Nutrition News

What can we gain from daily exercise?
Researchers have studied the effects of exercise on longevity, but the exact number of years gained from exercise varies among studies. Overall, results confirm that regularly engaging in at least a moderate level of physical activity can help you age well and feel better in later years. Some of the benefits include:

- Lower risk of death and disability from heart disease.
- Lower risk of high blood pressure and cholesterol.
- Lower risk of premature death.
- Lower risk of type 2 diabetes.
- Lower risk of colon and breast cancers.
- Healthy weight.
- Healthy muscles, bones and joints.
- Better mental skills.
- Better balance and less risk of falling.
- Better sports performance and more energy.

Best advice: Incorporate a variety of activities into each day that produces balanced fitness—aerobic activity for cardiovascular health, strength exercises for stamina, and stretching for flexible joints.

Why Salmon Is on the Menu
No need to be fish-wary with salmon! It’s high in protein, low in saturated fat and a rich source of omega-3 fatty acids, which are considered heart healthy. It’s also a versatile food that can be found in a variety of dishes that are sure to please. Try these if you:

- Don’t like to cook fish. Canned salmon is ready-to-eat and can be used in chowder, casseroles and salads.
- Love to entertain. Salmon is well-suited for tasty appetizers and entrees. Serve salmon in sushi rolls, deviled eggs or mousse.
- Cook for kids. Salmon can be made more appealing with a sweet glaze, mixed into croquettes or baked. Check with your pediatrician about the recommended number of servings.
- Dislike a fishy taste. Buy fresh fish, and combine it with robust flavors. Dress it up with a fresh black bean and bell pepper salsa or a Dijon mustard sauce.
- Like to grill. Serve it grilled, smoked or as a burger. Marinating salmon adds a nice flavor.

Time is money
Any time you save in the kitchen will make your life easier.

Try some of these ideas to save time and money in your kitchen:
Collect quick and easy meal ideas and recipes. Write your meal idea on recipe cards and you have quick and easy ideas to grab. (It is too easy to forget a great meal idea if you don’t write it down!)

Make a grocery list and plan meals for the week. It may take time to plan, but you will save time during the week when you have meals ready to make.

Make double batches. Plan to have leftovers for tomorrow’s lunch or dinner. Cook once for 2 to 3 meals!

Catchall Casserole
1 cup water
½ cup uncooked long grain rice
2 tablespoons vegetable oil
1 pound boneless meat (such as chicken, turkey, beef, or pork), cut into 1-inch cubes, or ground meat (such as beef, pork, turkey, chicken, or sausage)
4 cups cut-up vegetables (such as chopped zucchini
or yellow summer squash, small broccoli or cauliflower florets, chopped carrot, chopped celery, chopped onion, halved Brussels sprouts, cut green beans, chopped potatoes, sliced mushrooms, chopped sweet peppers, and/or chopped, seeded tomatoes

1-10⅓ ounce can condensed soup (such as cream of chicken, cream of broccoli, cream of mushroom, nacho cheese, or tomato)

⅔ cup milk or water

½ teaspoon dried herb (such as Italian seasoning, basil, oregano, sage, or rosemary), crushed, or ¼ teaspoon dried thyme, crushed

1½ cups packaged cornbread stuffing mix, coarsely crushed

3 tablespoons butter or margarine, melted

In a small saucepan, bring the 1 cup water to boiling. Add rice; reduce heat. Cover and simmer for 20 minutes or until liquid is absorbed; set aside. Preheat oven to 350 degrees F. In an extra-large skillet heat 1 tablespoon of the oil over medium-high heat. Add meat; cook and stir for 3 to 5 minutes or until brown and cooked through. If necessary, drain off and discard fat. Remove meat from skillet; set aside. Add the remaining 1 tablespoon oil to the skillet. Add vegetables. Cook and stir for 3 to 4 minutes or until crisp-tender. Stir in cooked meat, cooked rice, soup, milk, and herb; heat through. Spoon hot mixture into a vegetable sprayed 2-quart casserole dish. In a medium bowl, combine stuffing mix and butter. Sprinkle stuffing mix mixture over meat-vegetable mixture. Bake, uncovered, for 25 minutes or until casserole is bubbly and topping is golden. Makes 4 servings.

**Nutritional Information:** Serving size: 1 serving equals: 553 calories, Protein (gm) 33, Carbohydrate (gm) 44, Fat, total (gm) 27, Cholesterol (mg) 111, Saturated fat (gm) 9, Mon saturated fat (gm) 9, Polyunsaturated fat (gm) 5, Dietary Fiber, total (gm) 2, Sugar, total (gm) 6, Vitamin A (IU) 632, Vitamin C (mg) 22, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 11, Pyridoxine (Vit. B6)(mg) 1, Folate (ug) 109, Cabal Amin (Vit. B12) (ug)1, Sodium (mg) 1155, Potassium (mg) 701, Calcium (DV %) 91, Iron (DV %) 3, Percent Daily Values are based on a 2,000 calorie diet

**Fun kid snacks**

Healthy snacking habits are made during the preschool years.

Snacks are not treats or sugary foods.

**Snacks are healthy foods from the 5 food groups - milk, meat, fruits, vegetables and grains.**

- Dip apple slices and banana chunks into flavored yogurt, and then dip in granola.
- Peel an orange and break into segments.
- Cut a kiwi in half and eat with a spoon.
- Dip grahams crackers in applesauce.
- Canned peaches, pears, pineapple or mandarin oranges.
- String peaches, pears, pineapple or mandarin oranges.
- Serve small slices of cheese with whole grain crackers.
- Make your own snack mix with a variety of low sugar breakfast cereals, pretzels, small crackers and dried fruit.

**Bran Mini Muffins**

Bran cereals are high in fiber and nutrition. You can do more with bran cereal than eat it in a bowl. Use bran cereal to make this muffin batter which can be stored in the refrigerator for up to 3 days! Enjoy fresh baked muffins for breakfast.

1 cup bran cereal
1½ cups flour
2½ teaspoons baking powder
1 teaspoon cinnamon
¼ teaspoon salt
1 egg
1 cup skim milk
½ cup brown sugar
¼ cup vegetable oil

Stir egg, milk, brown sugar and oil together in a bowl. Stir bran cereal, flour, baking powder, cinnamon and salt together in a separate bowl. Add egg mixture to flour mixture. Stir until just moist. Batter will be lumpy. Spoon batter into lightly greased mini muffin cups, filling cups ¾ full. Bake in a 400° oven for 15 to 20 minutes.

1 muffin-152 calories, 5 grams fat, 29% calories from fat and 1 gram of fiber

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