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# Celebrate Good Health

March - April, 2005



Jim Mills



Dave Mills



A celebration of good health and nutrition - that's spring in our neighborhood. Spring is fresh and green (like lettuce!) - making the Mills family is a perfect choice for our series on local growers.

They have been growing the leafy green good stuff here in the Salinas Valley for nearly 50 years, and three generations of the family are involved in making the best better. We spoke with the newest member of the team today, James Mills.



James Mills

He talked about "Green Cascade Mix Wholeaves" - a mixture of Romaine, Greenleaf and Radicchio that is handled so carefully that it is

100% usable. Leaves are torn by hand - not cut- then washed, sanitized, sorted and packed.

A 3-cup meal-size salad is very low in calories (less than 3.5 gms carbs!). It's very high in Vitamin A, Vitamin C, folate and Manganese.

This is a winning salad!

Una celebración de buena salud y nutrición - así es la primavera aquí en nuestra área. La primavera es fresca y verde (¡cómo la lechuga!) - y por eso la familia Mills es una elección perfecta para nuestro cuento sobre la agricultura local.

Esta familia ha cultivado las hojas verdes aquí en el valle Salinas por casi 50 años, y tres generaciones de la familia está trabajando "mejorar lo mejor". Hoy hablamos con el miembro del equipo familiar más nuevo, James Mills.

Él habló de "Green Cascade Mix Wholeaves" - una mezcla de lechugas "Romaine, Greenleaf" y "Radicchio".

Esta mezcla está preparada tan cuidadosamente que es totalmente utilizable. Las hojas están separadas por mano (en vez de cortadas) - entonces limpiadas, y envasadas.

Una porción de 3 tazas de ensalada es baja en calorías (¡con menos de 3.5 MG de carbohidratos!) También está llena de Vitaminas A y C, ácido fólico y manganeso.

¡Esta ensalada gana premios!

University of California and U.S. Department of Agriculture cooperating

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# SALADS from page 1...



This salad actually won the prestigious “Best Of Class” award by the American Culinary Institute for five years in a row. The blend is available in bulk at local supermarkets.

James told us his favorite recipe is Cascade Salad. We’re using the greens in a traditional Nicoise Salad. Mix, dress lightly, crunch and enjoy!

Esta ensalada ganó el premio prestigioso “Mejor de Clase” del American Culinary Institute por cinco años seguidos. Se venden estas lechugas en los supermercados locales.

Estamos usando las hojas verdes en esta ensalada tradicional - “Nicoise”. ¡Disfrútenla!



And so closes our series on local agricultural producers and the wonderful foods they bring to our tables. A big thanks to Patrick Troy, Juan Pérez, Amparo Martinez, Frank and Irene LaMaccia, Sarah Smith, Chris Bunn, Kenny and Sherry Lazzerini, Nick Bianchi and the Mills Family. Put together their artichokes, grass-fed beef, green Cascade Mix Wholeleaves, olives, butternut squash, tomatoes, bell peppers, potatoes and strawberries- and you’ll serve a delicious and nutritious meal.

## In the old days, we did it this way...



Hotel Del Monte

A favorite dish from the glory days of California’s grand old hotels is the **Nicoise Salad**. 2005 is a perfect year to revive this popular meal, since it combines so many foods that support our good health. It is tasty and substantial and makes use of many of our Central Coast catches and crops.

Traditionally made with an oil and vinegar-based dressing, it is also delicious with low-fat ranch

(a dressing that somewhat resembles the classic Green Goddess). Serve with your favorite crusty whole-grain bread.

1. On each plate, make a bed of 3 cups mixed lettuces.
2. On the lettuce bed, artfully arrange: **3-oz (1/2 can) light chunk tuna; 3/4-cup lightly cooked green beans; 1 whole egg, well-cooked and sliced; 1 small ripe tomato, sliced or wedges; 3/4-cup cooked red potatoes, cut in large chunks; and 1/3-cup black olives.**
3. ~~Garnish with~~ **parsley** and serve the dressing on the side.

En cada plato, ponga 3-tazas de lechugas mezcladas. Encima de la lechuga, arregle ingeniosamente: **3-oz. (1/2 lata) atún; 3/4-taza ejotes cocinados; 1 blanquillo cocinado, rebanado; 1 jitomate rojo pequeño, cortado en trozos; 3/4-taza papas rojas cocinadas, cortando en trozos; y 1/3-tazas olivos negros.** Adórnela con perejil y sirva el aderezo al lado.

### Ensalada Nicoise



UCCE’s Favorite Family Food 2

Eat, eat, eat the new way- Be cool with nine a day! 2-4 with every meal, like this:

A breakfast burrito: potatoes & beans, cheese & salsa, with a glass of orange juice.

Snack on a banana

For lunch, a small burger & side salad: lettuce, radishes & carrots.

Afternoon munchies: have a juicy apple.

At dinner, try Chicken with Rice, & zucchini with a little cheese & salsa.

For a healthy look that's really cute, Eat more vegetables, and fruit



# So you're Learning to Cook...

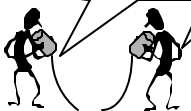
Fish is good food for my family. But some fish can be dangerous to eat. What should I do? What should I think?



- Fish and shellfish are an important part of a healthy diet
- However, nearly all fish and shellfish contain traces of mercury
- Women of childbearing age & young children are advised to avoid some types of fish and eat fish and shellfish that are lower in mercury.
- Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
- Do eat up to 12 ounces (4 servings) a week of a variety of fish that are lower in mercury such as shrimp, canned **light** tuna, salmon, pollock, and catfish.

Why desserts? I thought they weren't nutritious!

Dessert recipes you find here are lower in fat or sugar than many. Look, if you make nutritious food seem like a punishment, no one will want to eat it!



## Could Be Tuna 'burgers

and you could put them on buns with 'fixins. Back in the day they were called "croquettes". Either way they are crisp on the outside, melty-good on the inside and a favorite for an easy spring supper.

1. Mix **1 can drained light chunk tuna** with **1 whole egg, 2 small cooked & mashed potatoes** (you can cook these the night before), **1-TBS chopped parsley**.
2. Add **juice of 1 lemon, a couple shakes of salt and pepper** and enough **bread crumbs** so that the mix can hold its shape.
3. Form into patties and coat the outsides with more breadcrumbs (up to 1/3 cup).
4. Grease a cooky sheet with olive oil and place the tuna burgers on it. Cook in a hot (400°F) oven for 20-30 minutes, turning once so that they brown evenly.
5. Serve with lemon wedges and a salad. Or or a bun, with tartar sauce. Yum!

## Croquetas de atún

1. Cueza **2 papas chicas**, pélelas y prénselas hasta lograr un puré.
2. Mezcle el puré con **1 lata de atún enjuagado, 1 cucharada de perejil molido y 1 blanquillo**. Agregue el **jugo de 1 limón y un poco de sal y pimienta**, y **suficiente pan molido** para que la mezcla pueda mantener forma.
3. Forme las croquetas y revuélquelas en pan molido.
4. Ponga **1-2 cucharadas de aceite de olivo** en un sartén para galletas. Ponga las croquetas en el sartén. Hornéelas en un horno caliente (400°F) por 20-30 minutos, revolviendo una vez hasta que estén doradas.
5. Sírvalas con un trozo de limón y una ensalada - o, como hamburguesa. ¡Yum!

## Old-Fashioned Brownie Pudding -

A family favorite that's easy to make. Not high in fat.

1. In a medium bowl, combine **1/2 cup all-purpose flour, 1 tsp baking powder, 1/2 tsp salt, 1/2 cup white sugar & 1 TB unsweetened cocoa powder**.
2. Stir in **1 TB vegetable oil, 1/2 tsp vanilla & 1/4 cup 1% milk** and blend until smooth. (Fold in **1/2 cup nuts** if you like)
3. Spread mixture in a 1 quart lightly greased baking dish.
4. Stir together **1 cup brown sugar, 1 tablespoon cocoa & 1 cup boiling water**. Pour carefully over batter.
5. Bake in preheated 350°F oven 30 to 45 minutes, until set. Serve warm.



Para más información, mira - <http://www.healthierus.gov/dietaryguidelines>

UCCE's  
Favorite  
Family  
Food  
4

Tabla de calorías

Género	Edad (años)	Nivel de Actividad		
		Sedentario	Moderadamente Activo	Activo
Niño	2-3	1,000	1,000 -1,400	1,000 -1,400
Mujer	4-8	1,200	1,400 -1,600	1,400 -1,800
	9-11	1,600	1,600 -2,000	1,800 -2,000
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000 -2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000 -2,200
Hombre	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800



¿Cuántas calorías necesita cada día?  
¿A ver?



**Sedentario** - No hace actividad física en adición de sus actividades normales.

**Moderadamente Activo** - Haces más actividad por lo menos equivalente de andar 1.5-3 millas a 3-4 MPH

**Activo** - Hace más actividad como andar más de 3 millas por día a 3-4 MPH

For more information, see <http://www.healthierus.gov/dietaryguidelines>



How many calories do I need every day?  
Let's see...



Gender	Age (years)	Activity Level		
		Sedentary	Moderately Active	Active
Child	2-3	1,000	1,000 -1,400	1,000 -1,400
Female	4-8	1,200	1,400 -1,600	1,400 -1,800
	9-11	1,600	1,600 -2,000	1,800 -2,000
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000 -2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000 -2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

**Sedentary** - no extra physical activity beyond usual work-school-home activities

**Moderately Active** - extra activity at least the same as walking 1.5- 3miles a day at 3-4 mph

**Active** - extra activity more than walking 3 miles a day at 3-4 mph

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They're NEW! They're HERE!  
They're the 2005 Dietary Guidelines!

EAT MORE OF THESE:



**ENOUGH NUTRIENTS, BUT NOT TOO MANY CALORIES**

1. **Do** eat many different kinds of wholesome foods from the different food groups.
2. **Don't** eat too much food (see calorie chart on last page). Don't eat too much saturated fat, trans fat, cholesterol, extra sugar, salt and alcohol.

**MANAGE YOUR WEIGHT**

1. Don't eat more food (calories) that you use each day. Balance is the key.
2. Adults: to keep from getting fatter as you get older, eat a *little* less each year. Also try to exercise a little more.

**EAT MORE OF THESE**

1. Eat plenty of vegetables and fruit, but don't eat more food than you need. 2 and 1/2 cups of vegetables and 2 cups of fruit is right for people who eat 2000 calories a day. How many calories do you need? (See chart) How much do you need to eat in the vegetable and fruit group?
2. Be sure to mix it up and eat many different kinds of food each day. For sure, in one week you should eat all the different kinds of vegetables several times. These include: dark green, orange, "legume" (like peas), starchy (like potatoes) and other kinds, like tomatoes, radishes, parsnips etc.
3. Eat 3 servings of whole grains a day. At least half of your grain food should be whole grains. This includes popcorn, whole wheat bread, oats, etc.
4. Drink 3 cups of fat-free (or 1%) milk a day - or eat yogurt or cheese.

**WATCH OUT FOR FATS!**

1. It's best if 1/3 or less of your daily calories come from fat. Fish, nuts and vegetable oils are the best fat-containing foods for your good health.
2. **Avoid trans fat** as much as possible! **Don't** eat more than 300 mg of cholesterol a day. No more than 10% of your daily calories should be *saturated fat*. Yes, you will have to check out the nutrition labels on your favorite foods.
3. When eating meat, chicken, cooked bean dishes and milk products, eat low-fat.

**CARBOHYDRATES** - *This is not a dirty word! Did you know that*

1. Vegetables, fruits and whole grains are carbohydrates. They are full of fiber and vitamins and minerals and you should eat them often.
2. Eat and drink foods and beverages with no added sugar (or, hardly any).
3. Prevent cavities by eating and drinking less sugar.  
Brush & floss your teeth after meals.

**SODIUM AND POTASSIUM**

1. **Don't** eat more than 2300 mg of sodium a day (about 1 teaspoon of salt).
2. **Don't** add a lot of salt to food you prepare.
3. **Do** eat lots of vegetables and fruit. They are rich in potassium, a mineral that is good for your muscles and bones.

## ¡Pautas Alimenticias 2005!



UCCE's  
Favorite  
Family  
Food  
6

### SUFICIENTES NUTRIENTES, PERO NO CALORÍAS EXCESIVAS

1. **¡Sí! Coma** muchos tipos diferentes de alimentos saludables. Coma alimentos de los diferentes grupos de comida.
2. **No come** demasiada comida. (Mire la tabla de calorías en la página 4)  
**No come** demasiada grasa saturada, grasa "trans", y colesterol. También evite azúcar extra, sal y alcohol.

### CONTROLA SU PESO

1. No coma más alimentos (calorías) que se necesiten cada día. El equilibrio es clave.
2. Adultos: coma un *poco* menos de alimentos cada año. También, trate de hacer un poco más ejercicio. Eso es para prevenir aumentar más peso cada año mientras madura.

### COME MÁS DE ESTOS ALIMENTOS -

1. Coma suficiente vegetales y frutas, pero no más alimentos que se necesita.  
2 y 1/2 tazas de vegetales y 2 tazas de fruta están bien para las personas que comen 2000 calorías cada día. ¿Cuántas calorías necesita? (Mire la tabla)
2. Haga seguro de comer muchos tipos de alimentos cada día. De veras, en una semana debe comer todos tipos de vegetales muchas veces. Este grupo incluye: verde oscuro, naranja, legumbres como chícharos, los que se basan en almidón (como papas), y otros tipos como jitomates, rábanos, etc.
3. Coma 3 porciones de granos integrales cada día. Por lo menos, 1/2 de su alimentos de granos deben ser granos enteros. Esto incluye palomitas de maíz, pan de trigo integral, avena etc.
4. Tome 3 tazas de leche cada día. La leche descremada es la mejor - o use 1%. También pueda comer yogur o queso (bajo en grasa).

### ¡CUIDADO CON LAS GRASAS!

1. Es mejor si 1/3 o menos de sus calorías cada día sean de grasa. Pescado, nueces y aceites vegetales son las mejores fuentes de grasas beneficiosas para la salud.
2. ¡Evite la grasa 'trans' lo más que sea posible! **No coma** más de 300 MG de colesterol cada día. No más que 10% de sus calorías diarias deben ser de *grasa saturada*. Sí, debe chequear las etiquetas de nutrición en sus bocadillos favoritos.
3. Cuando se come la carne, el pollo, los frijoles cocidos o productos de leche, escoga los que son bajos en grasa.

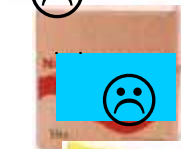
### CARBOHIDRATOS - ¡esta no es una palabra ruda! ¿Sabe que...?

1. Vegetales, frutas y granos integrales son carbohidratos. Estos están llenos de fibra, vitaminas y minerales. Debes comerlos a menudo.
2. Coma y tome alimentos y bebidas sin azúcar agregada (o, no mucha).
3. Evite caries comiendo y tomando menos azúcar.  
Cepilla y límpiese con hilo los dientes después de las comidas.

### SODIO Y POTASIO

1. **No coma** más de 2300 MG sodio diariamente (casi 1 cucharadita de sal).
2. **No agregue** mucha sal a las comidas que prepara.
3. **¡Sí! Coma** muchos vegetales y frutas. Están ricos en potasio, un mineral que es beneficioso para sus músculos y huesos.

### ¡CUIDADO CON LAS GRASAS!



## Pautas Alimenticias 2005

### SEAACTIVO

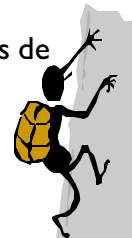
1. La actividad debe ser una parte de su rutina regular. **Además** de sus actividades

normales en su casa, escuela o trabajo:

- Casi todos los días incluye 1/2 hora (1 hora para jóvenes) de actividad moderada. ¿Actividad moderada? Por ejemplo: andar por bicicleta, bailar, trabajar en el jardín, andar a paso ligero. Eso es para **mantener la salud y prevenir las enfermedades**.
- Para **mejorar la salud**, haga su actividad favorita más rápidamente o por más minutos.
- El prevenir el pesar más y más mientras madura es muy importante. Los adultos deben ser activos *enérgicamente* por lo menos 1 hora en los casi todos los días. Trate actividades extenuantes como el jogging, correr, nadar, tenis.
- Para controlar su peso durante su vida, mantenga una rutina de ejercicio muy activo por 60-90 minutos casi todos los días. Si todavía no tiene un hábito de ejercicio, hable con su doctor antes de hacer cambios.

2. Para estar en buena condición física se necesitan diferentes tipos de ejercicios.

- Actividades "Cardio" hacen fuerte su corazón.
- Actividades de estirar mejorarán su flexibilidad.



### BE ACTIVE

1. Being active should be part of your regular routine. **Besides** your usual work and home activities:

- Include 1/2 hour (1 hour for youth) of moderate activity (bike, dance, rake yard, walk briskly) on most days. This is to **stay healthy and prevent illness**.
- Walk (or whatever) faster or for more minutes to be **even healthier**.
- Be more vigorously active (faster activities, or more strenuous - jogging, running, swimming, tennis) for an hour on most days. This will prevent **gradual weight gain in adulthood**.
- To keep weight off over the long-term, be very active on most days for 60-90 minutes. (If you are starting as a couch potato, talk to your doctor before you begin)

2. Becoming physically fit means including different kinds of exercise.

- "Cardio" activities will strengthen and exercise your heart.
- Stretching activities will improve your flexibility.
- Lifting weights or doing exercises like jumping jacks will make you strong. They will also improve your endurance.

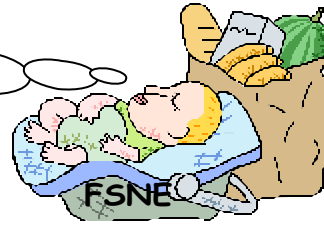
You need all these types of exercise to become fit.

# This time you will succeed!



# The Last Word

FSNE Families learn how to EAT RIGHT to STAY WELL. On a budget? You can do it!



The USDA Food Stamp Program

helps participants to purchase healthful foods for better diet and funds this newsletter.

## What'll We Have For Dinner? Early Spring Food Stamp Menus:

**Sunday:** Lemon-Honey Glazed Baked Chicken (Roast an extra chicken, plain, for later in week).

\*Risi-Bisi. Whole Wheat Roll or tortilla. Carrot Slaw with Raisins and Crushed Pineapple. Brownie Pudding. (\*oven-toast brown rice in lightly greased baking dish. Pour in boiling chicken broth to cover; add minced garlic and onion. Foil cap and bake 30-45 minutes. Uncover rice, correct seasoning, stir in thawed green peas and chopped bell pepper. Serve 1/2 cup each)

**Monday:** BBQ Beef Sandwich Rolls (on-sale beef roast in slow cooker - add BBQ sauce), Baked Sweet Potato Wedges. Big helping of Dark Green Salad w/ thinly-sliced carrots & radishes. Tropical Fruit Cup (banana, pineapple, orange, sprinkle of coconut or sliced almonds).

**Tuesday:** Two-Bean Turkey Chili with Masa Harina (your favorite chili recipe, made with turkey and both kidney and pinto beans. Season well. Cook in slow cooker. 1 hour before serving, stir in 1 TBS Masa Harina and cook on high till dinnertime. This thickens the chili and adds a delicious Latino flavor). Cheesy Jalapeño Cornbread. Carrot Sticks with Low-fat Ranch. Warm Strawberry-Rhubarb Crisp w/Custard Sauce.

**Wednesday:** Soft Chicken Tacos (heat chicken cooked ahead on Sun to 165F. Add, salsa, shredded cabbage, whole cooked beans, a sprinkle of grated cheese). "Spanish Rice". Sliced Oranges. Banana-Tapioca Pudding.

**Thursday:** Monterey Montechristo Sandwiches (Put thin-sliced ham and sharp cheese between slices of whole wheat bread. Dip in egg batter - like for French Toast - and bake in 375°F oven on lightly greased cookie sheet for about 30 minutes, turning once so sandwich browns nicely). Green chile salsa. Big helping of Dark Green Salad w/ thinly-sliced carrots & radishes. Homemade Oatmeal Cooky.

**Friday:** Tuna Croquettes (recipe page 3). Mashed Potatoes (russets & sweets). Steamed fresh Asparagus (when on sale- or from someone you know). Strawberries with yogurt sauce (use vanilla yogurt or lightly sweeten plain yogurt with brown sugar)

**Saturday:** Slow-cooked pinto Beans. Spanish (brown) Rice. Fresh whole wheat tortillas. Salsa Fresca. Calabacitas (zucchini) sprinkled with cheese. Flan (Use fat free condensed milk).

*Surprise! It's possible to feed your family tasty and nutritious meals on a food stamp budget, even now in 2005. It takes a smart and resourceful person to obtain food stamps in the first place. You are that smart person, so you may know the best ways to use this nutrition benefit. Careful menu planning helps a lot. So does careful shopping. Sharing out the tasks of meal preparation so that you aren't tempted by costly packaged foods makes the big difference. You know the food you prepare at home is more nutritious and tastier. It spells L-O-V-E- to your family. Did you know you're also saving money when you cook at home?*

## Everyone help!

Children can make pudding one evening for the next day's meal. the family works together to get the evening meal on the table.

## Use "planned-overs"

Take a hint from restaurant kitchens- they roast more than one chicken at a time to be used in different meals- so can you!

## Use that Slow Cooker!

It's a busy person's best friend.

## Plan on soup once a week.

Also sandwiches, eggs and that old stand-by, beans. **Once a week!**

## Old-timey desserts

satisfy and are nutritious, too.

## Plan, plan, plan!

Get the habit of planning - you'll be surprised at how much time and money you save!

## "Use everything but the squeal"

Chicken bones & skin, onion skins, carrot tops + water = chicken broth!

