose foods high in nutrients. Focus on foods rich in calcium and iron. Keep healthful snacks on hand.

If some family members eat animal products, consider meals that allow these foods to be easily added or subtracted. Try meat-free products. Enjoy new vegetarian recipes. Explore meat-free ethnic foods.

Resources

Resources for More Information

Vegan Lunch Box, By Jennifer McCann

Raising Vegetarian Children, By Joanne Stepaniak, Vesanto Melina

The Vegetarian Way, By Virginia Messina and Mark Messina

Better Than Peanut Butter & Jelly, By Marty Mattare, Wendy Muldawer

Vegetarian Nutrition

a dietetic practice group of the

eat right. Academy of Nutrition and Dietetics

RD Resources are a project of the Vegetarian Nutrition Dietetic Practice Group. More topics available at www.VegetarianNutrition.net. Professional resources also available for members at www.VNDPG.org. © 2010 by VN DPG.

Written by: Christine Creighton, MS, RD

Expires July 2015.

WINTER SQUASH

A Healthy Harvest !

Buying / Storing

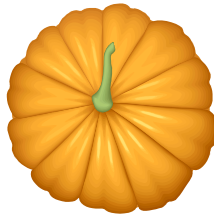
Buy squash and pumpkins that are heavy for their size. Skins should be hard and tough with no cracks, cuts or moldy spots.

Store in a cool, dry place for up to 3 months. Hubbard squash can be stored up to 6 months.

Food Safety

Wash the squash thoroughly with cool running water just before cutting.

Refrigerate leftovers promptly.



**Acorn
Butternut
Spaghetti
Hubbard
Buttercup
Pumpkins**

Money Saver

Wash, cut and bake several pans full of squash at one time, then freeze for later use.

Look for vegetables that grow in Oregon in your local market. Squash and pumpkin season in Oregon is June to November.

Adapted from Oregon's Healthy Harvest by Portland Metro OFNP

Calabaza de Invierno

! Una Cosecha Saludable !

Comprando / Guardando

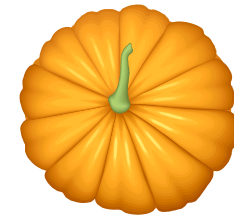
Compre las calabazas que pesen para su tamaño, con piel dura y sin grietas o con manchas.

Si la guarda en un lugar fresco y seco durará por 3 meses. El tipo de calabaza Hubbard durará por 6 meses.

Comida Sana

Lavar bien las calabazas en un recipiente con agua fría antes de cortarla.

Refrigerar los sobrantes de la calabaza inmediatamente.



**Calabazas
de Acorn,
Butternut,
Spaghetti,
Hubbard,
Buttercup,
Pumpkins**

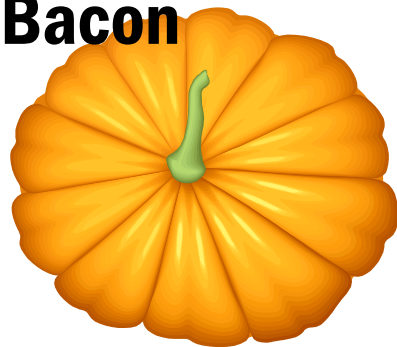
Ahorrando Dinero

Lavar cortar y hornear muchas calabazas de invierno en varias cacerolas por el mismo tiempo y después congelarlas para usar más tarde.

Busque verduras que estén en estación en Oregon en su mercado local. La temporada de cosecha de las calabazas de invierno en Oregon es desde Junio hasta Noviembre.

Adaptado de los materiales del Oregon Healthy Harvest por Portland Metro OFNP

Diced Butternut Squash with Onion and Bacon



Makes 4 to 6 servings

- 1 small **butternut squash**
- 1/2 cup **orange juice**
- 2 strips **bacon**, but in 1/2 inch pieces
- 1 small **onion**, chopped (about 1/2 cup)
- Salt and pepper to taste

Directions

1. Pierce the squash with a knife in several places and microwave for about 5 minutes. Cool slightly, peel, remove seeds, and cut squash into 1/2 inch pieces. Place in bowl and sprinkle with orange juice.
2. In medium skillet, fry the bacon until crisp. Remove bacon and drain on paper towels. Pour off all but 1 tablespoon fat. Cook onions in remaining fat until golden.
3. Add squash and orange juice. Cover and steam over low heat until squash is just barely tender, about 5 minutes, adding water if pan gets dry. Stir bacon and season with salt and pepper.
4. Refrigerate leftover within 2 hours.

Cooking Tips

- **Small winter squash** may be cooked whole, uncovered, if pierced in several places with a knife.
- **Larger squash or pumpkins** may be cut into pieces. Pierce small cut pieces and place in a baking dish.

Bake at 400° F. Until tender (1-2 hours).

The Food Stamp Program can help you buy nutritious foods. Call Oregon SafeNet at 1-800- 723-3638 or (503) 988-5858 in the Portland metro area.

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Calabaza de Butternut con Cebolla y Tocino



Hace 4 a 6 Porciones

- 1 **calabaza pequeña de butternut**
- 1/2 taza de **jugo de naranja**
- 2 pedazos de tocino, corte en pedacitos
- 1 **cebolla** pequeña, picada (casi 1/2 taza)
- Sal y pimienta negra al gusto

Pasos

1. Introducir el cuchillo por varios lugares de la calabaza y cocinar en un microonda por 5 minutos (depende del microonda). Dejar enfriar y sacarle la piel y las semillas, y cortar la calabaza en pedazos chicos. Poner los pedazos en un recipiente y mezclarlo con el jugo de naranja.
2. Sofreír el tocino en su propia grasa hasta que este crujiente. Remover el tocino y poner sobre una toalla de papel. Dejar sólo una cucharada de la grasa del tocino en la sartén. Cocinar las cebollas en la grasa hasta que esten blandas.
3. Añadir la calabaza y el jugo de naranja a la sartén. Cubrir la sartén y cocer al vapor sobre fuego lento hasta que la calabaza este blanda (casi 5 minutos), añada un poco de agua a la sartén si lo necesita. Añadir el tocino, la sazón, sal y pimienta negra al gusto.
4. Sirva inmediatamente. Guarde lo que no se coma en el refrigerador dentro de las 2 horas.

Consejos de Cocinar

- **Una calabaza pequeña** puede cocinarla entera. Solo introduzca un cuchillo por varios lugares de la calabaza y ponerla en una cacerola.
 - **Una calabaza grande** cortarla en pedazos e introducir un cuchillo por varios lugares de la calabaza y luego ponerla en una cacerola.
- Hornear a 400° F. hasta que esté blanda (1-2 horas).**

El Programa de Cupones para Alimentos puede ayudarle a comprar alimentos nutritivos. llame a Oregon SafeNet, 1-800-723-3638, o 503-988-5858 en la zona metropolitana de Portland.

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THE MED DIET AND YOUR FAMILY

**THE MEDITERRANEAN DIET IS ALL ABOUT DELICIOUS FLAVORS, TEXTURES AND COLORS,
WITH SOMETHING FOR EVERYONE—EVEN FINICKY EATERS!
TRY THESE TIPS FOR INTRODUCING THE MED DIET TO YOUR FAMILY.**

- ❖ **Exploring the Med diet** gives the whole family an opportunity to discover new tastes together. Introduce a small taste of a new food each week to encourage variety.

Be patient and keep in mind that kids' palates change over time. It can take up to 20 tries over weeks and months for them to accept a different flavor or texture. And be a role model by eating new foods yourself.



- ❖ **Encourage your kids to play with their food!** When they need an after-school snack or before supper when everyone is starving, get into the habit of setting out small bowls of Mediterranean Diet favorites: tzatziki, baba ghanouj, spicy muhammara, and different flavors of hummus.



Provide an ever changing variety of fresh, raw vegetables cut into pieces small enough for dipping: baby carrots, celery sticks, sliced cucumbers, sliced red, green, yellow, and orange peppers, snow peas, sliced fennel, and zucchini strips and let them dip away. Try whole grain pita for dipping too!

- ❖ **Add vegetables to the kinds of foods your kids already like.** If pancakes are popular, add some grated carrots, or shredded zucchini to the batter. Toss frozen peas with hot pasta, camouflage extra veggies in a zesty spaghetti sauce, or add diced sautéed onions or peppers to scrambled eggs.

- ❖ **Make your own family-favorite trail mix.** In a large bowl, combine peanuts, chopped walnuts, raisins or other dried fruit, some whole grain cereal and a few small pieces of chocolate if you wish. Package it in “snack-size” zip-lock bags to have on hand for car trips and lunch boxes.

- ❖ **Luscious fruits at every meal** are a key part of the Mediterranean Diet, so keep apples, clementines, oranges, grapes, pears, melon, peaches, dates, strawberries and other fruits in plain sight.

Encourage the whole family to eat fresh fruit rather than drink fruit juice for a better source of fiber, often lacking in our diets. Make healthy parfaits for dessert by layering Greek yogurt and sliced fresh fruit in tall glasses. Use frozen berries to make great smoothies.



- ❖ **Almost everything tastes better with olive oil.** Kids who won't eat a steamed carrot may love them roasted (or raw!) And you may succeed in getting everyone to eat sweet potatoes if you serve them as oven-baked fries rather than mashed. Or, try making kale chips instead of steamed kale, for a whole different take on greens.



- ❖ **Create Med-style “variety plates”** to help your kids enjoy a wide range of flavors and to serve up a well-balanced meal. Put small helpings of six or eight different foods on a colorful plate or small platter, relying on leftovers and items you have on hand.

For example: a few slices of cold turkey, a few baby carrots, a spoonful of hummus, several cubes of cheese, a helping of pasta or a whole grain roll, a small serving of lettuce with a favorite dressing, apple slices, a few olives, and several pickles. Kids usually enjoy such a selection.

- ❖ **Get the family involved in preparing meals.** Let little kids wash fruits and vegetables at the sink; ask older kids to chop the vegetables, toss the pasta, dress the salad and set the table. Children who learn basic kitchen skills appreciate it later in life and have a legacy to pass along to their children.

SET UP YOUR KITCHEN

Organize your kitchen and pantry shelves to have the important staples of the Mediterranean Diet within easy reach. Keep a variety of choices from the following key ingredients on hand so you can always make a healthy meal:

IN THE PANTRY

- ✓ **Beans:** Chickpeas, cannellini, fava, and kidney beans; lentils.
- ✓ **Breads:** Bread crumbs, foccaccia, lavash, pita, and other breads (mostly whole grain).
- ✓ **Canned Seafood:** Anchovies, clams, salmon, sardines, tuna.
- ✓ **Capers:** Once opened, they will keep in the refrigerator for up to six months.
- ✓ **Cereals:** Oatmeal, plus other hot or cold cereals. The best choices list the first ingredient as whole grain, provide at least 3 grams of fiber and no more than 8 grams of sugar per serving.
- ✓ **Crackers:** Look for labels that list a whole grain ingredient first, and that provide 2–3 grams of fiber per serving.
- ✓ **Dried Fruit:** Apricots, blueberries, cherries, cranberries, figs, raisins, prunes.
- ✓ **Garlic:** Keep a head or two within easy reach. Or, buy peeled garlic cloves and store in the refrigerator.
- ✓ **Grains:** Bulgur, couscous, farro, millet, oats, polenta, rice, quinoa.
- ✓ **Herbs and Spices:** Basil, bay leaves, black pepper, cinnamon, cloves, coriander, crushed red pepper, cumin, curry powder, dill, garlic powder, ginger, oregano, paprika, rosemary, saffron, sage, thyme, turmeric, or blends like Italian seasoning.
- ✓ **Honey**
- ✓ **Nuts:** Almonds, hazelnuts, peanuts, pine nuts, pistachios, walnuts
- ✓ **Oil:** Extra-virgin olive oil, grapeseed oil, peanut oil
- ✓ **Olives:** (all types)
- ✓ **Pastas:** (all types, including whole grain)
- ✓ **Potatoes**
- ✓ **Red Wine**
- ✓ **Salt:** Kosher, sea and iodized
- ✓ **Seeds:** Fennel, flax, sesame, sunflower
- ✓ **Tomatoes:** Canned, paste, sauce, sun-dried
- ✓ **Vinegars:** Balsamic, champagne, cider, fig, red wine, white wine



ON THE COUNTER

- ✓ **Fresh Fruit** ~ Avocados, apricots, cherries, clementines, figs, grapefruit, lemons, limes, oranges, melons, nectarines, dates, bananas, plums, apples, peaches, pears, pomegranates, and/or tangerines. These fruits keep best at room temperature.
- ✓ **Tomatoes** ~ Store fresh tomatoes at room temperature.
- ✓ **Olive oil** ~ Keep an olive oil dispenser near your stovetop, and store the rest in a cool, dark place.

IN THE REFRIGERATOR

Cheese
(soft and hard varieties)

Eggs

Fruit
(berries, grapes)

Poultry

Hummus and other Med dips

Milk

Mustard

Pesto

Pickles

Tapenade

Vegetables
(a variety, plus salad greens)

White and Sparkling Wine

Yogurt

IN THE FREEZER

Frozen Fruit

Frozen Poultry and Meat

Frozen Seafood

Frozen Vegetables

Frozen Chicken Stock

Sorbet and Gelato

OLIVE OIL 101

Olive oil has been the hallmark of the healthy Mediterranean Diet for over 2,500 years. It adds vibrant flavors and textures to Mediterranean foods and is high in healthy, monounsaturated fats along with antioxidants. Simply drizzle it on cooked fish or vegetables, or use it as a dip for bread. Vegetables roasted, grilled, or sautéed in olive oil are simply tastier – so you'll find yourself eating more of them!



OLIVE OIL FLAVORS

Olives are the fruit of the olive tree. Soon after being picked, they're cleaned in a water bath and then crushed into a mash. This mash has three unique parts: olive solids, olive water, and olive oil. First, the

olive solids are separated. Next, the olive water and oil are quickly separated to keep the olive water from changing the oil's taste and odor. Finally, the oil is bottled.

The best quality olive oils are obtained from the first pressing of the olives and are "cold pressed." This means they're not heated during the pressing process. Heating produces larger amounts of oil, but decreases important flavor and healthy compounds, including flavenols and polyphenols, abundant in extra-virgin olive oil.

OLIVE OIL GRADES

Olive oil is graded on taste, acidity level, and processing method. The table below lists the main types of olive oil in order of decreasing quality.

| GRADE | DESCRIPTION | TASTE | USES |
|--------------|---|--------------|-----------------------------------|
| Extra Virgin | Highest quality oil made from first pressing with no heat or chemicals | Superior | Dips, salads and drizzled on fish |
| Virgin | Lacks perfect taste of extra-virgin, but not refined | Good | Frying, grilling and roasting |
| Olive | Blend of virgin and refined (chemically treated) oils | Lacks Flavor | When flavor is not needed |
| Lite | The word "lite" means the oil has been refined, not that it is lower fat. | Lacks Flavor | When flavor is not needed |
| Pomace | Lowest quality made by blending virgin and pomace | Lacks Flavor | Frying or cooking |

BUYING AND STORING OLIVE OIL

The four foes of olive oil are age, heat, air, and light. When you buy olive oil, make sure it is no more than 18 months old. (Look at the bottling date on the label.) At home, store olive oil in a cool, dark place.



SAUTEING WITH OLIVE OIL

There's no better way to bring out the flavor of vegetables and seafood than sautéing. It's an easy, healthy way to prepare your favorite dishes. To sauté, pour olive oil into a cold skillet or sauté pan and heat over low heat. When the oil is heated through, add the food item. Stir, toss, or turn until cooked and enjoy!

BAKING WITH OLIVE OIL

Baking with olive oil, instead of butter, cuts the amount of cholesterol and saturated fat in your favorite recipes. Olive oil produces lighter-tasting breads, brownies, biscotti, and cakes. Even more good news – You need less olive oil than butter when baking! See chart on next page.



FRYING WITH OLIVE OIL

Frying in olive oil leaves food less greasy, and crunchier, than frying in other fats. Also, foods fried in olive oil have less cholesterol and saturated fat than foods fried in most other fats. Here are some tips when frying with olive oil:

- ❖ Deep fry at 350 to 365 °F, and heat the oil slowly.
- ❖ Use enough oil to properly cover foods.
- ❖ Avoid putting too much food in the oil at once.
- ❖ Place food on wire racks after cooking to drain excess fat.

HEALTHY NEW HABITS

As you adopt the Mediterranean Diet, you'll open your tastebuds to a whole new world of flavors, while improving your health.

AVOCADOS

- ❖ Try mashed avocado instead of butter, jelly or cream cheese on bagels or toast.
- ❖ Enjoy guacamole instead of sour-cream dip.



BEANS

- ❖ Add beans to chilies and casseroles, or use half ground turkey and half beans instead of ground beef.
- ❖ Puree cooked beans and use them as the base of healthy dips.
- ❖ Combine hummus with herbs and use as a sandwich spread instead of butter or mayo.

FRUIT

- ❖ Eat a bowl of fresh berries and yogurt, instead of ice cream, or reach for grapes, oranges, or melon chunks instead of cookies.
- ❖ Reduce the oil in muffins and quick breads by half and substitute unsweetened applesauce or mashed banana to make up the difference.
- ❖ Serve a sandwich with sliced apples or pears on the side, instead of chips.
- ❖ End a meal with sweet, fresh fruit.



HERBS AND SPICES

- ❖ Use fresh or dried herbs and spices to add flavor to grain dishes, soups, dressings and sauces. You'll use less salt.
- ❖ Reduce sugar by about half in baked goods and add cinnamon, cloves, ginger and nutmeg to enhance the taste.

OLIVE OIL

- ❖ Dip bread into olive oil rather than spreading it with butter, or use olive oil instead of butter on cooked veggies.
- ❖ Toss popcorn with olive oil and a sprinkling of Parmesan cheese or herbs instead of butter and salt.
- ❖ Substitute olive oil for butter in baking for lighter-tasting breads and cakes. The chart at right shows how to make the switch.

WHOLE GRAINS

- ❖ Stuff peppers with cooked whole grains instead of meat.
- ❖ Cook brown rice, quinoa, whole wheat couscous, or other whole grains instead of white rice.
- ❖ Try whole wheat flour in place of half the white flour in recipes for cookies, muffins, quick breads, and pancakes.
- ❖ Use whole grain pasta instead of enriched pasta to triple the amount of fiber and reduce the number of calories.



YOGURT

- ❖ Use Greek yogurt instead of mayonnaise in potato and pasta salads, or use 2/3 yogurt to 1/3 mayonnaise.
- ❖ Use Greek yogurt in place of sour cream in baking, or instead of cream in a dressing.
- ❖ Fruit-flavored yogurt can contain up to 5 teaspoons of sugar per serving. Buy plain yogurt instead, and flavor it with a teaspoon of jam or maple syrup, or your favorite fresh fruit.

BAKING SUBSTITUTIONS

| BUTTER | OLIVE OIL |
|---------|------------------|
| 1 tsp | 3/4 tsp |
| 2 tsp | 1 1/2 tsp |
| 1 Tbsp | 2 1/4 tsp |
| 2 Tbsp | 1 1/2 Tbsp |
| 1/4 cup | 3 Tbsp |
| 1/3 cup | 1/4 cup |
| 1/2 cup | 1/4 cup + 1 Tbsp |
| 2/3 cup | 1/2 cup |
| 3/4 cup | 1/2 cup + 1 Tbsp |
| 1 cup | 3/4 cup |

