



Nourishing the Next Generation

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

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Eight ways you and your grandchildren (if they're 2 years or older) can eat for taste AND good health:

- Make mealtime a fun, family time. Cook together. Eat more home-prepared snacks and meals made without salt (such as the main dish recipe on the next page).
- Fill up on lower-calorie foods, in place of over-sized portions of high-calorie foods.
- Fill half of your plate with fruits and vegetables at meals and snacks. Try this:
 - * In place of a sweet or sticky dessert, serve unsweetened fruit.
 - * In place of a high-fat or high-salt snack, serve crunchy fresh vegetables.
- Switch to fat-free milk and lower-fat cheeses to reduce solid fats. Eat more seafood.
- Drink water instead of sugary sodas or sports, energy or fruit drinks.
- Read the Nutrition Facts on packaged foods and don't eat the ones high in sodium.



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More Healthful “Packaged Food” Options

Your grandkids, from pre-schoolers to high schoolers, and you can reap many benefits by eating more healthfully. Try adopting some of these tips if using convenience foods:

- Look for packaged foods that claim they are “high in,” “rich in,” or an “excellent source of” a nutrient, such as dietary fiber, potassium, calcium, vitamin D or whole grains.
- Choose convenience foods with less added fat, sugar and sodium. For instance, look for packages that say “healthy,” “low in fat,” “sugar-free” and “no added salt.”
- When preparing mixes: Reduce the sodium by using only half of the seasoning packet. Reduce the fat by omitting the butter or margarine.
- Add extra fruits or vegetables to the packaged foods you use. For example, mix unsweetened fruit with salad greens and into rice, pancake and pudding mixes. Put a handful of chopped or grated fresh or frozen vegetables on frozen pizzas, in pot pies or in pasta sauce before heating them according to package directions.
- Add “quick and easy” side dishes to convenience meals. Ideas include serving whole wheat bread or toast, instant brown rice or whole wheat pasta; dried, frozen, canned or fresh unsweetened fruit; fat-free milk; and a tossed salad or cooked frozen vegetables.

“Making meals and memories together”

Easy Supper Pie Makes 4 servings

This main dish is tasty, inexpensive and quick, yet very healthy!

Ingredients:

Enough brown rice to yield 1 1/2 cups cooked (*Brown rice is a whole grain.*)

1 raw egg, beaten

3/4 cup fat-free milk

3 cups frozen mixed vegetables

1 tablespoon dried parsley

1/4 teaspoon ground black pepper

5 ounces cooked or canned fish, drained and flaked (*Salmon, jack mackerel and tuna are high in healthy omega 3 fats.*)

1/2 cup shredded or grated cheese, such as part-skim mozzarella

Directions:

1. Cook rice according to package directions, but do not add salt.
2. Stir together rice and egg.
3. Spray a 9-inch pie pan with non-stick cooking spray. Press rice mixture into the pan. Bake at 300 degrees F. for 10 minutes.
4. Meanwhile, heat milk, vegetables, parsley and pepper in a saucepan over medium-high heat, stirring constantly. Gently boil for two minutes. Set aside.
5. Spread fish over the baked rice mixture. Pour vegetable mixture evenly over the fish. Sprinkle cheese over all.
6. Bake for 20 more minutes.
7. Cut into 4 pieces and serve.
8. Cover and refrigerate leftovers within 2 hours.



Nutrition Facts per 1/4 of the pie: Calories 270; Total fat 4.5 g; Saturated fat 2.5 g; Trans fat 0 g; Cholesterol 70 mg; Sodium 290 mg; Carbohydrate 34 g; Protein 20 g