



Kinship Link

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Pro Kinship for Kids

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20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor, and texture plus vitamins, minerals, and dietary fiber. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries, and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms, and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions, or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green, or yellow peppers, celery sticks, cucumbers, snap peas, or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches, or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast, or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add

pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber, and tomato as fillings.

12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt, or toaster waffle.
13. Top a baked potato with beans and salsa, or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded, or chopped vegetables such as zucchini, spinach, and carrots to lasagna, meatloaf, mashed potatoes, pasta sauce, and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.



20 Ways to Enjoy More Fruits and Vegetables continued

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| <p>18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame. Top with low-fat dressing.</p> | <p>19. Fruit on the grill: Make kabobs with pineapple, peaches, and bananas. Grill on low heat until fruit is hot and slightly golden.</p> <p>20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.</p> |  |
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Smart Tips for Reading Menus While Eating Out

Dining out may be a treat after a busy week, or a fun way to mark a celebration, or these days just a time to see others you haven't seen in some time. However, making the right choices when eating out can also be a challenge.

Many restaurants, bakeries, coffee shops, and quick service vendors are required to provide easy to access nutrition information about their foods and beverages right on the menu. Some of that nutrition information is calories. The amount of calories for foods that are regularly offered should be listed next to items on menus, order boards, or next to the food being served on buffet lines. Salt, fat, carbohydrates, and more; are more of this information to look at. The information posted on the menu is usually limited to calories, but sometimes a restaurant may list other nutrients to show that the food is low in fat, or high in protein. Additional nutrition information must also be available on request for most foods served at these restaurants. This includes information about the amount of nutrients, such as sodium, saturated fat, and dietary fiber. If you like to plan ahead, many restaurants also have nutrition information available online, which can help you select healthier options before you arrive and reduce pressure you may feel to order quickly.

Here are a few tips to keep in mind to help you decipher the menu the next time you eat out. These tips may be helpful when trying to make the best choices for you and your family.

- Make the right choices for you. Consider the calorie information

when deciding between different dishes and what to order.

- Remember that side dishes add calories too; consider steamed vegetables or fruit as an option, when available.
- Save half your meal for later or split dessert with another person for a more appropriate portion size when servings are large or high in calories.
- Rethink your drink. Calories from beverages can add up quickly, especially if there are free refills. Choose healthier options like water, or low-fat or fat-free milk, or drinks that are calorie-free, such as unsweetened coffee or tea.
- Ask for sauces and dressings on the side to help control how much actually goes on your food.
- Limit items that are fried or served in sauces that are high in calories and saturated fat. Some terms to be mindful of include: Crunchy, crispy, battered and breaded, creamy, cheesy, or alfredo
- Items that are often lower in calories and may be more healthful options include terms, such as: baked, grilled, roasted, steamed, al fresco, or marinara

Find your healthy eating style. Choose foods and beverages with less saturated fat, sodium, and added sugars. Focus on variety, amount, and nutrition when choosing what to eat and drink. And, start with small changes like the following to build your healthy eating style now and into the future.

- ◆ Focus on whole fruits. Choose whole, cut, or pureed fruits - fresh, frozen, dried, or canned in 100%

juice. Enjoy fruit with meals, as snacks, or as a dessert.

- ◆ Vary your veggies. Try adding fresh, frozen, or canned vegetables to salads, side and main dishes. Choose a variety of colorful veggies prepared in healthful ways: Steamed, sautéed, roasted, or raw.
- ◆ Make half your grains whole grains. Look for whole grains listed first or second on the ingredient list - try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain desserts and snacks such as cakes, cookies, and pastries.
- ◆ Vary your protein routine. Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meat and poultry. Try main dishes made with beans and seafood, like tuna salad or a bean chili.
- ◆ Drink and eat less sodium, saturated fat, and added sugars. Use the nutrition facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter and oil-based sauces and dips or ones with butter, cream, or cheese. Drink water instead of sugary drinks.
- ◆ Move to low-fat or fat-free milk or yogurt. Choose fat-free milk, yogurt, and calcium-fortified soymilk to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat or fat-free yogurt, milk, and cheese.

Starting simple can make a huge difference for your families health.