

SmartFood

Low Cost and Healthy Eating!



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Think...before you eat!

Do you think about your food
when you're eating?
Most of us don't!

We think about everything else...our kids, work,
television and family.

We stare at the television or read the paper
while putting food in our mouths.

1 Slow down when eating!

Try to eat and stay at the table
for 15 to 20 minutes.

2 Enjoy your food!

Take small bites and notice the texture,
flavor and smell of your food.

3 Listen to your body!

There is a point of being satisfied by food.
Stop eating when you feel satisfied –
not too full, not too hungry.

4 Turn off the television when eating.

You could easily eat a large amount of
food without thinking about it while
watching television or reading the paper.

Many of us have learned to eat
large amounts of food.

Make small changes:

- Use small plates and bowls.
- Use tall slender glasses.
- Use a small spoon when eating.
- Serve normal size portions on your plate.
- Think before eating seconds – is your stomach full?
- Save leftovers for later meals – just warm in the microwave and eat!



Watch for your “eating pause”

This is when your body is saying
it's had enough food.

Most people will stop eating during a meal,
put their fork down
and not eat for a short time.

This is called an “eating pause”.

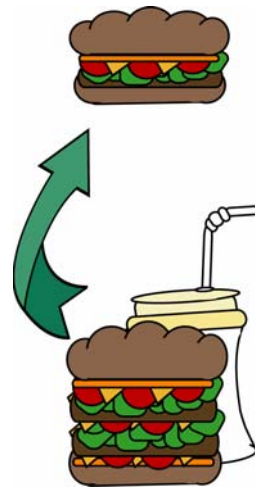
This is the time when you are satisfied by food
– not too full, not hungry.

Some of us will look at our plate and keep
eating after this “eating pause”.
We often eat because
there is still food on our plate.
We overeat and feel stuffed.

Keep your mind on food
to prevent overeating.

Learn to stop eating
when you have a
“eating pause”
and feel satisfied.

If you're not thinking
about your food
when eating,
you may gain
weight later!



Oranges

Now is the best time to eat oranges. Oranges taste their best and are the best price during January, February and March.

Try winter oranges!

You may be surprised how sweet they taste during the winter!

Choose oranges that have no bruises and are heavy. Heavy oranges are juicy!

Oranges will keep at room temperature for a few days, but they are best kept in the refrigerator.

Be careful that oranges do not freeze.

Freezing will make oranges taste bitter and spoil.



All American Shepherd's Pie

Use lean meat and plenty of vegetables for this family favorite!

- ½ pound lean ground beef or turkey
- ½ cup chopped onion
- 1 can (10 ½ ounces) fat free beef gravy
- ½ cup water
- 1 cup frozen carrots, peas or green beans
- 2 cups mashed potatoes

- 1** Cook ground beef or turkey in skillet for 5 to 7 minutes or until meat is no longer pink. Drain off any excess fat.
- 2** Add chopped onion to meat. Cook for 2 more minutes.
- 3** Stir in gravy, water and vegetables. Bring to a boil. Pour the meat and vegetable mixture into a casserole dish.
- 4** Top with mashed potatoes, spreading evenly over meat mixture. Bake in a 375° oven for 20 to 30 minutes.

6 servings (1 cup serving) 165 calories, 4 grams fat, 22% calories from fat and 2 grams of fiber in a serving.

Give me 5!

Five good reasons to snack on oranges

- 1 Taste!** Oranges are a sweet treat during the winter months.
- 2 Cost!** Oranges are a bargain. An orange can cost only 35¢ to 50¢.
- 3 Vitamin C!** One orange has all the vitamin C that you need in a day. Vitamin C helps prevent illnesses.
- 4 Fiber!** An orange has 3 grams of fiber – that's a lot of fiber.
- 5 Water!** An orange is about 85% water. Satisfy both your appetite and thirst...eat an orange.



Choose lean meat!

Ground Beef (80% lean)
304 calories 20 grams fat

Ground Beef (85% lean)
280 calories and 16 grams fat

Ground Beef (90% lean)
244 calories and 12 grams fat

Ground Turkey
193 calories and 12 grams fat
(based on 4 ounce servings)

Eat meat, not fat!

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