

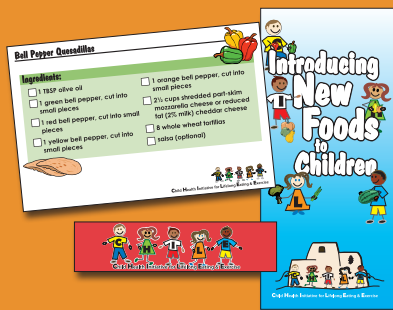


# NUTRITION NEWS!

MODULE 8

## 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



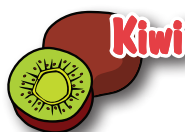
## WHAT'S UP...



Recently, your child has been tasting **asparagus**, **kiwi**, **lean ground beef**, and foods made with **100% whole wheat flour** in classroom activities, meals and snacks at the Head Start. Over the next few weeks, try adding these foods into meals and snacks at home. The more you and your family try new foods together, the more likely that your child will be willing to try new foods in the future.

**Asparagus** is rich in vitamins and minerals, and with only about 4 calories per spear, it packs a powerful nutritional punch for both children and adults. Asparagus is sold fresh, canned or frozen. If frozen, be sure to avoid asparagus packed in cream or sauces, which add unwanted fat.

**Kiwis** are also high in fiber and many vitamins and minerals that are good for your child's health and development. Kiwis are only sold fresh, but can be used in many ways!



In this newsletter, we have delicious ideas for using asparagus, kiwi and whole wheat flour. We also include tips on reducing the fat in ground beef, which will help make meals healthier for your family. Look in the other CHILE take-home materials for more ideas and recipes using these foods!

**Remember to always cut all foods into small pieces no larger than 1/2 an inch to prevent choking in young children.**

## WHOLE WHEAT vs. WHITE FLOUR

Foods made with whole wheat flour are better for you and your family because whole wheat flour has more protein, fiber, vitamins and minerals than white flour.

Half of the grains you and your family eat should be whole grains. Serving foods made with whole wheat flour and baking at home with **whole wheat flour** is a great way to get more whole grains into your family's diet.

Bread made with **100% whole wheat flour is better for you than white bread**, but the labels can be tricky. If the bag says "100% Whole Wheat" then that bread is made with all whole wheat flour, but if it says "Made with 100% Whole Wheat" that might not be the same thing and it may only have a small amount of whole wheat flour. Always check the ingredient list for the first ingredient, which should be "whole wheat flour".

Whole wheat flour has a shorter shelf life than white flour, so don't buy much more than you need at one time, but it can be kept longer in the freezer. If you are not used to baking with whole wheat flour, try using half whole wheat and half white flour in your favorite recipes. Then gradually begin using more whole wheat than white flour until you get used to it.

Bring your child along with you to the store to find **asparagus** and **kiwi** in the produce section and **whole wheat flour** in the baking aisle. You can also find asparagus in the canned and frozen sections of the store!

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.



Child Health Initiative for Lifelong Eating & Exercise

## CUT THE FAT, NOT THE FLAVOR: Make Ground Beef Better!

Ground beef in the grocery store is usually 75% lean / 25% fat. Leaner types that are at least 90% lean and only 10% fat are better for your family's health, but may be hard to find in the grocery store and are usually more expensive. It is possible to reduce some of the fat in high-fat ground beef. *Here are some tips:*

### Reducing the Fat in Cooked Beef Crumbles:

1. Brown ground beef in a skillet over medium heat for 8 to 10 minutes or until meat reaches 160°F (no longer pink and juices run clear).
2. While ground beef is cooking, microwave four cups of water in a glass measuring cup or microwavable bowl on high for 5 to 6 minutes or until very hot, but NOT boiling. Be careful, the water will be VERY HOT.
3. Using a slotted spoon, remove ground beef pieces from skillet and place on a large plate or other container lined with 3 layers of white, non-recycled paper towels, and let sit for 1 minute. Blot top of beef crumbles with more paper towels.
4. Place beef crumbles in a mesh strainer or colander and set in a large sturdy bowl.
5. Pour hot water over beef to rinse off fat. Allow to drain into the bowl for 5 minutes.
6. Pour fat into a separate 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 Hamburgers:

1. Shape raw ground beef into 4-ounce patties.
2. Heat nonstick skillet over medium heat until hot. Without adding any oil to the pan, place patties in skillet.
3. Cook for 10-12 minutes or until the internal temperature is 160°F (center should not be pink and the juices should be 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. Season and serve.



Look in the CHILE Take-Home Kit for more tips on what to look for when shopping for ground beef and how to make some of your favorite foods with a little less fat but lots of flavor!

**RECIPE #1: Fresh Steamed Asparagus** – Canned or frozen asparagus can also be used instead of fresh. Just heat it on the stove or in a microwave.

#### Ingredients:

1. Bunch of fresh asparagus

#### Directions:

1. Rinse the asparagus well under running water
2. Holding the asparagus spear on both ends, bend until it naturally snaps between the heads and the tough end portion. Discard the ends, or save them for later use to add flavor to soup stock or a stew.
3. In a large saucepan or skillet, bring ½ an inch of water to a boil.
4. Add a single layer of asparagus to the pan.
5. Cover, reduce heat and simmer until tender, about 3-7 minutes.

#### Tips:

1. Cut asparagus into pieces no larger than ½ an inch to prevent choking.
2. The time it takes for asparagus to cook depends on its size and freshness. As soon as it turns bright green, it's ready.



(Serves 4-6)

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.

## ASPARAGUS!

- Enjoy as a colorful side dish at any meal.
- Add small asparagus pieces to any casserole, soup, lasagna, rice or pasta dish.
- The fresher it is, the sweeter it is, so try to serve it soon after you buy it (or pick it).



## CRaZy about KIWIS

- The kiwifruit skin is edible, but young children (and grown-ups!) will probably prefer them peeled.
- Serve in green salads and fruit salads, or try kiwi alone as a snack.
- Super added to smoothies!
- Chop into pieces and serve with yogurt or cottage cheese.
- Leave the skin on, cut the kiwi in half and scoop out the flesh with a spoon.

