Southern University and A&M College System
AGRICULTURAL RESEARCH AND EXTENSION CENTER

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

"EAT HEALTHY – STAY HEALTHY"

March is National Nutrition Month and, although we strive for nutritional excellence year round, March is that time of year in which we focus on nutrition and the many benefits that healthy eating can have in our lives. This year's theme – "Eat Healthy – Stay Healthy" represents how important nutrition is in our overall health. So, below are some key ways that you can ***"EAT HEALHTY & STAY HEALTHY"***.

Use the Food Guide Pyramid

The Food Guide Pyramid is an outline of what to eat each day based on the Dietary Guidelines. The Pyramid calls for eating a variety of foods to get the nutrients you need and, at the same time, the right amount of calories to maintain a healthy weight.

Follow the Dietary Guidelines

- **Eat a variety of foods.**
- **Balance the food you eat with physical activity – maintain or improve your weight.**
- **Choose a diet with plenty of grain products, vegetables, and fruits.**
- **Choose a diet low in fat, saturated fat, and cholesterol.**
- **Choose a diet moderate in sugars.**
- **Choose a diet moderate in salt and sodium.**
- **If you drink alcoholic beverages, do so in moderation.**

Know Your Serving Sizes

The amount of food that counts as one serving is listed below. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta.

Breads, Cereals, Rice and Pasta
1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready-to-eat cereal

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
2 1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounceof lean meat (about 1/3 serving)

Milk, Yogurt, and Cheese
1 cup of milk or yogurt
1 1/2 to 2 ounces of cheese

Vegetables
1/2 cup chopped raw or cooked vegetables
1 cup leafy raw vegetables

Fruits
1 piece of fruit or melon wedge
1/2 cup of juice
1/2 cup of canned fruit
1/2 cup of dried fruit

"Eat Healthy - Stay Healthy"

What's Cooking?

Shepherd's Pie

Ground Beef, extra lean	1 lb.
Corn, whole kernel, canned	16oz.
Potatoes, mashed	2 cups
Cheese, cheddar, low sodium	1 cup
Onion, white, raw, med.	1/2

1. Brown ground beef and pour off excess fat.
2. Return ground beef to skillet and cook with onion (add season to taste)
3. Place 1/2 meat and onions in a baking dish.
4. Place 1/2 of vegetables over meat.
5. Place 1 cup of mash potatoes.
6. Rotate each item as if making a lasagna.
7. Place cheese on top.

Bake 45 minutes at 350 degrees.
Makes 6 Servings

Nutrition Facts
Serving Size (259g)
Servings Per Container
Amount Per Serving
Calories 240 Calories from Fat 100
% Daily Value*
Total Fat 11g 17%
Saturated Fat 5g 26%
Cholesterol 50mg 20%
Sodium 453mg 18%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 4%
Sugars 4g
Protein 22g
Vitamin A 4% • Vitamin C 4%
Calcium 15% • Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

References:
Health and Wellness Center, Bolling Air Force Base, DC
Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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