



Family Nutrition In Action

May 2013

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Want your own healthy eating plan? *SuperTracker* is a free, online tool that can help you make healthy food and activity choices to improve your health!

1. Go to www.supertracker.usda.gov
2. Click on "Create Profile"
3. Enter your personal information
4. Create a username and password
5. Submit and explore the following options:

Food-A-Pedia – Choose and compare different types of foods

Food Tracker – Log foods that you eat each day

Physical Activity Tracker – Record your physical activity

My Weight Manager – Enter your weight and track your progress over time

My Top 5 Goals – Choose personal goals, get tips and support

My Reports – View your trends to reach food and activity goals

SOURCE: CHOOSEMYPLATE.GOV

For more information, contact your local County Extension Office:

Check out ChooseMyPlate.gov

In 2011, MyPlate replaced the MyPyramid image as our food group symbol. Created by the United States Department of Agriculture (USDA), MyPlate is a simple picture that shows healthful eating recommendations for fruits, vegetables, grains, protein and dairy. The MyPlate website,



ChooseMyPlate.gov, has resources

that can help you and your family make healthy food choices. Visit ChooseMyPlate.gov to find out more about:

MyPlate

- ◆ Discover what foods are in each food group and how much you need
- ◆ Learn about the health benefits and nutrients of each food group
- ◆ Try some of the many tips and recipes to add new foods from each group
- ◆ Find printable materials that are perfect for posting on a refrigerator

Weight Management and Calories

- ◆ Manage your body weight and learn more about calories
- ◆ Try these online tools:
 - BMI Calculator
 - SuperTracker

Physical Activity

- ◆ Explore why physical activity is important and how much you need
- ◆ Find tips to increase physical activity in your life

Customized Information just for you

- ◆ College students (NEW!)
- ◆ Preschoolers
- ◆ Dieters and Vegetarians
- ◆ Pregnant and breastfeeding women
- ◆ Materials in Spanish

Find information about fun contests and print infographics by liking www.facebook.com/MyPlate. Also, follow ChooseMyPlate.gov on Twitter.



VEGGIE CORNER SWEET CORN

Sweet corn is an American favorite! It can be found in three different colors (white, yellow, or bi-color), but color does not affect the flavor of the corn. Sweet corn has Vitamin A and B, is low in sodium and high in fiber.

How to Buy:

- Kernels should look moist, plump and bright in color. If corn is in husks, pick ears with bright green “snug” husks.
- For less sodium, choose fresh, frozen or canned corn with the words “no salt added” on the label.

Cost:

- The cost of fresh corn is usually \$1.80 per pound.
- A 16-ounce bag of frozen corn costs approximately \$1.40 and a 16-ounce can of corn usually costs \$0.69 .

How to Prepare:

- Sprinkle with fresh lemon juice or brush with olive oil and add your favorite dried herbs, like thyme.
- Add to any garden or chef’s salad.
- Try in soups or stews, such as chicken noodle soup, chili or beef stew.

Storage:

- Use perforated plastic bags and store in the refrigerator as soon as possible.
- Do not husk corn until right before cooking.
- Corn stays fresh for almost a week. The sooner the corn is eaten, the sweeter and better it tastes.

SOURCE: FDACS, UTAH STATE UNIVERSITY EXTENSION, USDA AMS

CORN AND BEAN MEDLEY

Serving size: 1/2 cup; Makes 4 servings

Cost per recipe: \$0.81

INGREDIENTS:

- 3 tablespoons liquid from canned corn
- 1/4 cup onion, chopped
- 1 cup canned corn, drained
- 3/4 cups kidney beans, drained, rinsed
- 3/4 teaspoons chili powder
- 1/4 teaspoon pepper flakes

STEPS:

1. Heat 3 tablespoons of liquid from canned corn into saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder, and red pepper flakes to onion mixture.
4. Cook over low heat for about 10 minutes.



SOURCE: UNITED STATES DEPARTMENT OF AGRICULTURE

Nutrition Facts

Calories: 100
 Fat: 1 g
 Carbohydrates: 17 g
 Protein: 4 g
 Sodium: 162 mg

Corny Matters

- 1 cup of sweet corn kernels (or 1 ear) provides 4 grams of fiber.
- Sweet corn contains folate, which can help prevent heart disease and birth defects.
- Cooking sweet corn for 10 minutes helps reduce your risk of cancer by increasing the amount of antioxidants your body can absorb.

SOURCE: UNIVERSITY OF MINNESOTA EXTENSION



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711.

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