



# Family Nutrition In Action

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## Spotlight on Florida Produce

### Florida Blueberries

Florida's Blueberries are the first to ripen in North America.

Harvesting begins in late March, early April.

You'll find Florida blueberries in the market from **March through June**.



### Why Buy Florida Blueberries?

Florida Blueberries are fresh. They are typically large, firm, and sweet. Blueberries are packed with nutrients, like vitamin A, vitamin C, potassium, and fiber. Blueberries are also rich in antioxidants. Antioxidants are linked to improved health.

### Blueberry Yogurt Parfait

(Serves 2)

Great for snack or for dessert!

- 1 cup non-fat or light vanilla yogurt
- ½ cup fresh or frozen-thawed blueberries
- 2 tablespoons fat-free whipped cream
- 1 tablespoon sliced almonds or whole grain cereal

### Directions:

1. Divide yogurt between two dessert dishes.
2. Add half of the blueberries to each dish.
3. Top blueberries with 1 tablespoon of whipped cream and ½ tablespoon of almonds or whole grain cereal.
4. Serve immediately.

### Florida Strawberries

Florida is the nation's second-largest producer of fresh strawberries.



Florida's strawberry season begins in **November and runs through May**. You'll find Florida Strawberries that range from ruby-red and cone shape to orange-red and flat-point.

### Why Buy Florida Strawberries?

Strawberries are low in calories and high in fiber. They are rich in vitamin A and vitamin C. One cup of strawberries will give you all the vitamin C you need for the day.

- ! Buy fruit that is ripe but firm. Overripe fruit will have less flavor and may taste musty.
- ! Choose berries that are scarlet, shiny, plump and fragrant, with fresh green caps.
- ! Strawberries will store longer when laid out flat on a paper-lined sheet-pan.
- ! Wash strawberries just before using.
- ! Remove the stems and hulls after washing.

### **Berries are good to eat anytime!**

Fresh berries are good in season. Frozen berries are good year around.

- Top breakfast cereals, pancakes, or waffles with berries.
- Toss berries into your salads
- Top frozen yogurt or ice milk with berries.
- Make a smoothie with berries.

Sources of information: Florida Department of Agriculture and Consumer Services, <http://doacs.state.fl.us/publications.html>, visited May 2002; Food and Health Communications, <http://www.foodandhealth.com/handout.shtml>, visited April 2002; and Wellness Ways newsletter, University of Illinois Extension, <http://web.aces.uiuc.edu/wellnessways/newsletters.html>.

### **Save Money and Eat Healthier**

Who doesn't want to save money on groceries? With so many options in the supermarket, sometimes it's hard to choose healthy foods at lower cost. Try these money-saving tips to increase savings and improve your health.



- T Locate the farmers markets in your area. Local produce has not traveled long distances, so it's often in better condition and lower in price.

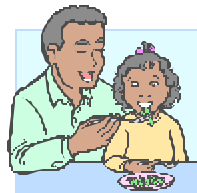
- T If you can, go to "you-pick-it" farms to pick up your own berries and other produce.
- T Buy only as much fresh produce as you can use within 3 or 4 days. That way you'll avoid throwing away spoiled food.
- T If your supermarket has bulk foods available, scoop your own grains, beans, and cereals. You'll save money by buying only what you need.
- T Buy juice as frozen concentrate instead of ready-to-use bottles. Choose only 100% fruit juices.
- T Always keep a few cans of beans on hand to use as a meat substitute in various dishes.

Source of information: American Institute for Cancer Research Newsletter, Spring 2002.

### **Kids Corner**

Young children are at risk for choking because they have small airways. Parents and care givers can easily mention non-food items that can cause choking. But reports show that the most common cause of nonfatal choking is **food**. Help prevent choking in kids.

- **Supervise your child during mealtime.** Watch your child at all times when eating. A child who is choking is not able to cry or call for help.
- **Choose foods appropriate for child's age.** Offer older babies and young toddlers cooked, soft foods and make sure



everything is cut into tiny pieces. As a child ages and gets more teeth, he can handle larger pieces of food. Avoid seeds, fruit skins, and sticky foods.

- **Teach children how to eat properly.** For proper eating, your child must sit at the table (or in a high chair), sit up straight, take small bites, and chew the food completely. Never let your child walk or run when eating.

Source of information: IFIC Foundation, *Food Insight*, January/February 2002.

### Food Items that Can Cause Choking:

- **Nuts:** sunflower seeds, peanuts
- **Raw vegetables:** celery, carrots, peas, whole olives, whole cherry tomatoes
- **Candy:** lollipops, cough drops, marshmallows, caramels
- **Raw, unpeeled fruit pieces:** apples, pears, whole grapes
- **Chunks** of meat, hot dogs, or sausage (whole or coin-shape)
- **Spoonfuls of peanut butter**
- **Popcorn**

## Mid-Year Resolution



Why not make a “mid-year” resolution, instead of waiting for the new year? If you are ready to make the right move toward taking care of yourself, do it today. Don’t wait!

### Get Healthy and Stay Healthy!

**Eat right.** Follow the Food Guide Pyramid, choosing foods from all five groups. Eat the recommended number of servings and watch your portion sizes.

**Get plenty of rest.** You need at least 7 to 8 hours of sleep each night. Some people need more sleep time, others need less. Find out what works for you and follow that sleep schedule every day.

**Be active every day.** Thirty minutes of physical activity a day, 5 days a week, leads to good health. Moderate-intensity activities can be done in 10-minute blocks that can add up to 30 minutes in the day.

### Year-round activities:

- housework
- play actively with the kids
- gardening
- dance
- wash the car
- mow the lawn



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## Local Family Nutrition Program:

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