WELLNESS WAYS

UNIVERSITY OF ILLINOIS EXTENSION
College of Agricultural, Consumer and Environmental Sciences

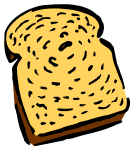
Ideas For Eating Better For Less . . . . November 2008

Know How Much You Eat & Drink

- Measure how much your bowls, glasses, cups and plates hold so you have some idea of how much you are eating and drinking.

- It may be hard to know if you are eating enough fruits and vegetables. Cut up a few whole fruits (apple, pears) and vegetables (cucumbers, tomatoes) into small pieces and measure them in measuring cups.

- Know how many ounces of grains you eat.
  1 ounce of grains is <u>about equal</u> to:
  - 1 slice of bread
  - 1 cup of breakfast cereal
  - 1/2 cup of cooked rice, cereal or pasta



Turkey Vegetable Bake Serves 4.

2 Tbsp. soft margarine or vegetable oil
2 Tbsp. all-purpose flour
1 cup reduced-sodium chicken broth
1 can (15 oz.) mixed vegetables, drained
2 cups cooked turkey chunks
1/2 cup shredded reduced fat processed cheese
1/2 cup soft bread crumbs

1. Preheat oven to 350 degrees.
2. In a saucepan, melt margarine or heat oil on medium-high heat.
3. Blend in flour.
4. Add broth. Cook and stir until sauce is thick and bubbly.
5. Remove from heat and stir in vegetables, turkey and 1/4 cup cheese.
6. Pour into a 1-quart oven-proof casserole dish.
7. Combine bread crumbs and remaining cheese and sprinkle over casserole.
8. Bake about 30 minutes or until heated through.

NUTRITION FACTS (per serving) – Calories 280; fat 12 g; calories from fat 110; sodium 1330 mg; total carbohydrate 18 g; fiber 4 g

Sweet Potato Casserole Serves 8.

5 medium or 3 large sweet potatoes
1/4 cup soft margarine
1 egg, beaten
1/2 cup packed brown sugar
1/2 cup fat-free milk
1/2 tsp. vanilla extract
1/2 tsp. cinnamon (optional)
1/2 tsp. salt

1. Preheat oven to 350 degrees.
2. Peel and slice sweet potatoes. Boil in water until tender. Drain.
3. In a large bowl mash sweet potatoes until creamy. Stir in margarine, egg, brown sugar, milk, vanilla, cinnamon, and salt.
4. Spread into a 9x13-inch lightly greased oven-proof casserole dish. Bake about 45 minutes or until firm.

***Toppings like chopped nuts, granola cereal or miniature marshmallows may be added before baking.

NUTRITION FACTS (per serving w/no topping) – Calories 180; fat 6 g; calories from fat 60; sodium 260 mg; total carbohydrate 29 g; fiber 3 g

Watch Your Portion Sizes

especially when eating low fiber, high fat, and high sugar foods.

- **Eating more calories than your body uses means you gain weight.** If you eat 100 extra calories each day you could gain about 10 pounds a year.
- **To know how many servings of foods you are eating read the Nutrition Facts labels.** Look for both the serving size and the number of calories per serving.
- When eating out, larger meals may cost only a little more than the smaller meals. **Share extra food with someone or take leftovers home.**

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact:
Name:

Office phone number:

UNIVERSITY OF ILLINOIS EXTENSION
NUTRITION EDUCATION PROGRAMS

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*** Local Extension Councils Cooperating**
University of Illinois Extension provides equal opportunities in programs and employment.
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