Nutrition News

What’s On Your Plate?
The message of the MyPlate nutrition campaign is simple. Fill half of your plate with fruits and vegetables. Split the other half between grains and high-protein foods (choosemyplate.gov).

What does this matter? In 2010, National Cancer Institute found that 80% to 90% of Americans don’t eat enough fruits and vegetables, and 99% don’t eat enough whole grains – all foods shown to significantly lower the risk of several diseases.

Test your MyPlate knowledge:
1. Which of these represents 1 serving from the vegetable group?
   a) 1 cup of cooked vegetables
   b) 1 cup of raw vegetables
   c) 2 cups of leafy greens
   d) All of the above
2. True or false: One-third of the grains you eat daily should be whole grains.
3. Which of these foods is not a whole grain?
   a) whole-wheat pasta
   b) brown rice
   c) couscous
   d) oats

What’s On Your Plate?
ANSWERS:
1. d - Most adults need at least 2 to 3 cups each of vegetable and fruits daily.
2. False - At least half of your grains should be whole, such as whole-wheat bread, brown rice, whole oats and whole-grain pasta. Aim for 6 to 9 ounces daily.
3. c - Couscous is a dish made from tiny refined granules of durum wheat.

How much you need to eat depends on your age, gender and activity level. To simplify measuring foods, let your plate be your guide.

Plate size tip: Try moving from a 12-inch to a 10-inch dinner plate—this has helped people to serve and eat 20% to 25% less.

Kitty’s Southwestern Salad
1 green bell pepper, diced
1 can black beans, rinsed
1 can Mexi-Corn, drained
2 Roma tomatoes, diced
4 green onion, sliced
1 head of lettuce, washed and chopped
¼ cup cilantro, chopped

Dressing Ingredients
½ cup mayonnaise
¾ cup Greek yogurt
1 tablespoon ranch seasoning
1 tablespoon taco seasoning

In a large bowl, combine all salad ingredients together. Serves 6-8. Dinner size salad—Serves 4.

In a small bowl stir all dressing ingredients together. Optional ingredients for salad: grilled chicken breast, diced avocados, and tortilla strips.

Cooking Tip: Wraps and salads make super warm weather meals—no cooking! Why not combine them? Favorite foods for stuffing include leftover chicken turkey and seafood; cooked rice or beans; shredded cabbage or carrots; arugula leaves;
sliced tomato; avocado or apple. Flavor them with salsa, crumbled feta or yogurt-herb dressing. Wrap them up with any kind of whole-grain flat or pita bread, crepes or tortillas. Or try rice paper or sturdy lettuce leaves.

**Mexican Grilled Chicken Wrap**

1 lb. skinless chicken breasts, grilled, chopped
1-½ cups coleslaw blend
1 teaspoon chili powder
1 tablespoon lime juice

¼ cup ranch dressing
½ cup Mexican style finely shredded four cheeses
½ cup grape tomatoes, quartered
4 whole wheat tortillas (10 inch)
½ cup thick’n chunky mild salsa
¼ cup sour cream

Heat grill or skillet to medium heat. Combine first 7 ingredients. Spoon chicken mixture down centers of tortillas. Fold in sides of tortillas, and then roll up burrito-style. Secure with toothpicks, if desired. Grill, seam-sides down, 8 to 9 minutes or until golden brown on all side, turning occasionally. Serve with salsa and sour cream. Makes 4 servings.

**Healthy Living Tips**

Save 40 calories and 6 grams of fat per serving by preparing with light dressing, Mexican Style 2% Milk Finely Shredded Four Cheese and Reduced Fat or Light Sour Cream.

Special Extra

For more heat, prepare using medium salsa. Or add desired amount of hot pepper sauce or chopped jalapeno peppers to filling before spooning onto tortillas.

Substitute

Prepare using chopped grilled steak or pork.

**Nutritional Information**

Per serving: Calories 490, Total fat 20g, Saturated fat 6g, Cholesterol 90mg, Sodium 850mg, Carbohydrate 38g, Dietary fiber 3g, Sugars 4g, Protein 36g, Vitamin A 20% DV, Vitamin C 15% DV, Calcium 25% DV, Iron 15% DV.

---

**Choosing the Right Cookbook**

From step-by-step beginner’s recipes to high-level French cuisine, there is a cookbook for every skill level and taste.

Begin your search by reading online cookbook reviews. Most booksellers group cookbooks according to the contents. Look in the “health” or “well-being” section.

**Look for recipes that:**

- Include lots of fruits and vegetables.
- Use whole grains such as brown rice and quinoa, instead of refined grains.
- Call for healthful protein options, such as fish, skinless poultry, legumes or lean meat.
- Require low-fat milk products such as skim milk and 0% to 2% yogurt.

**Next, choose recipes that include the:**

1. **Cooking time:** It’s handy to know how long each recipe will take. Tip: Beginners may need to double the cooking time until they become more adept at chopping and dicing.

2. **Number of servings:** Have you ever made a soup that serves 16 portions, but only 2 of you are eating? Choose recipes that provide the number of servings, so you can halve or double (or leave as is) the recipe to accommodate the number of diners.

3. **Nutrition information:** Some recipes seem healthful, but the numbers may tell a different story. Choose cookbook that lists amounts of calories, fat, protein, carbohydrates, fiber and sodium.

Finally, get a book that has measures you use. Most cookbooks use metric and imperial units, which is practical if you have measuring cups. Some cookbooks use weight (ounces and grams), which only work if you have a kitchen scale.

---

Judy Groce Neel, Extension Area Specialist III
Nutrition Educators: Kent Armstrong
Julie Bledsoe
Amy Dever
Lisa Shaddix
Rhonda Dudley