

Eat Smart, Stay Healthy – National Nutrition Month

*By Julie Rust, dietetic intern and Pauline Williams, USU
Extension Agent
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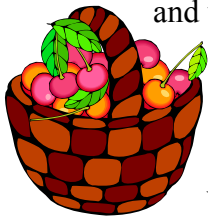


What we eat plays a big role in how we feel, how we look, and the amount of energy we have. Eating smart is about feeling good and performing well throughout the day.

One key to eating smart is having a well-balanced diet with lots of variety. This means choosing foods from all of the food groups throughout the day. Each group has nutrients that our bodies need.

The **bread, cereals, rice and pasta group** should be the basis of our diet. Within this group, choose whole grains such as whole wheat, oats, whole corn, rye, and brown rice. Whole grains have more nutrients, including folate, magnesium, iron, zinc and fiber than refined grains. Bread, cereals, rice and pasta are excellent sources of carbohydrates which give our bodies energy. Eat 6-11 servings from this group each day.

There are many different **fruits and vegetables** to increase variety and choice in the diet. Fruits and vegetables contain an array of vitamins and minerals. An easy way to take advantage of the many nutrients in fruits and vegetables is to eat different colored fruits and vegetables each day. Try red, blue/purple, orange, yellow, green, or white. Fruits and vegetables are great sources of vitamin A, vitamin C, folate, potassium, fiber, and magnesium. Consuming 5-9 servings of fruits and vegetables a day has been shown to decrease the risk for cancer, heart disease, obesity, and hypertension.



The **milk, yogurt, and cheese** group is most commonly known for its calcium content. Calcium is important for building strong bones and recent studies have associated calcium intake with lower body weight and improved blood pressure control. Other nutrients in the dairy group include phosphorus, protein, carbohydrate, riboflavin, vitamin D, magnesium and zinc. Aim for 2-3 servings of dairy each day.

The **meat, poultry, fish, dry beans, eggs, and nuts** group provides several important nutrients for our bodies. Protein, found abundantly in this group is an important building material for muscles, enzymes, hormones, skin, cartilage, ligaments, antibodies, and red blood cells. Besides protein other key nutrients in this group include, thiamin, riboflavin, niacin, vitamin B-6, vitamin B-12 (animal products only) iron, and zinc. Consuming five to seven ounces of meat or meat alternates daily is adequate.



Finally, the last group is the **fats, oils, and sweets** group. This group provides our body with energy, but very few nutrients or other health promoting compounds. Be careful no to replace foods from other groups with fats and sweets and use sparingly.

All foods fit into a healthy diet.
The key is variety and moderation.



Fruit Salsa and Cinnamon chips

Recipe found at www.allrecipes.com

10 servings

Ingredients:

- 2 kiwis, peeled and diced
 - 2 apples – peeled, cored and diced
 - 1 pound strawberries, hulled and diced
 - 2 tablespoons white sugar
 - 1 tablespoon brown sugar
 - 3 tablespoons berry flavored jam or preserves
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- 10 (10 inch) flour tortillas
 - Butter flavored cooking spray
 - 1 Cup cinnamon sugar

Directions

1. In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350 degrees F
3. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the preheated oven 8-10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit and spice mixture.