

# NUTRITION NEWS

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## NEP

Nutrition Education Program  
for Families

## DIETARY GUIDELINES FOR AMERICANS: EAT A VARIETY

One of the Dietary Guidelines for Americans is to eat a variety of foods. Since no single perfect food exists, variety is very important. A good way to eat a variety is by following the Food Guide Pyramid. The Food Guide Pyramid divides food into six groups which provide similar nutrients. They are the bread, cereal, rice, and pasta group; the vegetable group; the fruit group; the milk, yogurt, and cheese group; the meat, poultry, fish, dry beans, eggs, and nuts group; and the fats, oils, & sweets group. The picture of the Food Guide Pyramid above lists the recommended number of servings from each group, and the

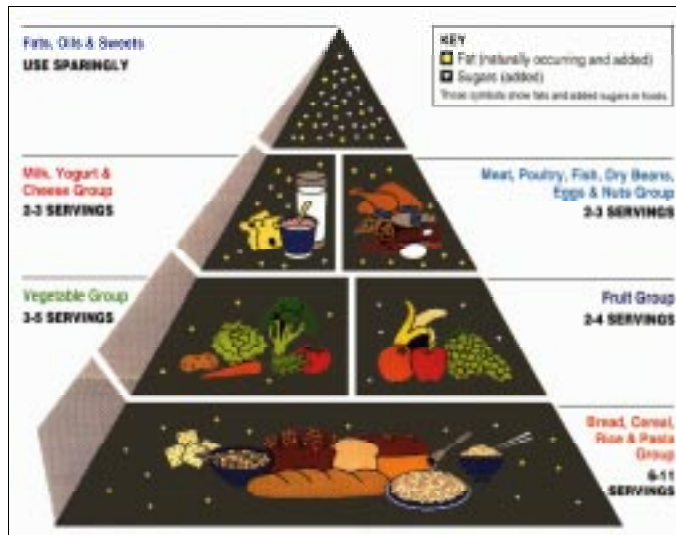


table below gives examples of serving sizes. Recommended serving sizes are often smaller than what we usually eat. For instance, one slice of bread is a serving. This means a sandwich made with two slices

of bread would provide two servings from the bread, cereal, rice, and pasta group. Grains, fruits, and vegetables which are found at the bottom of the pyramid should be the foundation of meals. Fats, oils, and sweets found at the top of the pyramid should not be used at every meal.

Another important part of eating a variety is choosing different foods within each food group. Even foods within the same group have different nutrients. For instance, some fruits and vegetables are good sources of Vitamin C or Vitamin A, while others are good sources of folate, calcium, or iron.

### Inside this issue:

- Pyramid Puzzle 2
- Food Safety Tip: Handwashing 2
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### Special points of interest:

- \* Have fun with a pyramid puzzle
- \* Wash your hands before cooking to avoid getting sick!
- \* Try the featured recipe "Impossible Vegetable Pie"
- \* The wise turtle answers questions in turtle talk

### Typical Serving Sizes

**Bread, Cereal, Rice, and Pasta**  
1 slice of bread  
1 ounce of ready-to eat cereal  
½ cup cooked cereal, rice, or pasta

**Vegetables**  
1 cup of raw leafy vegetables  
½ cup of other vegetables, cooked or chopped raw  
¾ cup of vegetable juice

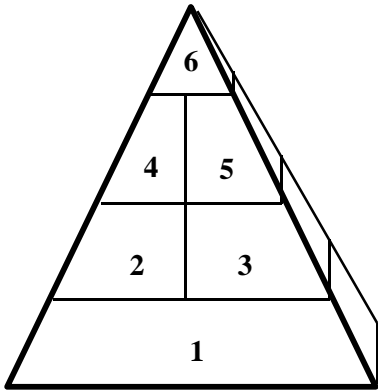
**Fruits**  
¾ cup of fruit juice  
½ cup of chopped, cooked, or canned fruit

1 medium apple, banana, orange

**Milk**  
1 cup of milk or yogurt  
1½ ounces of natural cheese

**Meat**  
2-3 ounces of cooked lean meat, poultry, or fish  
½ cup of cooked dry beans, 1 egg, or 2 Tbsp. of peanut butter count as 1 ounce of meat

# Pyramid Puzzle



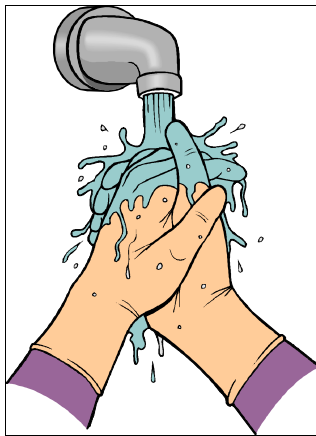
Unscramble the following foods belonging in the different groups of the Food Guide Pyramid. The answers can be found on page 4.

- |  |   |
|--|---|
| 1. RABED (group 1)                                       | 9. SATAP (group 1)  |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> | 10. <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> |
| 2. GEG (group 5)   | 11. <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> | 12. <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> |
| 3. ILMK (group 4)  | 13. <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> | 14. <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> |
| 4. ROARTC (group 2)                                      | 15. <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> | 16. <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> |
| 5. EIRC (group 1)  |   |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> |   |
| 6. EFEB (group 5)  |   |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> |   |
| 7. GAENRO (group 3)                                      |   |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> |   |
| 8. LIO (group 6)   |   |
| <u>    </u><br><u>    </u><br><u>    </u><br><u>    </u> |   |

HINT: Refer to page 1 to see what foods are found in each group of the Food Guide Pyramid pictured above.

# Food Safety Tip: Handwashing

Hands can carry many bacteria or germs that the human eye can't see. These bacteria can make you sick if they get in your food. For this reason handwashing is very important before cooking food. Hands not only need to be washed before beginning food preparation, but also in the following situations:



- After touching ears, mouth, nose, hair, or scratching anywhere on the body
- After handling dirty dishes
- After smoking or using chewing tobacco
- After handling pets

Proper handwashing is more complicated than just rinsing your hands with water.

**Wash your hands before cooking food**

The steps to handwashing are:

- After using the restroom
- After using a handkerchief or tissue
- After handling raw meat or poultry
- After eating or drinking

1. Turn on the water as hot as you can stand
2. Place your hands under running water and use soap. (Be sure to

apply soap beyond your wrists and up your arms to remove dirt and germs)

3. Rub hands together for at least 20 seconds. Pay particular attention to areas between the fingers and around finger nails.
4. Rinse thoroughly.
5. Dry your hands with a paper towel. If you need to use a dishtowel to dry your hands then do not use one that is used for other things like drying dishes.
6. Turn off the faucet using your elbow or the used paper towel.

By following these simple handwashing steps you'll be on your way to a safe kitchen.



# Impossible Vegetable Pie

## Ingredients

- 2 cups fresh broccoli or cauliflower, chopped
- 1 1/2 cups lowfat or reconstituted nonfat dry milk
- 3/4 cup Biscuit mix
- 3 eggs
- 1/4 tsp. Pepper
- 1/2 cup onion, chopped
- 1/2 cup green pepper chopped
- 1 cup shredded cheese

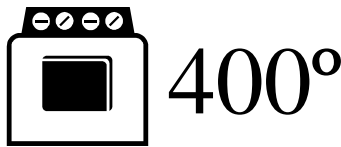
## Nutrition Facts

Serving Size 1/6 pie  
Servings Per Container 6

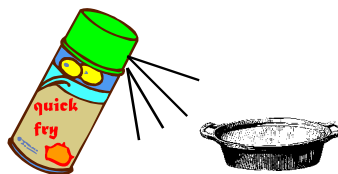
**Amount Per Serving**  
Calories 241 Calories from Fat 114

% Daily Value	
<b>Total Fat</b> 13g	19%
Saturated Fat 7g	34%
<b>Cholesterol</b> 136mg	45%
<b>Sodium</b> 436mg	18%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 1g	6%
Sugars 6g	
<b>Protein</b> 13g	
Vitamin A 20%	Vitamin C 75%
Calcium 35%	Iron 13%

1. Heat oven to 400° F.



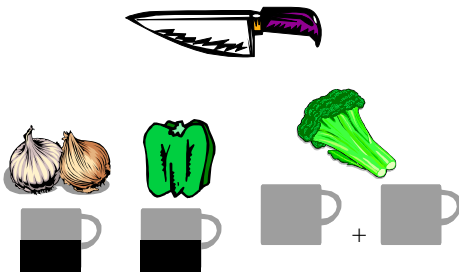
2. Spray pan with cooking spray or lightly oil.



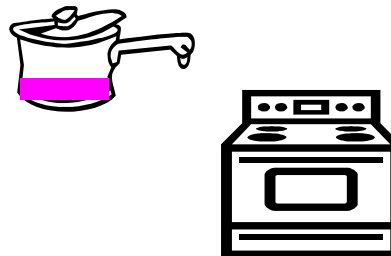
3. Grate or shred 1 cup cheese.



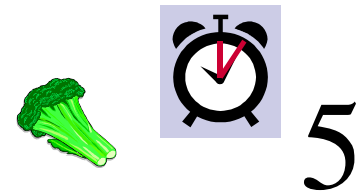
4. Chop 1/2 cup onion, 1/2 cup green pepper, & 2 cups fresh broccoli.



5. Boil 1 inch water in a saucepan.



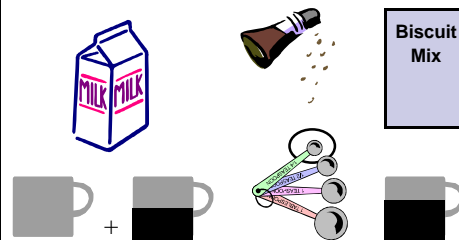
6. Add broccoli. Cover and heat until water boils again. Cook until almost tender (About 5 minutes).



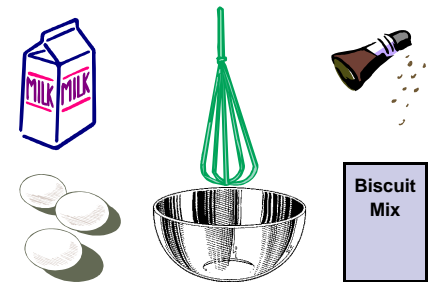
7. Drain broccoli in strainer or colander.



8. Measure 1 1/2 cups milk, 1/4 teaspoon pepper, and 3/4 cup biscuit mix.



9. Beat milk, 3 eggs, pepper & biscuit mix in a mixing bowl until smooth.



10. Add vegetables & cheese to egg mixture.



11. Pour mixture into a pie pan.



12. Bake at 400° for about 30-35 minutes or until a knife inserted halfway between center & the edge comes out clean. Let stand 5 minutes before cutting.



# NEP

Nutrition Education Program for Families

## Utah State UNIVERSITY EXTENSION

State of Utah

DEPARTMENT OF WORKFORCE SERVICES



*NEP means Nutrition Education Program. In Salt Lake, Davis, Box Elder, and Utah Counties there is EFNEP, which stands for Expanded Food and Nutrition Education Program. In the rest of the counties there is FNP which stands for Family Nutrition Program. Both programs provide information and teach skills that people need to improve their health and well being through diet.*

*NEP for families offers nutrition education through individual and family instruction in the home and in small group classes. The lessons are taught by Nutrition Assistants who are members of the USU Extension staff. The Nutrition Assistants have personally experienced the difficulty of raising families on a limited income.*

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## Turtle Talk

Dear Turtle,

I thaw my meat on the counter— is that okay?

Sincerely,

Sam

Dear Sam,

Don't do it! Thawing meat on the counter can make you sick!

Freezing meat prevents bacteria in meat from growing, but it does not kill it. When meat is thawed on the counter at room temperature, bacteria already present in meat can grow to an amount which could make you sick. There are three good ways to thaw

meat:

- 1 – In the refrigerator
- 2 – In the microwave
- 3 – Under running water at a temperature of 70° F or less for no more than two hours.

For large food items (like a 20 pound turkey) the first method of thawing in the refrigerator is recommended.

Sincerely,

Turtle



## Answers to Pyramid Puzzle (Page 2):

1. Bread
2. Egg
3. Milk
4. Carrot
5. Rice
6. Beef
7. Orange
8. Oil
9. Pasta
10. Yogurt
11. Cheese
12. Broccoli
13. Candy
14. Lettuce
15. Apple
16. Nuts