

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



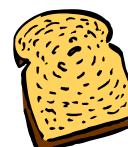
Ideas For Eating Better For Less November 2008



Know How Much You Eat & Drink



- Measure how much your bowls, glasses, cups and plates hold so you have some idea of how much you are eating and drinking.
- It may be hard to know if you are eating enough fruits and vegetables. Cut up a few whole fruits (apple, pears) and vegetables (cucumbers, tomatoes) into small pieces and measure them in measuring cups.
- Know how many ounces of grains you eat.
1 ounce of grains is about equal to:
 - 1 slice of bread
 - 1 cup of breakfast cereal
 - 1/2 cup of cooked rice, cereal or pasta



Turkey Vegetable Bake Serves 4.

2 Tbsp. soft margarine or vegetable oil
2 Tbsp. all-purpose flour
1 cup reduced-sodium chicken broth
1 can (15 oz.) mixed vegetables, drained

2 cups cooked turkey chunks
1/2 cup shredded reduced fat processed cheese
1/2 cup soft bread crumbs

1. Preheat oven to 350 degrees.
2. In a saucepan, melt margarine or heat oil on medium-high heat.
3. Blend in flour.
4. Add broth. Cook and stir until sauce is thick and bubbly.
5. Remove from heat and stir in vegetables, turkey and 1/4 cup cheese.
6. Pour into a 1-quart oven-proof casserole dish.
7. Combine bread crumbs and remaining cheese and sprinkle over casserole.
8. Bake about 30 minutes or until heated through.

NUTRITION FACTS (per serving) – Calories 280; fat 12 g; calories from fat 110; sodium 1330 mg; total carbohydrate 18 g; fiber 4 g

Sweet Potato Casserole Serves 8.

5 medium or 3 large sweet potatoes 1/2 cup fat-free milk
1/4 cup soft margarine 1/2 tsp. vanilla extract
1 egg, beaten 1/2 tsp. cinnamon (optional)
1/2 cup packed brown sugar 1/2 tsp. salt

1. Preheat oven to 350 degrees.
2. Peel and slice sweet potatoes. Boil in water until tender. Drain.
3. In a large bowl mash sweet potatoes until creamy. Stir in margarine, egg, brown sugar, milk, vanilla, cinnamon, and salt.
4. Spread into a 9x13-inch lightly greased oven-proof casserole dish. Bake about 45 minutes or until firm.

*Toppings like chopped nuts, granola cereal or miniature marshmallows may be added before baking.

NUTRITION FACTS (per serving w/no topping) – Calories 180; fat 6 g; calories from fat 60; sodium 260 mg; total carbohydrate 29 g; fiber 3 g

Watch Your Portion Sizes

especially when eating low fiber, high fat,
and high sugar foods.

- **Eating more calories than your body uses means you gain weight.** If you eat 100 extra calories each day you could gain about 10 pounds a year.
- **To know how many servings of foods you are eating read the Nutrition Facts labels.** Look for both the serving size and the number of calories per serving.
- When eating out, larger meals may cost only a little more than the smaller meals. **Share extra food with someone or take leftovers home.**

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a diet of other people's misdeeds.	
Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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



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NUTRITION EDUCATION PROGRAMS

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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.