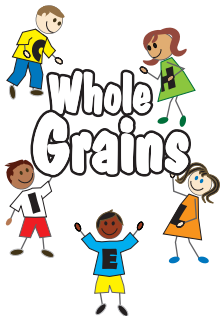




Switching to Brown Rice and Wild Rice instead of White Rice

Module 7

TIPS



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.

Half of the grains you and your family eat should be whole grains. By now you may have made the switch to whole grain pastas, cereals and 100% whole wheat breads. Eating **brown** or **wild rice** instead of white rice is another great way to get more whole grains into your family's diet.

Most families find it easy to make the switch from white to brown or wild rice because it has more flavor and is healthier than white rice.

- Brown rice can be used in any dish that calls for white rice, including Spanish rice, stuffed peppers, burritos, soups, stews, etc.
- Remember that the change will be much easier for your children if you make the change yourself during mealtimes.
- Brown rice is often the same price as white rice.
- Look for all wild rice or wild rice mixed with brown rice.
- Regular brown rice takes longer to cook than regular white rice, but instant brown rice is also available.
- Brown rice has a shorter shelf life than white rice, but it will keep longer if stored in the freezer.
- Some people find it easier to cook a large batch of brown rice and then freeze it in smaller portions to use for future meals.

The **red CHILE shelf label** at your CHILE participating store will help you identify brown or wild rice.





Rethink Your Drink & Get Smart about Sugar!

Module 7

TIPS



Sodas, fruit drinks that are not 100% juice (such as orangeade or punch), and other drinks with added sugar are high in calories but low in vitamins and minerals. Drinking these types of drinks can lead to too much weight gain and painful, expensive cavities in young children's teeth.

Alternatives to sodas and fruit drinks include:

- Low-fat (1%) or fat-free milk: Preschoolers aged two and up need 2 to 3 cups per day.
- Water: should be offered to children throughout the day.
- 100% fruit juice: children may drink up to 4-6 ounces per day, which is only $\frac{1}{2}$ to $\frac{3}{4}$ cup.

We often don't realize how much sugar is in common drinks. The next time you are at the store, look at the Nutrition Facts label of a sugar sweetened beverage, such as soda, a sports drink, or fruit-flavored "juice" beverage. Sugar is listed in grams (g). There are about 4 grams of sugar in one teaspoon. So, if a can of soda or a sports drink has 40 grams of sugar listed on the label, then that drink has **10 teaspoons of added sugar**.

YOU CAN CALCULATE THE AMOUNT OF SUGAR HERE:

Example: 40 grams of sugar \div 4 grams sugar per teaspoon = 10 teaspoons of sugar
_____ grams of sugar \div 4 grams sugar per teaspoon = _____ teaspoons of sugar

To see how much sugar that really is, try this activity at home with your child: Count out 10 teaspoons of sugar into a bowl or zip-top plastic bag. Have your child count out loud with you. That is how much sugar is in most 12-ounce cans of soda! Imagine eating that much sugar by itself or in a glass of water!

Changes are easier to make when everyone in your family makes them. It will be easier to limit sodas and other sugar-sweetened drinks for children if everyone in your family does the same.





Strawberry Kabob Dippers

(Serves 4)

Module 7

RECIPE

Directions:

Young children can help with all steps EXCEPT step 3.

1. Rinse strawberries under cold water and pat dry.
2. Peel the banana and the orange.
3. Chop all fruits into pieces no larger than $\frac{1}{2}$ an inch.
4. Place chunks of fruit on the straw.
5. Serve with yogurt "dip". Have children dip their kabob into the yogurt "dip".



Safety Tip: Never keep or leave a knife within reach of a young child.

REMEMBER:
Your children are more likely to try a new food if you try it with them!



Ingredients:

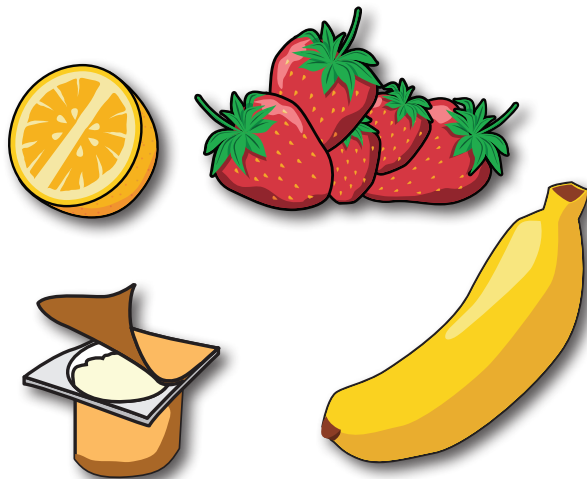
- ☐ 16 fresh strawberries
- ☐ 1 orange
- ☐ 1 banana
- ☐ 2 small (6-8oz) containers low-fat or fat-free yogurt
- ☐ 4 plastic drinking straws





SHOPPING LIST

- ☐ 16 fresh strawberries
- ☐ 1 orange
- ☐ 1 banana
- ☐ 2 small (6-8 oz) containers low-fat or fat-free yogurt
- ☐ 4 plastic drinking straws



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Ants on a Log

Module 7

(Serves 2-4)

RECIPE

Ingredients:

- ☐ 1 cucumber
- ☐ 1 small (6-8 oz) container low-fat or fat-free yogurt OR low-fat cottage cheese
- ☐ 1 small box raisins



Directions:

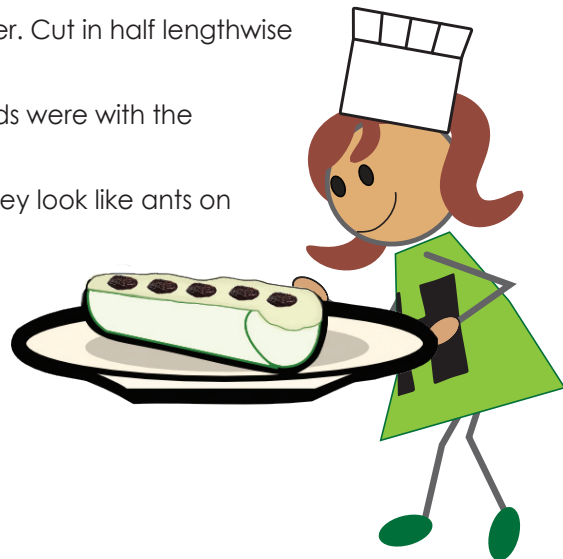
Young children can help with all steps EXCEPT cutting the cucumber in step one.

1. Rinse and peel the cucumber. Cut in half lengthwise and remove the seeds.
2. Fill the space where the seeds were with the yogurt or cottage cheese.
3. Place the raisins on top so they look like ants on a log (or ants on a boat!)

Safety Tips: Never keep or leave a knife within reach of a young child. Cut foods into pieces no larger than $\frac{1}{2}$ inch to prevent choking.



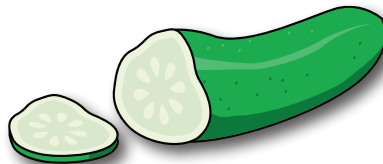
REMEMBER:
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SHOPPING LIST

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- ☐ 1 small (6-8 oz) container low-fat or fat-free yogurt
OR low-fat cottage cheese
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