

Cent\$ible Nutrition News



Cost Cutter: Freeze Nuts

Nutritious and delicious, nuts are wonderful alone or in a wide variety of dishes. Buying nuts in bulk can save some money. However, due to their high oil content, they can go rancid. Nuts in the shell will usually last longer than shelled nuts.

Nuts will stay fresh much longer when frozen. Freezing nuts can save money because of less waste to spoilage. To freeze nuts place them in an airtight container or heavy-duty freezer bag. Many nuts, including walnuts, almonds, and pistachios, should last at least one year when frozen.

*Helping
Families Eat
Better for Less*

Nutty about Nuts

Nuts provide a large amount of nutrition in a tiny package! They are part of the protein group. Protein is one of the five food groups on MyPlate and is one of the building blocks of a nutritious diet. MyPlate is a colorful, familiar place setting and easy to remember. Think about MyPlate before you start eating and consider what goes on your own plate. Select a variety of protein foods to increase nutrient intake.

Eating peanuts and certain tree nuts such as almonds, pistachios, and walnuts may help reduce low-density lipoprotein or “bad” cholesterol levels when they replace animal sources of protein. High levels of low-density lipoprotein are a primary risk for heart disease. Eating nuts may also reduce the risk of developing blood clots.

Nuts and seeds are high in calories. Eat them in small amounts and remember they replace other protein foods in a dish. Consider adding sliced almonds to steamed vegetables, sprinkling a few nuts on low-fat frozen yogurt, adding peanuts or cashews to a vegetable stir fry, or add a little crunch to a green salad with walnuts or pecans.

Choose a wide variety of protein sources such as meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds to get many nutrients including B vitamins, protein, vitamin E, iron, zinc, and magnesium.



Call **1-877-219-4646** to sign up for free lessons today!

PHYSICAL ACTIVITY

Physical Activity Ideas from ChooseMyPlate.gov

ChooseMyPlate.gov is an educational resource for nutrition and physical activity. This tool can help you choose a healthier way to eat and ways to increase your physical activity.

Select activities you enjoy and can do regularly. Plan daily walks into your routine. Try something different every few days to prevent boredom. Some activities include walking, swimming, yoga and stretching, gardening, or lifting weights. Keep comfortable clothes and a pair of exercise shoes in the car or at the office so you can fit in physical activity any time. Every little bit adds up!

When you have access to the internet, check out www.choosemyplate.gov and find physical activity ideas and nutrition information.

References:

www.choosemyplate.gov • www.mayoclinic.com • www.oakgov.com • www.walnuts.org

Storing Peanut Butter

Peanut butter can be stored on a cupboard shelf. Commercially prepared peanut butter does not need to be refrigerated. Homemade peanut and nut butters should be stored in the refrigerator. Remember to securely place the lid back on the jar each time it is used to help maintain the fresh taste of the peanut butter. To prevent contamination use clean utensils and remove crumbs or jelly if they get in the peanut butter jar.

FAMILY CORNER

Peanut Butter Balls

Ingredients:

- ½ cup peanut butter
 - 2½ Tablespoons non-fat dry milk
 - 2 Tablespoons raisins
 - 2 Tablespoons honey
 - ¼ cup rice cereal
- *Children under the age of one year should not eat honey.*

Directions

1. Wash hands with warm, soapy water.
2. Mix ingredients and form into balls.
3. Roll in powdered sugar or cinnamon sugar.

Optional recipe: ½ cup peanut butter, ½ cup honey, 1 cup nonfat dry milk, and 1 cup oatmeal

Children can: Measure, mix, and roll!

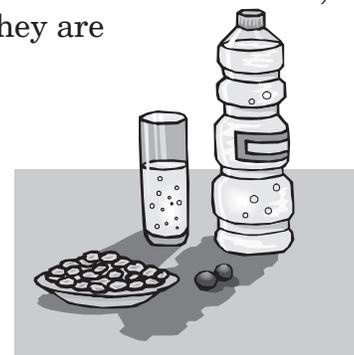
“I saved \$30 last month by going back to basics. The Master Mixes are very helpful, especially the Magic Mix.” – CNP Participant

SENIOR SENSE

Those Snacks are Nuts!

Seniors may have a limited appetite or eat portions that are too small at meals. This makes snacks a meaningful part of the diet. Snacks should be chosen according to individual tastes and dietary needs.

Although prepackaged snack foods are handy, less refined snacks are a more nutritious choice. They are free from additives and do not have added sugar and salt. For instance, choose a small handful of unsalted nuts instead of potato chips. They are crunchy, a rich source of antioxidants, and have healthy fats.



FEATURED RECIPE

Pumpkin Nut Muffins

Enjoy these nutty bran muffins with a meal or an afternoon snack. Make this recipe with your child or grandchild.

Ingredients:

- 2½ cups raisin bran flake cereal
- ½ of 15-ounce can pumpkin puree (about ¾ cup plus 2 Tablespoons)
- ¼ cup lowfat milk
- 2 eggs or ½ cup egg substitute
- 2 Tablespoons canola oil
- 1 cup flour
- ½ cup brown sugar
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- ½ cup walnuts, pecans, or your favorite type of nut, chopped

Directions:

1. Wash hands with warm, soapy water.
2. Preheat oven to 400 degrees F.
3. Spray muffin tin with cooking spray.
4. Stir together cereal, pumpkin, milk, eggs, and oil.
5. Stir in remaining dry ingredients and nuts.
6. Scoop batter into muffin cups.
7. Bake 25 minutes or until toothpick comes out clean.

Serves 12



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