

August/September newsletter



## ***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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## **Sports, Supplements and Nutrition**

Highly-advertised supplement products typically do not deliver what they are promised to do to enhance an athlete's performance. It is best to spend your money on a variety of nutritious foods instead. Why? They not only will provide an energy boost, but will also give you vital nutrients, multiple health benefits, are safe and effective, and they taste good!

For optimal energy levels throughout the day and during physical activity, eat carbohydrates at every meal. Simple carbs provide quick but not long-lasting energy, while complex carbs provide energy that lasts longer. The most nutritious simple carbs are foods and beverages with natural sugars but no added sugars, such as plain milk and fruits. Examples of nutritious complex carbs are cooked dried beans and peas; brown rice and whole grain cereals, breads and pastas; and starchy vegetables including sweet and white potatoes, corn and peas.





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### Baby's First Foods

Infants need to get good nutrition and frequent feedings to support their rapid growth and to reach their full potential. Babies should be fed only breast milk or infant formula until they are at least four months old, and preferably six months old. Most babies like to be fed every two or three hours, even at night. They seem to be hungry all of the time, which is normal because their stomachs are small and they often spit up.

All beverages besides infant formula and breast milk, along with all foods (including "baby foods"), should be offered only to an infant who has already passed his or her four-month birthday. Why? For the infant's best health. Studies show that some families ignore this advice and give their babies foods at younger ages. But when foods are given too early, babies have an increased risk later in life of developing serious health problems, such as allergies and diabetes.

"Making meals and memories together"

### Recipe for Healthful "Fast Foods"

Some days, it seems that we hardly meet ourselves coming and going. That is when a quick and easy dinner menu is needed that won't get you off track from healthful eating NOR cost much.

Be ready whenever those days happen by keeping versatile foods in your cupboard. Here are some examples for each of the main food groups: **Fruits** (try many kinds canned in juice; and dried, such as raisins). **Vegetables** (try many kinds, if possible canned without salt).

**Whole Grains** (such as rolled oats, instant brown rice, whole grain pastas). **Protein** (such as lentils, many kinds of canned beans, tuna, mackerel, chicken, peanut butter).

**Dairy** (such as instant dry milk, evaporated milk, grated Parmesan cheese). **Spices and herbs** (keep a few favorites on hand for variety, along with flavored dry bouillon cubes). Here is a "heat and serve" tasty menu idea using only a few cupboard-stored foods:

#### Italian Tuna Pasta (makes 2 servings, each about 2 cups)

2 cups cooked and drained spaghetti or macaroni, preferably whole-wheat

5 to 7 ounces canned mackerel or tuna, rinsed and drained if desired, then shredded  
A 14.5 ounce can of diced or stewed tomatoes

1 teaspoon each: dried oregano, onion powder and garlic powder (or more if desired)

**Nutrition Facts per serving:** 340 calories, 5g fat, 1.5g saturated fat, 0g trans fat, 55mg cholesterol, 750mg sodium, 48g carbohydrate, 10g dietary fiber and 26g protein. Daily Values: 25% vitamin A, 35% vitamin C, 25% calcium, 25% iron.

**Meal Suggestion:** Serve hot Italian Tuna Pasta with Parmesan cheese sprinkled on top, along with 1 cup of pineapple chunks canned in juice and a glass of fresh milk.

