



# NUTRITION NEWS!

Wallingford-Swarthmore  
School District  
**Grade Four**  
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## Elementary Nutrition Education Newsletter

### Eating a Variety of Foods

**V**eer away from overeating.

**A**ssortment is the key!

**R**adishes, raspberries,  
rice, red beans.

**I**nteresting

**E**njoy different foods  
on different days.

**T**ry new foods.

**Y**ummy!!



### Doing It Yourself!

In today's fast-paced culture, the prospect of planning, shopping for, and preparing a home-cooked meal can seem daunting. The "quick-and-easy" life of microwaves, fast-food restaurants, and packaged meals easily overshadows the importance of cooking and preparing food the old fashioned way - at home in your own kitchen. But convenience comes with a price. Many prepared foods, whether from the drive-thru or a microwavable package, may contain a myriad of unhealthy ingredients.

In addition, many of us have been put on special diets to address specific health concerns ranging from heart disease prevention and diabetes, to weight loss. Diets often require you to eat the same things over and over which can become monotonous over time. Being exposed to different types of foods and creative methods of preparation can infuse your diet with a new twist and give you the delicious tastes you've been craving.

Taking a few minutes to prepare quick and healthy meals gives you more control over what you and your family are eating. Seeking out a variety of healthy recipes and preparing nutritious meals may help prevent common medical conditions and concerns while engaging your senses in a sumptuous world of flavors, textures, aromas, sights, and sounds! It can also be a wonderful way to bring your family together while helping you to save money.

## Hot Tips!

The USDA Dietary Guidelines for Americans emphasizes that we need to decrease the amount of fat, sodium (salt) and sugar we consume and increase our consumption of fiber. When buying food we can check the label, but when using a recipe we may need to make some changes by substituting ingredients or changing the cooking technique. Just as you make substitutions when you are out of a certain ingredient, you can make changes in a recipe so it is healthier.

The following are some tips to decrease the total fat and calories in a recipe:

Instead of this:	Try using this:
Shortening, butter, margarine, or solid fat	Use less liquid oil or solid fat than called for in the recipe. If a recipe calls for 1 cup, use $\frac{1}{2}$ a cup. If a recipe uses 1 cup shortening, use 3 tablespoons oil. Use equal amounts of oil for melted shortening, margarine or butter.
Shortening, butter, or oil in baking	Use applesauce or prune puree for half of the butter, shortening or oil. (You may need to reduce baking time by 25%.)
Whole milk, half and half or evaporated milk	Use skim milk, 1% milk, evaporated skim milk, fat-free half and half or plain soymilk fortified with calcium.
Butter, shortening, margarine, or oil to prevent sticking. Fat to sauté or stir-fry.	When frying foods use cooking spray, water, broth or nonstick pans.
Full-fat cream cheese	Use low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth.
Full-fat sour cream Full-fat cottage cheese Full-fat ricotta cheese	Use nonfat or reduced fat sour cream or fat-free plain yogurt. (Yogurt is not heat stable.) Use 2% or fat-free cottage cheese. Use part-skim ricotta.
Cream Whipping cream	Use evaporated skim milk. Use nonfat whipped topping or cream.
Eggs	Use egg whites (usually 2 egg whites for every egg) or 1 cup egg substitute.
Whole fat cheese	Use reduced fat cheese (add it at the end of the baking time) or use part skim mozzarella.
Frying in fat	Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.
Regular mayonnaise or salad dressing	Use low fat, reduced or nonfat mayonnaise or salad dressing.
Canned fish or fruit	Use water-packed canned products or canned products packed in lite syrup.
Fatter cuts of meat - skin on	Leaner cuts of meat or ground meat, remove skin before cooking.