



# NUTRITION NEWS!

MODULE 4

## CHILE PROJECT GOALS

- ✓ Families will eat more fruit, vegetables, and foods made with whole grains
- ✓ Families will eat less sugar and high-fat foods
- ✓ Families will be more physically active
- ✓ Families will watch less TV



## WHAT'S UP...

Over the past few weeks, your child has been tasting spinach and apples in classroom activities, meals, and snacks offered by Head Start. Keep an eye out for the CHILE take home activities that include recipe ideas for spinach and apple. The more times you and your child try these new foods together, the more likely your child is to develop a taste for spinach and apple and to enjoy these foods throughout his or her life. Try adding spinach and apple into meals and snacks at home over the next few weeks. Remember to cut foods into small pieces no larger than a ½ inch to prevent choking.



### Some ideas include:

- Add spinach to any soup or pasta for added color and flavor.
- Cook spinach on the stove top with a little bit of olive oil and garlic for a healthy side dish.
- Include spinach in your favorite lasagna recipe.
- Make a low fat dip made with spinach for dipping pretzels or crackers. Try the Low Fat Spinach Dip recipe included in this newsletter.
- Make your own applesauce. Cut cored apple into small pieces. Cover in water and cook over medium heat on stove until soft. Drain the water and blend. Let cool. Add cinnamon before serving.
- Serve apple slices with part-skim mozzarella cheese for an easy snack.
- Add small apple pieces to your favorite chicken or tuna salad.

Bring your child along with you to the grocery store to find spinach and apple in the produce section. Look for spinach in the canned and frozen food aisles and applesauce with the other canned fruits as well. Look for applesauce without added sugar.

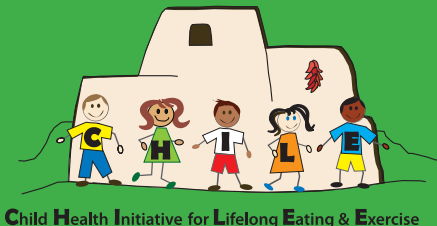
### LOW-FAT SPINACH DIP

#### Ingredients:

1 cup fat free sour cream  
2 cups fat free mayonnaise  
½ cup chopped onion  
8 oz frozen spinach, thawed and drained,  
dash of lemon juice.

**Directions:** Combine all ingredients in a bowl and mix well. Serve with whole grain crackers, thin pretzels, or pieces of whole wheat tortilla.





## Cut the fat in ground beef without paying extra at the grocery store

Ground beef found in the grocery stores is usually 75% lean 25% fat. Leaner types are sometimes available, but cost more money. These tips will help your family reduce fat from ground beef without paying much more. You can buy lower-priced, higher fat ground beef but still have a leaner, healthier meal at the dinner table:



### Reducing the Fat in Cooked Beef Crumbles by Rinsing and Draining:

The following steps will cut the fat in your favorite recipes that call for cooked ground beef crumbles. (For chili, taco meat, etc.)

1. Brown ground beef in a skillet over medium heat for 8 to 10 minutes or until meat is no longer pink and juices run clear. Stir occasionally to break chunks into smaller pieces.
2. Microwave four cups of water on high for 5 to 6 minutes or until very hot, but NOT boiling. Careful, the water will be very HOT.
3. Remove ground beef pieces from skillet and place on a large plate lined with 3 layers of white paper towels. Let sit for 1 minute. Blot top of beef crumbles with more paper towels.
4. Place beef crumbles in a colander and set in a large, sturdy bowl.
5. Pour hot water over beef to rinse off fat. Drain for 5 minutes.
6. Pour fat into container and let cool and solidify. Place in trash.  
NEVER pour fat, oil, or grease down the drain or garbage disposal.

### Reducing the Fat in Cooked Ground Beef Burgers:

1. Shape raw ground beef into 4-ounce patties. Cook immediately.
2. Heat nonstick skillet over medium heat until hot. Do NOT add oil. Place patties in skillet.
3. Cook for 10-12 minutes or until the center is no longer pink, and the juices run clear. Turn once halfway through cooking.
4. Remove patties and place on large plate lined with 3 layers of paper towels. Let stand 1 minute, turning over after 30 seconds.
5. Season as desired and serve.

### Reducing the Fat in Meatballs and Meatloaf:

1. Roast the meatballs and meatloaf on a rack to allow for fat to drip away while cooking.
2. After roasting, place on large plate lined with paper towels and blot sides and tops (if not glazed) to reduce fat.

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.



**Look in your CHILE TAKE HOME KIT for a great recipe to make yummy tasting whole wheat flour tortillas at home!**

Look in your local grocery store for tortillas that are made from whole wheat. Whole wheat tortillas have more of the good stuff (fiber and nutrients) than regular tortillas that are made from all white flour. Look at the list of ingredients for the word "whole" before the first ingredient listed on the package. If your local grocery store does not sell whole wheat tortillas, ask them to stock them.

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The 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 1-800-432-6217.