

July / August 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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## **Physical Activity Is Fun For Your Family**

Help your grandchildren of all ages play actively each day and limit their sedentary time. There's no recommendation for the amount of time that children ages 2 to 5 years old should be active. However, children and teens ages 6 to 17 years old are advised to be active at least 60 minutes every day doing many short bursts of physical activities. Most of their physically active time should increase their heart and breathing rates. Kids and teens should also include muscle-strengthening activities (such as climbing, cartwheels, push-ups, sit-ups or pull-ups) at least 3 days a week.

Help your grandchildren find activities that suit their personalities and are fun for them. Encourage them to try some or all of these physical activities: jumping rope, throwing and kicking a ball, playing on playground equipment, brisk walking, skipping, jogging, running, juggling scarves, playing Frisbee, gardening, playing hopscotch, going up and down stairs, dancing, biking, playing tag and swimming. Be sure they know the rules of safety while they are being active, too!





## Nourishing the Next Generation

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



### Delicious, Nutritious and Affordable Veggies

Vegetables provide dietary fiber and many essential vitamins and minerals. The most nutrient-rich AND affordable vegetables include: lentils, cooked dry beans, white and sweet potatoes, carrots, pumpkin, winter squash, green beans, collard greens, green peas, spinach, Brussels sprouts, broccoli, corn, cabbage, bell peppers, tomatoes and tomato products. Fresh, frozen and canned versions of the same vegetable provide similar nutrition but vary in cost, depending on the season and vegetable. The *Dietary Guidelines for Americans* recommend eating 1 to 3 cups of veggies every day, depending on one's age. Eating a variety of vegetables is vital. Each week, try to eat some cooked dry beans or peas, and dark green, red or orange, starchy, and other vegetables.

Sources: 1. [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) 2. Drewnowski A, Rehm CD. 2013. Vegetable cost metrics show that potatoes and beans provide most nutrients per penny. *PLoS ONE* 8(5): e63277. doi:10.1371/journal.pone.0063277 3. Drewnowski A. 2013. New metrics of affordable nutrition: Which vegetables provide most nutrients for least cost? *J Acad Nutr Diet* 113:1182-1187

### Lentil Veggie Soup "Making meals and memories together"



*Makes 3 servings, each about 1 cup*

*Serve this colorful, nourishing and affordable main dish with a glass of milk, a slice of bread, and fruit to make it a complete meal.*

*You may use fresh, frozen or canned vegetables. Vary the seasoning for an Italian or a Southwest flavor. This recipe may be doubled or tripled.*

#### Ingredients:

- Non-stick pan spray
- 1/2 cup chopped onion
- 1 teaspoon minced garlic, if desired
- 2 cups water
- 1 cup dry lentils, with any rocks removed
- 1 cup sliced carrots
- 1/2 cup diced tomato
- 1/2 teaspoon dried oregano OR chili powder
- 1/2 teaspoon ground black pepper

#### Directions:

1. Wash your hands and work area.
2. Spray a saucepan that has a lid with non-stick pan spray.
3. Add onion and garlic. Cook and stir over medium heat until tender, about 3 minutes.
4. Stir in water and lentils. Cover saucepan and gently boil for about 10 minutes.
5. Stir in remaining ingredients. Cover and continue to gently boil until tender, about 10 more minutes. If needed, add more water.
6. Serve hot. Cover and refrigerate, or freeze, any leftovers within 2 hours.

#### **Nutrition Facts per 1 cup serving:**

250 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 40mg sodium, 45g carbohydrate, 17g dietary fiber and 18g protein. Daily Values: 150% vitamin A, 20% vitamin C, 6% calcium, 35% iron.