

► FIND AND MAKE HEALTHY FOODS IN A SNAP

Finding low-cost, healthy foods is important for many families. Use your SNAP benefits to stretch your food dollars and create tasty, healthy meals for your family. When you are shopping at the grocery store, use the information on food labels to help you make choices. Make meals at home, where you can control what is in your foods.

USE FOOD LABELS

- **Read the Nutrition Facts label.** The Nutrition Facts label has a lot of useful information and can help you get the right amount of calories. The Nutrition Facts label includes nutrition information for a 2,000-calorie diet. Some adults and older children need about 2,000 calories a day. Toddlers and young children need to eat less. Inactive adults and older adults may also need fewer calories.
- **The serving size and number of servings are important.** Calories, fat, sugar, and sodium are shown. Look for low amounts of fat, sodium, and sugar, and high amounts of vitamins, minerals, and fiber. If you eat more than the amount on the label, you get more calories, fat, sodium, and other nutrients, too.
- **Look at the ingredients, too.** The first three ingredients usually make up most of the food item. Choose items with sugar, fat, and oils listed at the end of the ingredient list.
- **Check the sodium.** Foods that don't taste salty can be very high in sodium. Watch out for high amounts of sodium in deli meats, pizza, cheese, soups, breads, hot dogs, spaghetti sauce, canned foods, chips, and crackers. Choose low-sodium, no-salt or salt-free soy sauce, salsa, and seasonings as ingredients.

► TIPS TO MAKE MEALS AT HOME

Make a recipe. Prepare food at home so that you can control what goes into the meal. To find recipes that you can make at home use the What's Cooking? USDA Mixing Bowl at WhatsCooking.fns.usda.gov.

Include foods from each of the five food groups. Look for recipes that have more than one food group. Adding fruits, vegetables, grains, dairy, and protein foods can help you build a healthy plate. Limit foods with high amounts of solid fats, sugars, and sodium.

Know the amount. Use a measuring cup or spoon to measure ingredients in the recipe or the amount of food on your plate. Use recipes that list calories, sodium, and fats.

Bake, broil, roast, or grill your foods. Bake meats, roast vegetables, broil fish, and grill poultry instead of frying foods. You can add a lot of flavor by seasoning your foods with your favorite spices and herbs.

If you have questions about SNAP benefits or making healthy meals, ask your nutrition educator, call 1-800-221-5689, or visit the SNAP website <http://www.fns.usda.gov/snap/nutrition-education>.



▶ SPANISH FRITTATA

COOK TIME: 30 minutes

MAKES: four 4-ounce servings

INGREDIENTS:

- 1½ pounds (about 2) russet potatoes, scrubbed
- 6 large eggs
- 2 teaspoons vegetable oil
- 1 medium yellow onion, peeled and chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS:

1. Preheat the oven to 400 °F.
2. Put the potatoes in a non-stick skillet on the stove and cover with cold water. Turn the heat to medium-high and cook until the potatoes are easily pierced with a knife, about 15 minutes.
3. Drain the potatoes well, remove from the skillet, and set aside to cool. Then peel and cut into 1-inch cubes.
4. Put the eggs, salt, and pepper in a bowl and mix well with a whisk.
5. Return the skillet on the stove and turn the heat to medium-high. Add the oil. Add onion and cook about 5 minutes until soft. Add the cubed potatoes.
6. Pour the egg mixture over the potatoes and onions. Press down with a spatula to make an even layer and shake gently to prevent sticking. Lower to medium heat and cook about 7 minutes.
7. Transfer the skillet to the oven and cook until the frittata is completely set, about 5 minutes.
8. Gently loosen frittata from the pan. Place a serving plate over the skillet and carefully flip the frittata onto the plate.
9. Slice into 4 wedges. Serve warm.



NUTRIENTS PER SERVING:

Calories 281, Protein 13 g, Dietary Fiber 5 g, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 317 mg, Sodium 408 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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▶ WATCH YOUR FATS, SUGARS, AND SODIUM

Compare the solid (saturated) fats, added sugars, and sodium (salt) in the foods you eat. Look at the Nutrition Facts label to find foods with lower numbers of each.

SOLID FATS AND OILS

Some fats are better for you than others. Oils are often better for you than solid fats. Limit solid fats such as butter, lard, stick margarine, and fats on meats and poultry. The key is to eat the right types of fats and oils in the right amounts. Oils that are better for you include:

- Canola oil
- Olive oil
- Safflower oil
- Oils in fish
- Corn oil
- Soybean oil
- Sunflower oil
- Oils in nuts and seeds

ADDED SUGARS

Sugars add calories and are found in both food and drinks. Foods and drinks with high amounts of added sugars also have a lot of calories but little nutrition.

SODIUM

Most of us enjoy the taste of salt in our foods. But too much sodium (salt) can lead to health problems like high blood pressure. Look for sodium on packaged foods—many of the packaged foods we eat are high in sodium.

▶ TIPS TO LOWER YOUR FATS, SUGARS, AND SODIUM

Check the Nutrition Facts label. Look for lower numbers in the items you buy. Pay attention to the amount of fats, sugars, and sodium.

Cook at home so you know what goes into your food. Prepare foods with little oil, cut back on solid fats, and choose spices instead of salt. Preparing meals at home can also cost less than eating out. 💰

Keep an eye on the sugar. Most of the added sugars we eat come from sodas, sports drinks, cakes, cookies, ice cream, candy, and other sweets. Focus your food dollars on vegetables, fruits, whole-grain foods, low-fat or fat-free dairy, and lean protein foods. 💰

Add sweetness with fruit. Top whole-grain cereal with sliced bananas, peaches, raisins, or your favorite fruit.

Add flavor with spices, herbs, vinegars, or lemon juice. Cut back on salt in your meals by adding no-salt seasonings, garlic, basil, apple cider vinegar, or lemon juice to your salads, meats, and side dishes. Rinse canned foods like beans or corn to lower the sodium.

Think twice about some of your favorite foods. Eat sweets and treats less often. They add extra calories and offer little nutrition.

💰 BUDGET-FRIENDLY TIP

HANDOUT:
HOW MUCH FOOD AND PHYSICAL ACTIVITY?



▶ PAN ROASTED TILAPIA WITH TOMATILLO SALSA

COOK TIME: 40 minutes

MAKES: four 3- to 4-ounce servings

INGREDIENTS:

- 1 pound tomatillos
- ½ cup yellow or red onion, finely chopped
- 2 Serrano or other chilies, finely chopped
- 3 garlic cloves, minced
- 3 teaspoons vegetable oil
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice (about ½ lime)
- ¼ chopped fresh cilantro leaves
- 4 tilapia fillets, patted dry with a paper towel
(any inexpensive white fish can be used)

DIRECTIONS:

1. Preheat the oven to 450 °F.

To make the tomatillo salsa:

2. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
3. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
4. Transfer the mixture to the blender; add the salt, lime juice, and cilantro and puree.

To cook the tilapia:

5. Place a skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons of oil. Put the tilapia fillets in the pan. Cook about 2–3 minutes on each side, until golden brown on both sides.
6. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.



NUTRIENTS PER SERVING:

Calories 171, Protein 23 g, Dietary Fiber 2 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 48 mg, Sodium 195 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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▶ FOOD AND PHYSICAL ACTIVITY CHECKLIST



- Eat foods from each food group each day.
- Use measuring cups to learn what 1 cup and ½ cup look like.
- Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- Visit a local farmers market to buy fruits and vegetables in season.
- Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- Use the Nutrition Facts label to find healthier foods at the grocery store.

- Play active games like tag or jump rope with children.
- Walk with the kids to school each day.
- Take the stairs, not the elevator.
- Be physically active for at least 2½ hours per week. Take a walk or jog at lunchtime or in the evening.
- Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:



▶ BRAISED CHICKEN THIGHS WITH SPINACH

COOK TIME: 1 hour and 10 minutes

MAKES: four 4-ounce servings

INGREDIENTS:

- 4 (6-ounce) chicken thighs, bone-in, skin removed
- 1 teaspoon oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 small onion, peeled, chopped
- 3 garlic cloves, peeled, minced
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 cup water
- 1 10-ounce package frozen or 1 bunch fresh spinach

DIRECTIONS:

1. Heat skillet over medium-high heat. Add 1 teaspoon oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme, and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water, and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes. Or, add the fresh spinach and cook about 2 minutes, until it wilts. Serve right away.



NUTRIENTS PER SERVING:

Calories 185, Protein 22 g, Dietary Fiber 2 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 112 mg, Sodium 423 mg.



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