

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Make Every Bite Count

Make every bite count. That is the new message from the 2020-2025 Dietary Guidelines for Americans. It seems like a simple message, but how do you make every bite count?

Making every bite count means consuming the foods and drinks that benefit our long-term health. The research used to create the dietary guidelines shows that Americans do not eat enough of the foods that benefit our health. Instead, we eat too many of the foods that can increase the risk of health problems. This is where the idea of make every bite count comes in.

To make every bite count, think three things:

1. Choose nutrient-dense foods and beverages
2. Add variety
3. Remember portion size

Nutrient-dense foods are things like fruits, vegetables, whole grains, low-fat dairy, and lean

protein. These foods provide nutrients our bodies need to be healthy and are low in added sugars, saturated fat, and sodium. These three nutrients are commonly found in chips, fried foods, fatty meats, butter, cakes, and cookies. Eating too much sugar, saturated fat, and sodium can increase risks for chronic diseases.

The dietary guidelines recommend that 85% of our daily calories come from nutrient-dense foods. It is a good idea to eat a variety of foods from MyPlate to get all the nutrients you need. Remembering portion size is also important for all foods, but especially for foods high in sugar, saturated fat, and sodium. The dietary guidelines recommend that 15% or less of daily calories come from these foods. This means that while most of our food choices should be nutrient-dense, there is still room for small treats once in a while.

Continued on the back

Every Bite, Continued

If you are not sure how to make every bite count, think about some simple switches for your meals and snacks:

- Try whole fruit instead of candy and sweets for snacks or dessert
- Try whole-grain crackers instead of chips
- Add a vegetable to lunch or dinner
- Try oatmeal instead of sugary dry cereal
- Ask for a side salad instead of French fries
- Pick low-fat cheese, milk, and yogurt
- Choose low-sodium soups, sauces, and canned goods

For more information on making every bite count, sign up for CNP classes or visit www.myplate.gov.

Join the Cent\$ible Nutrition Program!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Due to Coronavirus, we are now offering our classes online! Find out more at: <https://uwycnnp.org/cnp-online-classes/>.



Zucchini Fries

Ingredients

- 2 6-inch zucchinis or other summer squash
- 1 egg white
- ½ cup low-fat milk
- ½ cup grated Parmesan cheese
- ½ cup breadcrumbs
- 1 Tablespoon Italian seasoning

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 425°F.
3. Coat a baking sheet with nonstick spray.
4. Wash and cut zucchini into 3-inch sticks.
5. Beat egg white in a small bowl with a fork. Add milk and mix together.
6. In a separate bowl, combine cheese, breadcrumbs, and seasoning.
7. Dip zucchini sticks into the egg mixture, then the breadcrumb mixture. Place on baking sheet.
8. Bake for 25-30 minutes or until golden brown.

Makes 6 servings



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