University of Idaho Extension

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Eat Smart Idaho

by Marnie Spencer

PLAN SMART | SHOP SMART | COOK SMART | EAT SMART

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About the author

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PLAN SMART

Recipes • Eat Smart Idaho class schedule • Planning tools
www.uidaho.edu/extension/eatsmartidaho/plan-smart

Decide how much you can afford to spend, plan family-friendly meals that fit your budget, and stick to your shopping list.

Watch Your Spending

How much do you spend on food now?

Before deciding your food budget, find out how much your family currently spends on food. For one week:

Step 1: Have everyone in the family save receipts for all their food purchases.

Include food from grocery stores, convenience stores, gas stations, school or work cafeterias, vending machines, restaurants, coffee shops, the movies, and anywhere else you buy food.

Step 2: Have everyone write their names on their receipts and put them in one place at the end of each day.

If a receipt was lost or not provided, make a note of the purchase and how much it cost.

Step 3: At the end of the week, sort receipts and notes into two piles.

In one pile put receipts and notes for food you bought to prepare at home. In the other pile put receipts and notes for food you purchased at restaurants, the movies, and so on.

Step 4: Add up the costs.

Filling in the spending worksheet on page 7 can make this task easier.

How much did your family spend on food to prepare at home?

How much was spent on food away from home?

Do you see any places where you could easily cut back on food costs?

Big cost of small expenses

You might be surprised by how much you spend on small things, like a coffee on the way to work or a mid-morning snack. To calculate the yearly cost of your food-buying habits, multiply how often per week you buy something by how much it costs each time and then multiply by 52, the number of weeks in a year.

Suppose you buy coffee 5 days per week and it costs you $3 per day:

5 days per week x $3 per day x 52 weeks = $780 per year.

Yearly cost of some buying habits.

If you do this	This often per week	And it costs this much each time	It will cost this much per year
Buy coffee on the way to work	5 days	$3.00	$780
Buy a drive-through breakfast meal	5 days	$5.00	$1,300
Eat fast food for lunch	3 days	$5.00	$780
Eat at a restaurant for lunch	2 days	$12.00	$1,248
Get a soda from a vending machine	5 days	$1.50	$390
Buy a snack from a vending machine	5 days	$1.50	$390
Get fast food dinner for a family of 4	1 day	$20.00	$1,040
Eat family dinner at a restaurant for family of 4	1 day	$50.00	$2,600
If you did all of these			**$8,528**

What do you suppose is your family's yearly total?

Use the worksheet on page 8 to figure the yearly costs of some of your own buying habits.

What could you do with money saved by eating meals and snacks from home?

For example, your family might decide to:

- Eat breakfast before leaving home or pack a breakfast to go.
- Buy a thermos to carry coffee or other beverages.
- Pack lunches.
- Eat out less often.

How much should you spend on food?

You now know how much you spend on food. To find out how much you should spend on food, use the online food cost calculator at EatSmartIdaho.org. The calculator estimates how much it should cost to feed your family using the United States Department of Agriculture's (USDA) Low-cost Food Plan. The calculator is online at *http://www.uidaho.edu/extension/eatsmartidaho/plan-smart/calculator*

Compare what you are spending for food with the food calculator estimate. If you are spending less or about the same, you are doing a good job with your food money. Make sure you are making healthy choices and providing your family with the recommended amounts of food from each food group.

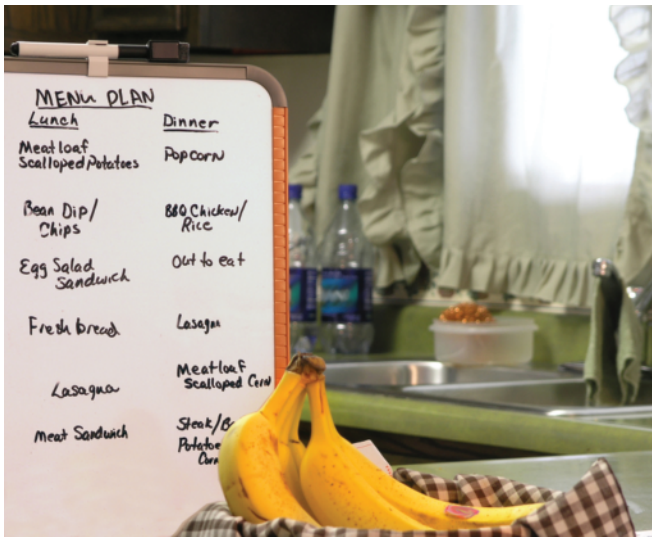
If you are spending more, use ideas from this publication and the Eat Smart Idaho website (*www.eatsmartidaho.org*) to plan, shop for, cook, and eat healthy, low-cost meals.

Plan Your Meals

Planning meals is the most important step in stretching your food dollar. People who plan meals are more likely to have enough food to last the whole month.

5 benefits of meal planning

- **Save time.** It takes time to plan meals but saves time during the week. You'll get faster with practice. Save more time by reusing previous menus.
- **Save money.** You can save as much as 15 percent on your grocery bill by carefully planning meals. That's more than $100 for a $700 monthly food budget!
- **Eat healthier.** Use MyPlate as a guide. Read more about MyPlate on page 26 and at the *http://ChooseMyPlate.gov* website.
- **Reduce stress.** Rest easy knowing you have a meal plan and all of the ingredients are on hand.
- **Eat together.** Meal time is a time to build family relationships. Plan meals so everyone can eat together often. Turn off the television, put other electronics away, and talk together.



Meal plans in 5 simple steps

Step 1: Prepare.

Find a time when you can focus without distractions. You'll need the following information and tools to get started:

- Your food budget, or how much you have to spend.
- A menu template. Start by making a one- or two-week menu using one of the menu templates on pages 9 and 10.
- Your calendar. Look at how much time you have to cook each night. Prepare simple meals on busy nights. Note special events such as birthdays and holidays that will affect what you have for dinner.
- School lunch menu. If your kids eat lunch at school, write those meals on your plan.

Step 2. Start with food you have.

Look in your pantry, refrigerator, and freezer for ingredients you have on hand. Plan to use these first, while they're still fresh. Try these ideas:

- Use leftovers for lunch or for some dinners.
- Use leftover vegetables, pasta or rice, and meat or beans to make a casserole, soup, or stir-fry.
- Add leftover vegetables to pasta sauce, salads, omelets, or pizza.
- Use leftover meat in sandwiches, quesadillas, or scrambled eggs.
- Blend ripe fruit, yogurt, fruit juice, and milk to make a smoothie.

Step 3: Add family favorites that are on sale.

Check newspaper or online advertisements for great buys. Keep a price book to track food prices so you know when "sales" really are good deals.

Match sale items to meals your family likes. Have family members help you make a list of easy, inexpensive, nutritious recipes that you all like. Put the recipes into categories such as these to simplify planning:

- Protein foods: chicken, pork, beef, fish/seafood, dried beans, eggs, and nuts
- Dishes from other countries: Italian, Mexican, Chinese
- Freezer meals
- Slow-cooker meals
- Breakfast for dinner
- Soup or stew
- No-cook meals such as sandwiches or salads
- Planned leftovers. Make a double batch of a recipe and freeze part for another day. Or prepare some ingredients for a future meal such as chopping extra vegetables, browning ground beef, or grating extra cheese. See *Eat Smart Idaho: Cook Smart* (page 19) for more ideas.
- Other

Step 4: Include plenty of vegetables and fruits.

Fresh vegetables and fruits usually taste best. Buy them when they're in season and more affordable. (See the seasonal produce guide on page 18.) Frozen and canned vegetables and fruits are nutritious and provide variety throughout the year.

Step 5: Review.

After making your meal plan, review each meal:

- Did you include foods from at least three food groups? (See "Eat Smart" [page 25] to learn more about food groups.)
- Are there a variety of shapes, colors, flavors, textures, and temperatures? Variety helps your meal look and taste great.

Write a Shopping List

Benefits of a shopping list

• **Save time.** An organized shopping list helps you get in and out of the store quickly.

• **Save money.** People spend about $2.17 for every minute they are in a grocery store. Quicker shopping means you'll spend less money. Sticking to a shopping list will also help you avoid buying on impulse.

• **Make fewer trips to the store.** Extra shopping trips take time and gas and increase the chance of impulse buying. Make a complete list before shopping and you are more likely to get everything you need.

Steps to a complete shopping list

Step 1. Review menus and recipes for ingredients.

Check your pantry, refrigerator, and freezer for what you already have. List the foods you still need to complete your menus and make the recipes you've planned. Add needed staple foods such as flour, sugar, coffee, and rice. List only as many fresh vegetables and fruits as you can use before they spoil.

Step 2: Organize the list according to store layout.

Save time and money by going down only the aisles that have food you need. Group your items by department: produce, meats, frozen foods, and so on. Try out the shopping list template on page 11.

If you like, make a shopping list template that includes things you buy often and copy or print it before each shopping trip. Circle items you need that week. For example, the dairy column might list milk, cheddar cheese, string cheese, mozzarella cheese, plain yogurt, strawberry yogurt, cottage cheese, and sour cream. Write in any additional dairy items you need.

Step 3: Maintain an ongoing list of low-inventory items.

Train yourself and your family to add things to the shopping list before you are completely out of them. Put the list with a pen or pencil in a place where all family members can easily see and add to it.

Step 4: Review your shopping list.

Ask yourself the following questions:

- Have I included ingredients for all the breakfasts, lunches, and dinners on my menus as well as ingredients for snacks?
- Does it look like the items on my list will fit my food budget? If it looks like the food will cost more than you have budgeted, take some things off the list. You could also put them in a separate place in your cart and buy them only if you have enough money at checkout.
- Do I have coupons for any foods on the list? Are any of the foods on sale? If so, note this on your list so you remember to use the coupon or to check that you were charged the sale price.

Planning With Children

Children feel important and involved when you include them in planning meals. Tasks you can do with your kids:

- **Make** a list of easy, inexpensive, nutritious recipes that you all like. Include these recipes in your menu.
- **Write** down their activities so you can plan and prepare simple meals on busy nights.
- **Write** down school lunch meals if your kids eat lunch at school.
- **Search** the pantry, refrigerator, and freezer for meal ingredients. Add missing items to the shopping list.

SPENDING WORKSHEET

How much do you spend on food now?

INSTRUCTIONS

For one week:

1. Have everyone in the family save receipts for all their food purchases. Include food from grocery stores, convenience stores, gas stations, school or work cafeterias, vending machines, restaurants, coffee shops, the movies, and anywhere else your family buys food.

2. Have everyone write their names on their receipts and put them in one place at the end of each day. If a receipt was lost or not provided, make a note of the purchase and how much it cost.

3. At the end of the week, sort each day's receipts into two categories: food your family bought to prepare at home and prepared food your family bought at restaurants, convenience stores, and other places.

4. Add up how much you spent on each category of food each day of the week.

5. Fill in the chart at right.

QUESTIONS TO ANSWER

How much did your family spend on food to prepare at home?

How much did you spend on food away from home?

Are there any places where you could easily cut back on food costs? Please list them.

WEEK OF _____

Date	Amount spent on food to prepare at home
Week's total:	

Date	Amount spent on prepared food at restaurants, convenience stores, and other places.
Week's total:	

BUYING-HABITS WORKSHEET

Small expenses can add up to a big cost. Figure out the yearly costs of your food-buying habits such as a morning coffee on the way to work, sodas from the vending machine, or fast-food lunches.

INSTRUCTIONS

1. Use the chart below to list your food-buying "habits," how often you buy the item each week, and how much it costs each time you buy.

2. Multiply the number in column 2 by the number in column 3 by 52 weeks per year.

   Suppose you buy coffee 5 days per week and it costs you $3 per day:

   5 days per week X $3 per day X 52 weeks per year = $780 per year

3. Now add up your yearly total.

1. **Your food-buying habit**	2. **You buy it this often per week**	3. **It costs this much each time**	4. **It will cost this much per year**
Example: Buy coffee on the way to work	5 days a week	$3 a day	5 X $3 X 52 = $780
Yearly total:			

QUESTION

What could you do with money you save by eating meals and snacks prepared at home?

ONE-WEEK MENU

MENU FOR THE WEEK OF: _____

Include foods from at least three groups at each meal.

Breakfast	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							

Lunch	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							

Dinner	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							

Snack	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							

TWO-WEEK MENU

MENU FOR THE WEEK OF: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

MENU FOR THE WEEK OF: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

MY SHOPPING LIST

Write down things you need to buy from each category.

FRUITS/VEGETABLES	BREAD/GRAIN/CEREAL	MEAT/PROTEIN
DAIRY	**FROZEN**	**CANNED/PACKAGED**
STAPLES	**NON-FOOD**	**OTHER**

SHOP SMART

Recipes • Eat Smart Idaho class schedule • Shopping tools
www.uidaho.edu/extension/eatsmartidaho/shop-smart

Save money at the store, choose healthy and inexpensive foods, and get the most out of Nutrition Facts labels.

Shopping Essentials

When should you shop?

- When you have a shopping list. Stick to the list.
- No more than once a week.
- When the store is least crowded.
- When you have time to compare the nutrition and prices of similar foods.
- After having a healthy meal or snack, not when you are hungry or thirsty.
- When you can go alone. Have a friend or adult family member keep your children. If you need to shop with children, teach them shopping skills so they can help.
- On double or triple coupon days.

Where should you shop?

- Where you find the best prices. Find prices at stores, online, in newspaper inserts, and in your price book. Include the cost of gas when deciding where to shop.
- Check prices at discount and dollar stores for items like cleaning supplies, personal-care items, and pet food.
- Check out farmers' markets and food co-ops.
- Look into stores that offer loyalty cards.
- If you use coupons, look for stores that offer double- or triple-coupon days.

How much should you buy?

- Buy only as much as you have budgeted for the shopping trip.
- Buy only the amount of food you will eat while it is fresh.
- Bigger packages often cost less per unit of contents. Compare unit prices to be sure. Divide large packages into smaller serving sizes and store them for later use. Buying big packages may encourage you to eat larger portions.
- Buying from bulk bins lets you choose how much to buy and usually costs less per unit.

What should you buy?

- Only what is on your shopping list.
- Nutrient-rich foods. Read and compare Nutrition Facts labels.
- Store or generic brands. Many are the same or very similar in quality and nutrition to national brands.
- The least expensive form of food that will work for you (fresh, frozen, or canned).
- The freshest food possible. Check sell-by and use-by dates.

What should you avoid buying?

- Impulse items—things that catch your attention but are not on your list.
- Convenience foods—foods that are fully or partially prepared when you buy them, such as boxed casserole mixes, precooked roasted chicken, or premade sandwiches or salads. They are almost always more expensive than foods you make from scratch. They are also often higher in fat, sodium, and sugar and lower in fiber and other nutrients.
- Bulging, swollen, rusty, or severely dented cans.
- Foods with little nutritional value such as chips, candy, cookies, and soda.

Five Money-Saving Tips

1. Compare unit prices.

Unit price is the cost of a product per unit of weight, volume, or other measure of quantity. It is usually posted on the shelf below the food. Use unit price to find the best buy among different brands and different sizes of the same brand.

Here are two unit price labels for two brands of crackers:

Store-brand snack crackers	Name-brand snack crackers
$2.00 16 ounces $0.13/oz	$2.39 12 ounces $0.20/oz

Which crackers are the better buy?

(Store-brand snack crackers, with a unit price of 13¢ per ounce)

If the unit price is not posted, you can calculate it by dividing the total price of the product by the total weight, volume, or other unit of product. For example, a 29-ounce can of peaches costs $1.45. The unit price is

$1.45 ÷ 29 ounces = $0.05 per ounce, or 5 cents per ounce.

2. Keep a price book.

Keep track of the prices of foods you use often. Note the price at each store where you shop. When a food in your price book is advertised in a sale, you will know if it is a good deal or not. If it is—and you have extra food money—you can stock up. When you know regular prices, you can also quickly spot when a "buy one, get one free" sale is a good deal.

3. Use coupons wisely.

Clip coupons for foods you use often. Most coupons are for name brands, and you may find less-expensive store brands. Coupons for basic ingredients such as vegetables, fruits, and dairy products are not common. If you use a coupon, make sure the cashier scans it.

4. Avoid spending traps.

- Only go down aisles that have food on your list. Learn the store layout so you can find food quickly. Basic foods are around the outside edges of the store.
- Look at the high and low shelves for bargains and healthier choices.
- More-costly and less-healthy foods are placed at eye level.
- Be aware of displays at the ends of aisles. They often feature impulse items with "special" pricing.

5. Pay attention when checking out.

- Resist magazines, candy, and other impulse items.
- Watch for scanning errors, coupon deductions, and correct change.
- Check your receipt for accuracy before leaving the store.

Shopping Smart By Food Group

Fruits

- Buy fresh fruits in season, when they cost less and taste better. Check farmers' markets for seasonal produce. (See the seasonal produce on page 18.)
- Choose frozen and canned fruits (canned in juice or water) and concentrated juice.
- Compare the prices of similar foods such as plums and peaches.

Vegetables

- Buy fresh vegetables in season. (See the seasonal produce guide on page 18.)
- Whole vegetables and salad greens are usually less expensive and stay fresh longer than cut-up vegetables and salad mixes.
- Buy frozen and canned vegetables with less salt.
- Think about planting a garden. Read about growing a garden in Idaho at the Idaho Landscapes and Gardens website, *http://web.cals.uidaho.edu/idahogardens*

Breads and grains

- Day-old bread costs less and is still a healthy choice.
- Buy regular rice and oatmeal rather than instant.
- Choose whole-grain bread, cereal, pasta, crackers, and brown rice.

Meat and protein

- Meat is one of the most-expensive foods. Watch for sales.
- Large packages of meat may be cheaper on sale. Divide the meat into meal-size packages and freeze it for later use.
- Use less-expensive cuts of meat in soups, stews, stir-fries, and slow-cooker dishes. Less-expensive cuts of beef include flank steak, skirt steak, brisket, chuck steak or roast, ribs, and round or top round steak or roast.
- Dried beans are a good source of protein and fiber, inexpensive, and long lasting.
- Eggs and nuts are good sources of protein.

Low-fat milk products

- Choose fat-free or low-fat (1%) milk, yogurt, and cheese.
- Larger packages of milk, cheese, and yogurt cost less per unit than smaller packages. Buy the largest size you can eat while it's fresh.
- Try ultra-pasteurized milk, evaporated skim milk, and nonfat dry milk. They have long shelf lives.
- Freeze milk and shredded cheese to preserve them. Pour a small amount of milk out of the container before freezing to allow space for expansion.

Food Safety Essentials

Keep your food safe while shopping, going home, and putting food away.

- Make food shopping your last stop before going home.
- Buy nonfood items and nonperishable food first. Buy refrigerated food next and frozen food last.
- Check each item for sell-by and use-by dates. Choose the food with the longest shelf life.
- Bag cold items together and place them in the coolest part of your car. If you live more than 30 minutes from where you shop, put cold items in a cooler, especially in hot weather.
- Put cold food away first when you get home.
- Put new foods behind older ones in the pantry, refrigerator, and freezer so you can easily use older food first.

Using The Nutrition Facts Label

The Nutrition Facts Label is a great tool for comparing foods and making healthy food choices. Follow this step-by-step guide to reading the label:

Step 1: Find the serving size and number of servings per container. Compare a "serving" with how much you eat.

The serving size for both the chili and the macaroni and cheese is 1 cup. The chili contains 2 servings per can, and the box of prepared macaroni and cheese makes 3 servings. You may eat more or less than the listed serving size.

Chili con carne with beans

Nutrition Facts
Serving Size 1 cup (260g)
Servings Per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 1140mg	**48%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 10g	**40%**
Sugars 3g	
Protein 17g	**34%**
Vitamin A 25% •	Calcium 8%
Iron 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: water, beef, beans, contains 2% or less of textured vegetable protein (soy flour, caramel color), tomato paste, salt, wheat flour (bleached, enriched [niacin, iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), seasoning (spice, salt, natural flavor), food starch-modified, seasoning (sugar, modified food starch, salt, citric acid), hydrolyzed soy protein, monosodium glutamate, spices, paprika, flavorings (soy lecithin)

Contains: Wheat, Soybeans

Macaroni and cheese

Nutrition Facts
Serving Size 2.5 oz (makes about 1 cup) (70g)
Servings Per Container 3

Amount Per Serving	
Calories 400	Calories from Fat 170
	% Daily Values*
Total Fat 19g	**29%**
Saturated Fat 5g	**25%**
Trans Fat 4g	
Cholesterol 15mg	**5%**
Sodium 580mg	**24%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 10g	**20%**
Vitamin A 15% •	Calcium 15%
Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), cheese sauce mix (whey, milkfat, milk protein concentrate, salt, sodium tripolyphosphate, contains less than 2% of citric acid, lactic acid, sodium phosphate, calcium phosphate, milk, yellow 5, yellow 6, enzymes, cheese culture)

Contains: Milk, Wheat

How many calories are in a whole can of chili??

(520 calories)

How many calories are in a whole prepared box of macaroni and cheese?

(1,200 calories)

Step 2: Check calories and calories from fat.

These numbers show how many calories are in one serving of food and how many of those calories are from fat.

Chili con carne with beans

Nutrition Facts
Serving Size 1 cup (260g)
Servings Per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 1140mg	**48%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 10g	**40%**
Sugars 3g	
Protein 17g	**34%**
Vitamin A 25% •	Calcium 8%
Iron 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: water, beef, beans, contains 2% or less of textured vegetable protein (soy flour, caramel color), tomato paste, salt, wheat flour (bleached, enriched [niacin, iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), seasoning (spice, salt, natural flavor), food starch-modified, seasoning (sugar, modified food starch, salt, citric acid), hydrolyzed soy protein, monosodium glutamate, spices, paprika, flavorings (soy lecithin)

Contains: Wheat, Soybeans

Macaroni and cheese

Nutrition Facts
Serving Size 2.5 oz (makes about 1 cup) (70g)
Servings Per Container 3

Amount Per Serving	
Calories 400	Calories from Fat 170
	% Daily Values*
Total Fat 19g	**29%**
Saturated Fat 5g	**25%**
Trans Fat 4g	
Cholesterol 15mg	**5%**
Sodium 580mg	**24%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 10g	**20%**
Vitamin A 15% •	Calcium 15%
Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), cheese sauce mix (whey, milkfat, milk protein concentrate, salt, sodium tripolyphosphate, contains less than 2% of citric acid, lactic acid, sodium phosphate, calcium phosphate, milk, yellow 5, yellow 6, enzymes, cheese culture)

Contains: Milk, Wheat

Which of the foods has fewer calories per cup?

(chili)

Which has fewer calories from fat?

(chili)

Step 3: Look at the Daily Value and Percent (%) Daily Value for each nutrient.

Daily Values (DV) are the recommended intakes of specific nutrients for adults. The guide at the bottom of the Nutrition Facts label shows Daily Values for a 2,000-calorie diet and a 2,500-calorie diet. These guides are general dietary advice.

The % Daily Value (% DV) indicates how much of the daily value you get in a serving of food. The % Daily Value is based on the 2,000-calorie diet, which may be more or less than your family members need. For example, if the label lists 8% for calcium (like the chili label), it means one serving provides 8 percent of the calcium you need each day.

- Look for foods lower in fat, saturated fat, cholesterol, and sodium. These nutrients may increase your risk of certain chronic diseases. Aim to eat less than 100% of the daily value of these nutrients every day.
- Look for foods high in dietary fiber, vitamins, and minerals. These nutrients can maintain or improve your overall health. Try to eat at least 100% of the daily value of these nutrients every day.
- Foods with 20% DV or more are considered high in the nutrient or an excellent source of the nutrient.
- Foods with 10–19% DV are considered a good source of that nutrient.
- Foods with 5% DV or less are considered low in that nutrient.

Chili con carne with beans

Nutrition Facts
Serving Size 1 cup (260g)
Servings Per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 1140mg	**48%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 10g	**40%**
Sugars 3g	
Protein 17g	**34%**
Vitamin A 25% •	Calcium 8%
Iron 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: water, beef, beans, contains 2% or less of textured vegetable protein (soy flour, caramel color), tomato paste, salt, wheat flour (bleached, enriched [niacin, iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), seasoning (spice, salt, natural flavor), food starch-modified, seasoning (sugar, modified food starch, salt, citric acid), hydrolyzed soy protein, monosodium glutamate, spices, paprika, flavorings (soy lecithin)

Contains: Wheat, Soybeans

Macaroni and cheese

Nutrition Facts
Serving Size 2.5 oz (makes about 1 cup) (70g)
Servings Per Container 3

Amount Per Serving	
Calories 400	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 5g	**25%**
Trans Fat 4g	
Cholesterol 15mg	**5%**
Sodium 580mg	**24%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 10g	**20%**
Vitamin A 15% •	Calcium 15%
Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), cheese sauce mix (whey, milkfat, milk protein concentrate, salt, sodium tripolyphosphate, contains less than 2% of citric acid, lactic acid, sodium phosphate, calcium phosphate, milk, yellow 5, yellow 6, enzymes, cheese culture)

Contains: Milk, Wheat

Which food has less sodium per serving?

(Macaroni and cheese)

Is macaroni and cheese low in sodium?

(No. It would need to have 5% of the Daily Value or less. It has 24% of the Daily Value.)

Which food has more iron per serving?

(chili)

Is a serving of chili an excellent source of dietary fiber?

(Yes, because it contains 40% of the Daily Value for dietary fiber.)

Step 4: Look at the list of ingredients.

Ingredients are listed in order, by weight, from the most to the least amount in the product. For example, the first three ingredients in the chili are water, beef, and beans. The ingredients in the macaroni and cheese mix are enriched macaroni product (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid) and cheese sauce (sub-ingredients listed). A list of common allergens is also listed. For the macaroni and cheese, wheat and milk are listed. The chili contains soy and wheat.

Chili con carne with beans

Nutrition Facts

Serving Size 1 cup (260g)
Servings Per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 1140mg	**48%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 10g	**40%**
Sugars 3g	
Protein 17g	**34%**

Vitamin A 25% • Calcium 8%
Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: water, beef, beans, contains 2% or less of textured vegetable protein (soy flour, caramel color), tomato paste, salt, wheat flour (bleached, enriched [niacin, iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), seasoning (spice, salt, natural flavor), food starch-modified, seasoning (sugar, modified food starch, salt, citric acid), hydrolyzed soy protein, monosodium glutamate, spices, paprika, flavorings (soy lecithin)

Contains: Wheat, Soybeans

Macaroni and cheese

Nutrition Facts

Serving Size 2.5 oz (makes about 1 cup) (70g)
Servings Per Container 3

Amount Per Serving	
Calories 400	Calories from Fat 170
	% Daily Values*
Total Fat 19g	**29%**
Saturated Fat 5g	**25%**
Trans Fat 4g	
Cholesterol 15mg	**5%**
Sodium 580mg	**24%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 10g	**20%**

Vitamin A 15% • Calcium 15%
Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), cheese sauce mix (whey, milkfat, milk protein concentrate, salt, sodium tripolyphosphate, contains less than 2% of citric acid, lactic acid, sodium phosphate, calcium phosphate, milk, yellow 5, yellow 6, enzymes, cheese culture)

Contains: Milk, Wheat

Shopping With Children

Saving time and money at the store is a valuable life skill. You can teach beginning shopping skills to young children and advance to more difficult skills as your children age.

- **Allow** young children to choose between two foods such as green or purple grapes.
- **Help** them select a new fruit or vegetable to try.
- **Have** older children look at unit prices.
- **Let them** help you read and compare food labels. For example, among cereals that are within your food budget, ask them to find the one with the most fiber.
- **Ask** children to help you put food away when you get home.

SEASONAL PRODUCE GUIDE

Winter

- Apples
- Brussels Sprouts
- Bananas
- Beets
- Cabbage
- Carrots
- Celery
- Grapefruit
- Kale
- Lemons
- Onions and Leeks
- Oranges
- Parsnips
- Pineapple
- Pears
- Potatoes
- Pumpkins
- Rutabagas
- Sweet Potatoes and Yams
- Turnips
- Winter Squash

Spring

- Apples
- Apricots
- Asparagus
- Bananas
- Broccoli
- Cabbage
- Carrots
- Celery
- Collard Greens
- Garlic
- Greens (cooking)
- Lettuce
- Mushrooms
- Onions and Leeks
- Peas
- Pineapple
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Swiss Chard
- Turnips

Summer

- Apples
- Apricots
- Bananas
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Carrots
- Cantaloupe/ Muskmelons
- Celery
- Cherries
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green Beans/ Beans
- Honeydew Melon
- Kiwifruit
- Lima Beans
- Mangoes
- Nectarines
- Okra
- Peaches
- Plums
- Raspberries
- Strawberries
- Summer Squash & Zucchini
- Tomatillos
- Tomatoes
- Watermelon

Fall

- Apples
- Bananas
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cranberries
- Garlic
- Ginger
- Grapes
- Greens (cooking)
- Green Beans/ Beans
- Kale
- Lettuce
- Mangoes
- Mushrooms
- Onions and Leeks
- Parsnips
- Peas
- Pears
- Pineapple
- Potatoes
- Pumpkins
- Radishes
- Raspberries
- Rutabagas
- Spinach
- Sweet Potatoes and Yams
- Swiss Chard
- Turnips
- Winter Squash

Source: United States Department of Agriculture SNAP-Ed Connection
http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce.

COOK SMART

Recipes • Eat Smart Idaho class schedule • Cooking tools
www.uidaho.edu/extension/eatsmartidaho/cook-smart

Save time in the kitchen, keep foods safe, make meals healthier, and reduce food waste.

Save Time

Organize your space

- Clear counters. Keep only a few appliances on your counters, if any. Store the rest in cabinets.
- Keep things you use often in easy-to-reach places. Move items you seldom use to upper cabinets or another room. Give away items you never use.
- Figure out how many of each kitchen item you need. Do you use more than one set of measuring cups at a time? Do you need five mixing bowls, or just two?
- Create kitchen zones for specific tasks such as food storage, food preparation, cooking, baking, and cleaning up. Keep appropriate kitchen equipment and tools in each zone. You may want to add an information zone for coupons, menus, and recipes.

Use your meal plan

- Post your menu where it is easy to see (see meal plans in 5 simple steps on page 5).
- Look ahead to see what foods you need to move from the freezer to the refrigerator to thaw.

Prepare food in advance

- Cook once, eat twice. Double or triple recipes or cook two or more different meals with similar ingredients. Package meals in family-size portions. Refrigerate what you will use in a few days and freeze the rest.
- Cook and freeze ingredients for future meals.
  - Brown and rinse ground beef, and then freeze in recipe-size portions.
  - Roast a chicken or turkey, then chop and freeze it. Make soup stock from the bones and freeze it.
  - Cook rice or dried beans and freeze them in recipe-size portions.
- Freeze muffins, bread, and cookies.
- Wash fresh fruits and vegetables in advance. Store them in the refrigerator. Some fresh produce, such as strawberries and mushrooms, shouldn't be washed until just before serving.
- Shred cheese and refrigerate or freeze it for future meals. To help keep the cheese from clumping, you can add 1–2 tablespoons of cornstarch to the bag of shredded cheese and shake to mix.

Keep it simple

- Try one-dish meals, such as casseroles.
- Prepare easy recipes. Find recipes at *www.eatsmartidaho.org* and at *http://www.whatscooking.fns.usda.gov*
- Use quick-cooking appliances such as the microwave, grill, or stovetop.
- Use a slow cooker:
  - Keep perishable food refrigerated until preparation time.

- Thaw meat or poultry before putting it into the slow cooker.
- Put the vegetables on the bottom and sides of the slow cooker and the meat on top.
- Fill the slow cooker one-half to two-thirds full.
- Keep the lid in place. Remove it only to stir the food or check for doneness.
- Use recipes that include a liquid.
- Do not use a slow cooker to reheat cooked foods.
- Learn more about slow cookers and food safety at *http://www.fsis.usda.gov/shared/PDF/Slow_Cookers_and_Food_Safety.pdf?redirecthttp=true*

Keep Your Food Safe

Every year, about one in six people in the United States gets sick from food. Almost half these cases of foodborne illness are caused by food prepared at home. To reduce the chances of food poisoning in your home, follow the four vital keys to food safety—clean, separate, cook, and chill.

Clean

- Wash hands and all surfaces often with hot, soapy water.
- Wash fresh vegetables and fruits with running water before peeling, eating, or cooking.
- To avoid spreading germs to other foods, DO NOT wash meat and poultry.
- Wash lids of cans before opening them.
- Sanitize surfaces after washing them, especially surfaces that held raw meat, poultry, seafood, or eggs. Spray sanitizing solution on surfaces, let it sit for 1–2 minutes, then wipe the surface or let it air dry.

Sanitizing Solution

Mix 3/4 teaspoon bleach and 1 quart water in a spray bottle.

Make fresh sanitizing solution every week.

- Find more ways to keep your food and home clean at *http://www.fightbac.org/storage/documents/flyers/clean__fightbac_factsheet_2010_color2.pdf*

Separate

- Separate raw, cooked, and ready-to-eat foods while shopping, cooking, and storing foods.
- Keep raw meat, poultry, and seafood in covered containers on the bottom shelf of the refrigerator.
- Use one cutting board for raw meats and a separate cutting board for foods that are ready to eat such as fruit, salad ingredients, and bread. If only one cutting board is available, wash and sanitize it between uses.
- Wash and sanitize all surfaces that come in contact with raw meat, poultry, seafood, or eggs.
- Learn more about keeping foods separate and safe at *http://www.fightbac.org/storage/documents/flyers/separate_fightbac_factsheet_2010_color.pdf*

Use a food thermometer

- Make sure cooked food reaches an internal (inside) temperature high enough to kill bacteria that cause foodborne illness:

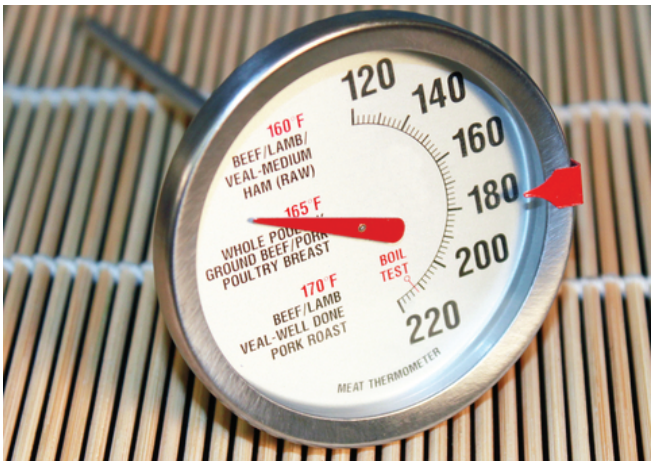
Safe internal temperatures for cooked food.

Food	Minimum safe internal (inside) temperature
Steaks, chops, and roasts (beef, veal, pork, and lamb). Let the meat rest for 3 minutes before eating.	145°F
Fish	145°F
Ground meat (beef, veal, pork, and lamb)	160°F
Eggs and egg dishes. Cook eggs until yolk and white are firm. Don't eat foods containing raw or undercooked eggs.	160°F
All poultry	165°F
Leftovers	165°F
Sauces, soups and gravy	Rolling, rapid boil

- Insert the thermometer into the thickest part of the meat, poultry, or fish or into the center of the container of sauce, soup, gravy, or leftovers. Make sure the thermometer does not touch any part of the bones, fat, or pan. Insert the thermometer into the side of hamburger patties.
- Hand wash the stem of the thermometer in hot, soapy water after use. Do not put the dial or digital display in water or wash the thermometer in the dishwasher.
- Learn more about cooking to safe temperatures at *http://www.fightbac.org/storage/documents/flyers/cook_fightbac_factsheet_2010_color.pdf*

Chill

- Refrigerate or freeze these foods within 2 hours (within 1 hour if the air temperature is above 90°F) to slow the growth of harmful bacteria:
  - Meat, poultry, seafood, and eggs
  - Cooked food
  - Cut fresh fruits or vegetables
- Store leftovers in shallow containers no deeper than 2 inches.
- Allow cold air to circulate in the refrigerator by leaving some room between foods.
- Keep the refrigerator at 40°F or below and the freezer at 0°F or below. Use an appliance thermometer to check temperatures.
- Safely defrost food in one of three ways:
  - In the refrigerator on the bottom shelf on a plate.
  - In cold water that is changed every 20–30 minutes. Cook immediately after thawing.
  - In the microwave. Cook immediately after thawing.
- Use or discard refrigerated food regularly. See the cold storage chart for guidelines: *http://www.fightbac.org/storage/documents/coldstoragechart_fnl.pdf*
- Find more information about safely chilling food at *http://www.fightbac.org/storage/documents/flyers/chill_%20fightbac_factsheet_2010_color.pdf*



Are you keeping your food safe?

Take the following quiz to see how you are doing.

Clean		
I wash my hands with soap and warm running water before preparing food.	Yes	No
I wash fresh vegetables and fruits before peeling them.	Yes	No
I wash fresh vegetables and fruits before eating them.	Yes	No
I wash fresh vegetables and fruits before cooking them.	Yes	No
I wash the counter tops after preparing food.	Yes	No
I wash the cutting boards after preparing food.	Yes	No
I sanitize surfaces after washing them, especially those that held raw meat.	Yes	No
Separate		
I separate raw, cooked, and ready-to-eat foods when shopping.	Yes	No
I separate raw, cooked, and ready-to-eat items when cooking or preparing food.	Yes	No
I separate raw, cooked, and ready-to-eat items when storing food.	Yes	No
I keep raw meat products covered on the bottom shelf of the refrigerator.	Yes	No
Cook		
I have a food thermometer.	Yes	No
I use a food thermometer to check that my meat is done.	Yes	No
I use a food thermometer to make sure leftovers are reheated safely.	Yes	No
Chill		
I do not let food sit out for more than 2 hours.	Yes	No
I store leftovers in shallow containers no deeper than 2 inches.	Yes	No
I keep an appliance thermometer in my refrigerator.	Yes	No
I keep an appliance thermometer in my freezer.	Yes	No
The temperature inside my refrigerator is below 40°F.	Yes	No
The temperature of my freezer is below 0°F.	Yes	No
I defrost food using one of the recommended methods: in the refrigerator, in cold water, or in the microwave.	Yes	No
When I defrost food in cold water or in the microwave, I cook it immediately after thawing.	Yes	No

If you answered no to any of the statements, make changes to be more food safe.

Boost Nutrition

Add vegetables

- Add extra vegetables to scrambled eggs, soups, stews, casseroles, pasta dishes, stir-fry dishes, salads, muffins, and some cakes.
- Make main-dish salads.
- Pile lots of fresh vegetables on sandwiches. Great options include lettuce, tomato, onions, cucumber, and peppers.
- Add spinach or other greens to smoothies.

Add fruits

- Add fruit to cereal and yogurt.
- Make fruit smoothies with fresh or frozen fruit, fruit juice, yogurt, milk, and ice.
- Put dried or fresh fruit in waffles, pancakes, muffins, or oatmeal.
- Top salads with fresh, canned, or dried fruits such as pineapple, strawberries, grapes, and raisins.
- Try grilling fruit.

Add beans and grains

- Add beans, lentils, or dried peas to soups, salads, and dips.
- Gradually replace refined grains with whole grains such as brown rice and whole-grain bread, cereal, crackers, and pasta.

Cut back on fat

- Trim fat from the outside of meat and take the skin off poultry before cooking.
- Choose smaller portions of meat.
- Limit your use of high-fat processed meats like bacon, sausage, and bologna.
- Bake, broil, or roast instead of deep-fat frying or pan frying with a lot of oil or fat.
- Chill meat drippings and remove the hardened fat.
- Use less fat in baking. You can decrease fat by one-quarter or more in many recipes.
- Choose fruit-based desserts instead of heavier, high-fat treats.

Healthy substitutions to reduce fat.

Original ingredient	Healthy substitute
Dairy	
Whole milk	Non fat (skim) or 1% low-fat milk
Yogurt	Low-fat or nonfat yogurt
Regular block or shredded cheese	Low-fat cheese or a smaller amount of stronger (sharper) cheese
Cottage cheese, cream cheese, or sour cream	Low-fat or fat-free versions
Protein	
Fatty cuts of meat	Lean cuts of meat such as from the loin or round
Regular ground beef	Lean or extra-lean ground beef OR rinse cooked regular ground beef
1 whole egg	2 egg whites (¼ cup) or ¼ cup egg substitute
Chicken with skin	Remove skin before cooking
Oil-packed tuna	Water-packed tuna
Baking	
1 ounce unsweetened baking chocolate	3 tablespoons dry cocoa + 2 teaspoons sugar + 1 tablespoon oil
Butter	Tub margarine with the lowest saturated fat. Light or low-fat margarines do not work well in baking.
Oil	Pureed fruit (applesauce, prunes, etc.) can be used for half the oil in many baking recipes.
1 cup chocolate chips	½ cup mini chocolate chips
1 cup oil in quick breads or cakes	½ cup pureed fruit or vegetable + ½ cup oil or buttermilk
1 cup chopped pecans or walnuts	½ cup nuts toasted to bring out the flavor
1 cup shredded coconut	½ cup toasted coconut plus ½ teaspoon coconut extract
Other fats and oils	
Mayonnaise	Light or nonfat mayonnaise or ½ light mayonnaise + ½ nonfat yogurt
Salad dressing	Reduced–fat or fat-free dressing

Reduce Food Waste

Americans waste about 14 percent of their food purchases. That means a family that spends $175 weekly on groceries could waste $1,275 per year! There are a lot of ways you can decrease food waste:

- Start your menu planning with food you have in your pantry, refrigerator, and freezer.
- Include leftover nights on your menu.
- Pay attention to foods you throw away. Next time, buy less—only as much as you can eat while the food is still fresh.
- After shopping, rotate older foods to the front of the pantry, refrigerator, and freezer and use them before newer foods.
- Store refrigerated food in shallow, see-through containers.
- Dedicate an area of the refrigerator for leftovers. Train family members to look there for quick meals and snacks.
- Freeze food for later use. Package or wrap it well and include a label and date.

Substitutions

Missing an ingredient? Try these substitutions rather than go to the store.

Substitutions for cooking ingredients.

Product	Amount	Substitute
Baking powder	1 teaspoon	¼ teaspoon baking soda plus ⅝ teaspoon cream of tartar
Buttermilk	1 cup	1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup OR 1 cup plain yogurt
Chocolate, unsweetened	1 ounce	3 tablespoons dry cocoa + 2 teaspoons sugar + 1 tablespoon oil
Cornstarch	1 tablespoon	2 tablespoons flour
Flour, all-purpose	1 cup	½ cup whole wheat flour plus ½ cup all-purpose flour
Garlic	1 small clove	⅛ teaspoon garlic powder OR ¼ teaspoon instant minced garlic
Herbs, fresh	1 tablespoon	1 teaspoon dried leaf herbs OR ½ teaspoon ground dried herbs
Milk	1 cup	4–5 tablespoons nonfat dry milk powder and enough water to make 1 cup
Mustard, dry	1 teaspoon	1 tablespoon prepared mustard
Mayonnaise	1 cup	1 cup sour cream OR 1 cup yogurt OR 1 cup pureed cottage cheese OR a combination of the above
Onion	1 small or ¼ cup chopped fresh onion	1 tablespoon instant minced onion OR 1 teaspoon onion powder
Wine, red or white	Any	Grape juice or cranberry juice for red wine; apple juice for white wine
Yogurt	1 cup	1 cup buttermilk OR 1 cup pureed cottage cheese
Catsup	1 cup	1 cup tomato sauce, ½ cup sugar, and 2 tablespoons vinegar
Chicken or beef stock base, instant	1½ teaspoons	1 chicken or beef bouillon cube
Cream of tartar	½ teaspoon	1½ teaspoons lemon juice or vinegar
Sugar, white	1 teaspoon	½ to ¾ teaspoon honey or molasses
Sugar, white	1 cup	1 cup brown sugar
Tomato sauce	15-ounce can	6-ounce can tomato paste plus 1 cup water

Cooking With Children

Children love to learn cooking skills. Children are also more likely to eat foods they have helped prepare. Follow these guidelines to keep your child safe in the kitchen:

- **Supervise** children during all cooking activities.
- **Tie back** long hair and loose clothing.
- **Use** child-safe equipment such as plastic bowls and blunt knives.
- **Use** sturdy stools so smaller children can reach the counters.
- **Ask** older children to cook one night per week. Plan around their other activities.

Tasks children may be able to perform at different ages.

3–4 years

Get out and put away groceries
Get out pans or tools
Set table
Wash fruits and vegetables
Tear salad greens
Knead and shape dough
Put things in trash

5–6 years

Tasks for 3- to 4-year olds with less supervision
Peel vegetables
Measure ingredients
Make sandwiches, pancakes, or scrambled eggs
Set and clear the table
Load the dishwasher

7–10 years

Tasks for 5- to 6-year olds with less supervision
Cut ingredients
Make simple recipes
Put ready-to-cook food into the oven and turn it on
Mix frozen concentrated fruit juice
Help plan meals

EAT SMART

Recipes • Eat Smart Idaho class schedule • Eating tools
www.uidaho.edu/extension/eatsmartidaho/eat-smart

Fill your plate with a variety of healthy foods, make quick breakfasts and healthy snacks, and get the most out of your money when you eat out.

Dietary Guidelines for Americans

The Dietary Guidelines for Americans provide recommendations for eating that will help people improve their health. They are updated every five years by two government agencies—the United States Department of Agriculture and the Department of Health and Human Services. These agencies evaluate the health status of the people in the United States. Their reports as well as scientific research are used to create the guidelines (*http://www.health.gov/dietaryguidelines*). The latest version was released in 2010 and is meant for all Americans over 2 years of age.

The guidelines make the following key recommendations:

Balancing calories:

- Enjoy your food, but eat less.
- Avoid oversized portions.

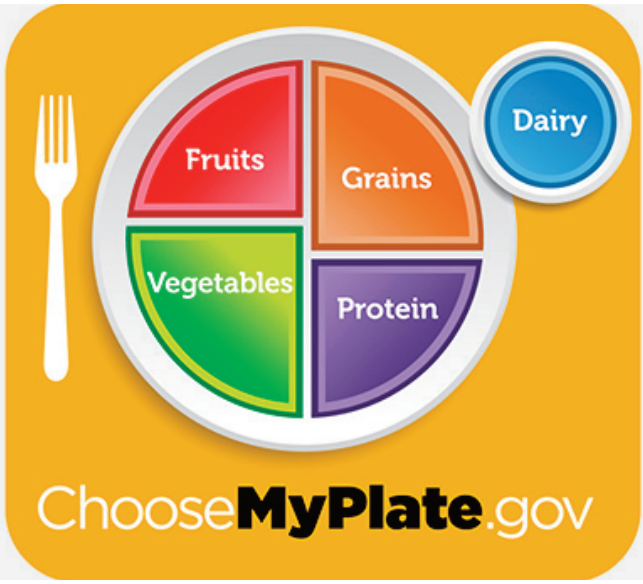
Foods to increase:

- Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green, red, and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains.
- Increase intake of fat-free or low-fat milk and milk products.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Increase the amount and variety of seafood consumed.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets.

Foods to reduce:

- Reduce daily sodium intake to less than 2,300 milligrams.
- Consume less than 10 percent of calories from saturated fatty acids.
- Consume less than 300 mg per day of dietary cholesterol.
- Keep trans fatty acid consumption as low as possible.
- Reduce the intake of calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains.
- Consume alcohol in moderation.

The advice from the 2010 Dietary Guidelines for Americans is reflected in an image called MyPlate.



Use MyPlate When Choosing What To Eat

MyPlate (*http://www.choosemyplate.gov*) shows the five food groups that make up a healthy eating plan: vegetables, fruits, grains, protein, and dairy. Each of these groups provides specific nutrients that your body needs for good health.

Think of MyPlate when choosing what to eat:

Step 1:

Start by filling half your plate with fruits and vegetables.

Step 2:

Add a lean protein such as beef, pork, chicken, beans, or nuts to one quarter of the plate.

Step 3:

Fill the last quarter of your plate with grains, especially whole grains.

Step 4:

Don't forget a serving of fat-free or low-fat milk, yogurt, or cheese.

Vary your vegetables

All vegetables and 100% vegetable juices make up the vegetable group. Vegetables may be eaten raw or cooked and can be fresh, canned, frozen, or dried. Use them whole, cut-up, or pureed.

Vegetables are good sources of many nutrients including vitamins A and C, folate (folic acid), potassium, and dietary fiber. Vegetables contain no cholesterol, and most vegetables are low in fat and calories.

Choose a variety of colorful vegetables. Color makes your meals look better. Different nutrients are contained in vegetables of different colors. Here are examples:

- Red/orange: tomatoes, carrots, sweet potatoes
- Yellow/green: corn, spinach, broccoli, celery
- Blue/purple: purple cabbage, eggplant, beets
- White: potatoes, onions, mushrooms, cauliflower

Tip: Season vegetables with herbs, lemon or lime juice, or vinegar without adding any calories, salt, or fat.

How many vegetables should you eat each day?

	Age	Daily recommendation
Girls	2–3 years	1 cup
	4–8 years	1½ cups
	9–13 years	2 cups
	14–18 years	2½ cups
Women	18–30 years	2½ cups
	31–50 years	2½ cups
	51+ years	2 cups
Boys	2–3 years	1 cup
	4–8 years	1½ cups
	9–13 years	2½ cups
	14–18 years	3 cups
Men	18–30 years	3 cups
	31–50 years	3 cups
	51+ years	2½ cups

What equals 1 cup of vegetables?

Vegetable	Amount equal to 1 cup
Most cooked or raw vegetables (peppers, carrots, broccoli, etc.)	1 cup
Raw leafy greens (lettuce, spinach, kale, etc.)	2 cups
Baby carrots	About 12 carrots
Sweet potato	1 large, baked (2¼-inch diameter)
Corn on the cob	1 large ear (8–9 inches long)
Potato	1 medium boiled or baked potato (2½–3 inches in diameter)
Celery	2 large stalks

How much fruit should you eat each day?

	Age	Daily recommendation
Girls	2–3 years	1 cup
	4–8 years	1–1½ cups
	9–13 years	1½ cups
	14–18 years	1½ cups
Women	18–30 years	2 cups
	31–50 years	1½ cups
	51+ years	1½ cups
Boys	2–3 years	1 cup
	4–8 years	1–1½ cups
	9–13 years	1½ cups
	14–18 years	2 cups
Men	18–30 years	2 cups
	31–50 years	2 cups
	51+ years	2 cups

Focus on fruits

All fruits and 100% fruit juices make up the fruit group. Fruit can be fresh, canned, frozen, or dried and eaten whole, cut-up, or pureed.

Fruits provide nutrients such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. Fruits contain no cholesterol.

Choose a variety of colorful fruits. Color makes your meals look better. Different colors indicate the fruit contains different nutrients. Here are examples of colorful fruits:

- Red/orange: Peaches, apricots, and cantaloupe
- Yellow/green: Pineapple, kiwi, and honeydew melon
- Blue/purple: Blueberries, raisins, grapes, and blackberries
- White: Pears, bananas, and jicama

What equals 1 cup of fruit?

Fruit	Amount equal to 1 cup
Apple	1 small (2½-inch diameter)
Banana	1 large (8–9 inches long)
Grapes	32 seedless grapes
Grapefruit	1 medium (4-inch diameter)
Orange	1 large (3½-inch diameter)
Peach	1 large (2¾-inch diameter)
Pear	1 medium pear (2½ per pound)
Plum	3 medium or 2 large plums
Strawberries	About 8 large berries
Watermelon	1 small wedge (1-inch thick)
Dried fruit (raisins, apricots, prunes)	½ cup
100% fruit juice	8 ounces or 1 cup

Make half your grains whole

Any food made from wheat, rice, oats, corn, barley, or other cereal grains is part of the grains group. Bread, pasta, tortillas, crackers, oatmeal, and breakfast cereals are examples.

Grains are important sources of many nutrients, including complex carbohydrates, dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Make at least half of your grain choices whole grains. Whole-grain foods contain the entire grain kernel. Refined grains have been milled, a process that removes the bran and germ and several nutrients.

How many servings of grains and whole grains should you eat every day?

	Age	Daily recommendation	Daily minimum amount of whole grains
Girls	2–3 years	3 servings	1½ servings
	4–8 years	5 servings	2½ servings
	9–13 years	5 servings	3 servings
	14–18 years	6 servings	3 servings
Women	18–30 years	6 servings	3 servings
	31–50 years	6 servings	3 servings
	51+ years	5 servings	3 servings
Boys	2–3 years	3 servings	1½ servings
	4–8 years	5 servings	2½ servings
	9–13 years	6 servings	3 servings
	14–18 years	8 servings	4 servings
Men	18–30 years	8 servings	4 servings
	31–50 years	7 servings	3½ servings
	51+ years	6 servings	3 servings

Note: Servings are listed as ounce equivalents. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.

What counts as a serving (ounce equivalent) of grain? How many servings are in common portions of grain foods?

	1 serving of grain	Common portions	Number of grain servings in common portions
Bagel	1 mini bagel	1 large bagel	4
Bread	1 regular slice	2 regular slices	2
English muffin	½ muffin	1 whole muffin	2
Muffin	1 small (2½-inch diameter)	1 large (3½-inch diameter)	3
Oatmeal	½ cup cooked 1 packet instant ⅓ cup dry	1 cup cooked	2
Popcorn	3 cups popped	1 mini microwave bag	2
Cold cereal	1 cup	2 cups	2
Rice	½ cup cooked	1 cup cooked	2
Pasta	½ cup cooked	1 cup cooked	2
Tortillas	1 small (6-inch diameter)	1 large (13-inch diameter)	4

How many ounces of protein should you eat each day?

	Age	Daily recommendation
Girls	2–3 years	2 ounces
	4–8 years	4 ounces
	9–13 years	5 ounces
	14–18 years	5 ounces
Women	18–30 years	5½ ounces
	31–50 years	5 ounces
	51+ years	5 ounces
Boys	2–3 years	2 ounces
	4–8 years	4 ounces
	9–13 years	5 ounces
	14–18 years	6½ ounces
Men	18–30 years	6½ ounces
	31–50 years	6 ounces
	51+ years	5½ ounces

Go lean with protein

The protein food group includes both animal and plant protein. Examples are meat, poultry, seafood, dry beans and peas, eggs, tofu, nuts, and seeds. Choose lean meat choices such as loin or round cuts and poultry with the skin removed.

Foods in this group are good sources of protein, B vitamins, vitamin E, zinc, magnesium, iron (animal sources), and fiber (plant sources).

How much protein is in common portions of food?

	Amount of protein
1 small lean hamburger	2–3 ounces
1 can of tuna, drained	3–4 ounces
1 hardboiled egg	1 ounce
12 almonds	1 ounce
7 walnut halves	1 ounce
¼ cup cooked black, kidney, pinto, or white beans	1 ounce
1 tablespoon peanut butter	1 ounce
¼ cup tofu	1 ounce
2 tablespoons hummus	1 ounce

Get your calcium-rich dairy foods

The dairy group includes milk, cheese, yogurt, and calcium-fortified soymilk (soy beverage). Dairy products are especially important for bone health. They are great sources of calcium, potassium, phosphorus, and protein and are often fortified with vitamin D. Low-fat (1%) and fat-free dairy foods contain the same nutrients as higher-fat dairy foods with fewer calories and less saturated fat and cholesterol.

How many servings from the dairy group should you eat each day?

	Age	Daily recommendation
Girls	2–3 years	2 servings
	4–8 years	2½ servings
	9–13 years	3 servings
	14–18 years	3 servings
Women	18–30 years	3 servings
	31–50 years	3 servings
	51+ years	3 servings
Boys	2–3 years	2 servings
	4–8 years	2½ servings
	9–13 years	3 servings
	14–18 years	3 servings
Men	18–30 years	3 servings
	31–50 years	3 servings
	51+ years	3 servings

What counts as 1 serving of dairy food?

Dairy	Serving size
Milk	1 cup
Yogurt	1 cup
Cheddar, mozzarella, or swiss cheese	1½ ounces
Shredded cheese	1/3 cup
American Cheese	2 ounces
Cottage cheese	2 cups
Soy milk fortified with calcium	1 cup
Ice cream	1½ cups

Eat Breakfast

Breakfast is too important to skip. You might go without eating for 10 to 12 hours between dinner and breakfast, so fuel your body with healthy foods. Here are ideas to make it quick, inexpensive, and healthy:

- Include nontraditional breakfast foods like a peanut butter sandwich or leftovers from dinner.
- If you have time, sit down with your family and enjoy breakfast together. On busy days, pack a breakfast to go.
- Try setting the table the night before or packing your breakfast and keeping it in the refrigerator until morning.

Healthy mix and match breakfast ingredients. Choose foods from at least three of the food groups

Fruits and vegetables	Grain (choose whole grain)
Fresh fruit in season	Toast
Frozen fruit	Oatmeal
Canned fruit	Cereal
Dried fruit	Tortilla
100% fruit juice	Bagel
Salsa	English muffin
100% vegetable juice	Low-fat granola bar
Other vegetables	
Protein	**Dairy (choose low-fat)**
Egg	Milk
Peanut butter	Yogurt
Nuts	Cheese
Ham	String cheese
Turkey	Cottage cheese

Easy breakfast ideas:

- **Smoothie:** fruit (any), dairy (milk or yogurt), protein (peanut butter), and/or vegetables (spinach, kale, or other greens)
- **Sandwich:** grain (bread, English muffin, or bagel), dairy (cheese), and protein (egg, ham, or other meat)
- **Parfait:** dairy (yogurt), fruit (any), and grain (granola or other cereal)
- **Burrito:** grain (tortilla), protein (egg, ham, or other meat), dairy (cheese), and/or vegetables (salsa, tomatoes, onions, peppers, or mushrooms)

Think of a breakfast that includes 3–5 food groups.

Choose Healthy Snacks

Avoid unhealthy snacks like candy, chips, cookies, and soda from the convenience store. Instead, keep some healthy snacks at home and some in your car or bag. For less than the cost of a soda from the vending machine, you could eat one of these quick, healthy, delicious snacks:

- 1 small apple and 1 string cheese
- 1 celery stalk and 1 carrot with 2 tablespoons low-fat ranch dip
- 1 cup low-sugar cereal and ½ cup low-fat milk
- 1 small banana with 1 tablespoon peanut butter
- 1 cup low-fat yogurt sprinkled with ¼ cup low-fat granola
- ½ cup applesauce and 2 whole graham crackers (4 squares)
- 1 medium orange and 1 pudding cup
- 3 cups popcorn with ½ cup 100% fruit juice

Limit eating out

Restaurant meals often cost two or three times as much as similar meals prepared at home. Look at your food budget and decide how much money you can spend eating out. Limit yourself to that amount at restaurants and on fast-food and take-out meals.

Tips to help you get the most for your money when eating out:

- Find less-expensive restaurants that serve food your family enjoys.
- Instead of dinner, go out for lunch when meals are often less expensive.
- Look for "2 for 1" specials or coupons.
- Share an entree or take home half for another meal.
- Drink water.

Restaurant meals can be high in fat and calories and low in whole grains, fruits, and vegetables. Think of making these healthy choices:

- Choose whole-grain bread for sandwiches.
- Look for salads with lots of vegetables.
- Ask for salad dressing to be served on the side.
- Choose entrees with vegetables, such as pasta with tomato sauce or stir-fries.
- Order meals that are broiled, steamed, or grilled rather than fried.

Eating With Children

Children who live in families that frequently eat together have a lot going for them. These children

- **Eat** more fruits and vegetables and get a wider variety of nutritious foods.
- **Have** a lower risk of obesity and eating disorders.
- **Are better** able to manage negative emotions.
- **Get** better grades, develop larger vocabularies, and are more likely to graduate from high school.
- **Are** less likely to use marijuana, alcohol, and tobacco.

If you already eat with your family most days of the week, continue the habit and enjoy your time together. If not, set a goal to gradually increase the number of times you eat as a family.

Tips for family meals:

Plan ahead. See Eat Smart Idaho: Plan Smart for a step-by-step guide to meal planning.

Schedule meals when everyone is available. Family meals can be at breakfast, lunch, and/or dinner.

Turn off the television, radio, and mobile devices. Focus on the family and the meal.

Talk to each other pleasantly. Share good things that have happened and plan future activities. Discuss the day's successes, current events, and upcoming activities. Save discipline and difficult subjects for another time.

Continue family time after dinner by taking a walk, playing at the park, or having a game night.

Model healthy choices. Offer foods from at least three food groups and let everyone see you enjoying healthy meals. Try a new fruit, vegetable, or recipe to introduce your family to a variety of healthy foods.

Encourage and model good manners. Passing food politely, using napkins, and not speaking while chewing make mealtime more pleasant. Say nice things to each other.