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EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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New Dietary Guidelines Released

The 2015-2020 Dietary Guidelines for Americans were released in January. While many of the recommendations for a healthy lifestyle are similar to guidelines from the 2010 version, there are some changes.

Mix up your protein to include legumes like kidney and black beans, chick peas, peas, nuts, seeds, seafood and fish and soy products (tofu, veggie burgers) along with low fat poultry, beef and pork choices.

Limit your added sugar intake to no more than 10% of your calories. For a 2000 calorie diet, this works out to about 10 teaspoons a day or the amount of sugar in a 12 ounce can of regular pop. Added sugar is in many foods and the best way to find added sugar is to read the ingredient list and look for words ending in 'ose' and ingredients like high fructose corn syrup, honey, corn syrup, rice syrup, sugar and cane sugar. Naturally occurring sugars, like those found in milk, plain yogurt (sweetened or flavored yogurt has added sugar), cottage cheese and fruit are not included in the added sugars category.

Choose whole fruits (fresh, frozen and canned in water or juice) in place of 100% fruit juice. Whole fruits provide fiber which helps to keep you full longer and helps to keep you regular. 100% fruit juice has no fiber.

For more information about healthy eating, visit www.choosemyplate.gov.



In Season



This month look for oranges, grapefruit, pears, bananas, kale, mushrooms, onions, potatoes, sweet potatoes, turnips and winter squash.

KORNER

IDS

Looking for something to do with your elementary aged children over Winter Break? Borrow *Explore Winter! : 25 Great Ways to Learn about Winter* by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library. This book is jam packed with experiments and projects to help your children learn more about winter and includes indoor and outdoor activities.

The **EFNEP** program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Class topics include:

Get Moving
Fruits and Vegetables
Go Lean with Protein
Shop, Plan, Save
Build Strong Bones
Make a Change
Whole Grains
Celebration

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Class topics include:

Cutting Back on Sugary Drinks
Fruits and Vegetables
Make Half your Grains Whole
Power up with Breakfast
Read It Before You Eat It
Healthier Foods Fast

If you or your organization is interested in scheduling classes, please call your local nutrition educator:

607-664-2300



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PutKnowledgeToWork.org

Peanutty African Stew

Serving size: 1 cup Makes 8 servings

Ingredients:

1 cup instant brown rice
2 cups chicken broth, reduced sodium
1 teaspoon dried onion, minced
1/2 teaspoon garlic powder
1/2 teaspoon ginger, ground
1/8 teaspoon cayenne pepper (optional)
2 cups sweet potato, peeled and diced
1 can (14.5 ounces) diced tomatoes with liquid
1/2 teaspoon salt (optional)
1/2 cup creamy peanut butter
1 1/4 cups fat-free milk
3 cups baby spinach leaves, coarsely chopped

Instructions:

1. Combine brown rice, chicken broth, onion, garlic powder, ginger, cayenne pepper, sweet potato, diced tomatoes and salt in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.

Nutrition Facts: Serving Size - 1 cup, 200 Calories, 80 Calories from Fat, 8g Total Fat, 42% Calories from Fat, 1.5g Saturated Fat, 0g Trans Fat, 0 mg Cholesterol, 510 mg Sodium, 25 g Total Carbohydrate, 4 g Dietary Fiber, 8g Sugars, 8g Protein, 90% Vitamin A, 8% Calcium, 30%