Food for Thought

July 2013

Substitute and Measure to Lower Fat

Foods that are fried contain at least double the calories of foods that are steamed or baked. Fat contains 9 calories per gram - more than double the calories per gram of protein or carbohydrate. So you should try to reduce the amount of fat in your cooking. Here's how:

Fats & Oils:

- **Measure** - measure oil instead of pouring - about 1 tablespoon per pan is all that is needed; vegetable cooking oil spray allows you to use just a small amount of oil.
- **Use low-fat cooking methods** like baking, microwaving, broiling or steaming
- **Non-stick cookware** and bake ware require less oil
- **Reduced fat margarine, mayo & dressings** are good choices especially when used sparingly
- **Read labels** to choose low-fat ingredients
- **Apple sauce or pureed prunes** can be used for half the fat called for in most baking recipes

Meat - Lean Is Best with high-protein items

Choose:

- Chicken or turkey breast without skin or extra lean
- Fish, fresh or frozen (plain, not breaded!)
- Beans, lentils, canned or dried
- Keep portion sizes to 3 ounces or less (this is about the size of the palm of your hand.

Dairy - Skim Is Lower-Calorie: Dairy foods can be an excellent source of calcium. But make wise choices so you don't end up with too much saturated fat and sodium.

- **Yogurt** - choose low-fat and light
- **Milk** - choose skim or 1%
- **Ricotta** - choose fat-free ricotta
- **Sour cream** - use fat-free sour cream
- **Fat-free half and half** - use this in place of whole milk or cream
- **Cheese** - cheese is the number one source of saturated fat in the American diet. Choose reduced fat shredded cheese or Parmesan cheese and use sparingly.

Graham Cracker Smacker

Graham Cracker
Peanut Butter
Banana, peach, pear, strawberry or other soft fruit

Spread a graham cracker square with a thin layer of peanut butter. On top of peanut butter place slices of banana, peach, pear or other soft fruit. Top with another graham cracker spread with peanut butter (peanut butter facing inside).

July 2013 Latah/Nez Perce County Eat Smart Idaho Class Schedule

Tuesday	Wednesday	Thursday	Friday
2 **MyPlate** @ Tuesday Growers Market Moscow Coop, 4:00 to 6:30	3 **MyPlate** @ Goodwill Working Solutions – 201 War Bonnet Dr., Moscow – 1:00 to 2:00	4	**Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!**
9 **Parent Child Cooking Class,** West Park Elementary, 510 Home St., Moscow, Session 1: 12:15 to 12:45 Session 2: 12:45 to 1:15 **MyPlate** @ Circles – United Methodist Church - 1906 Broadview, Lewiston – 12:45 to 3:00	10 **MyPlate** @ Working Solutions - 102 11th St. Lewiston – 11:15 to 12:15 **CAP Food Bank Demo** 124 New 6th, Lewiston 12:15PM-1PM **Calcium** @ Millcreek – 419 Miller St., Lewiston – 2 to 2:30 **Calcium** @ Burrell St. Station – 1124 Burrell Ave., Lewiston – 3 to 3:30	11 **MyPlate** @ Potlatch Food Bank – 195 6th St, Potlatch – 10:00 to 12:00	***Moscow Farmers Market Saturday, July 6th 8:00 to 1:00***
16 **Go Lean with Protein** @ Trinity Baptist Food Bank, 711 Fairview Dr., Moscow 3:00 to 5:30	17 **Understanding Food Labels** @ Lewiston Community Center , 1424 Main St., Lewiston 1:00 to 3:00	18	19 **WIC Mom Event: Bread** @ Book People – 521 S. Main, Moscow – 11:00 to 12:00 **Parent Child Cooking Class,** West Park Elementary, 510 Home St., Moscow, Session 1: 12:15 to 12:45 Session 2: 12:45 to 1:15 **MyPlate** @ Trinity Baptist Food Bank, 711 Fairview Dr., Moscow 3:00 to 5:30
23	24	25 **Eating Right & Light** @ Potlatch Food Bank – 195 6th St, Potlatch – 10:00 to 12:00 **Fruits & Vegetables** @ Snake River Community Clinic – 215 10th St., Lewiston – 6P to 7P	26 **Wee Play Parent Meeting** @ Head Start – 1816 18th Ave., Lewiston – 10:45 to 11:15
30 **Parent Child Cooking Class,** West Park Elementary, 510 Home St., Moscow, Session 1: 11:30 to 12:00 Session 2: 12:00 to 12:30 **Food Safety** @ Trinity Baptist Food Bank, 711 Fairview Dr., Moscow 3:00 to 5:30	31 **Make ½ Your Grains Whole** @ Working Solutions - 102 11th St. Lewiston – 11:15 to 12:15 **CAP Food Bank Demo** 124 New 6th, Lewiston 12:15PM to 1PM **Fruits & Vegetables** @ Millcreek – 419 Miller St., Lewiston – 2 to 2:30 **Fruits & Vegetables** @ Burrell Street Station – 1124 Burrell Ave., Lewiston – 3:00 to 3:30		Sources: Food and Health Communications; www.nncc.org/Nutrition/recipe.kid.html retrieved 06/20/13

For Information about Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Kootenai & Shoshone Counties	Morgan & Tessa	446-1680
Bonner & Boundary	Vacant	263-8511
Latah or Nez Perce	Mackenzie	883-2267
Idaho or Lewis	Lisa	983-2667

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).
SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.
To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number.
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