

Nutrition Notes *TO GO*

Volume 1 • Number 8

AUGUST



Go for Whole Grains!

- ✓ Grains include wheat, rice, oats, corn and the foods made from them.
- ✓ Whole grains contain the entire grain kernel.
- ✓ Whole grains have more fiber and vitamins and are the best choices for good health.
- ✓ Eating whole grains can help you feel fuller if you are watching your weight.
- ✓ To choose whole grain foods, read the ingredient list on the label. A food is a whole grain if one of the following items is listed first:

- Brown rice
- Bulgur (cracked wheat)
- Oatmeal
- Pearl barley
- Popcorn
- Whole-grain corn or whole kernel corn
- Whole oats
- Whole wheat (look for *whole wheat bread*, not just *wheat bread* to make sure it's whole grain)
- Graham flour

- ✓ What are your favorite whole grains?

What's in Season...

Save money and enjoy the best flavors of the season! Best buys for fresh fruits and vegetables in August are:

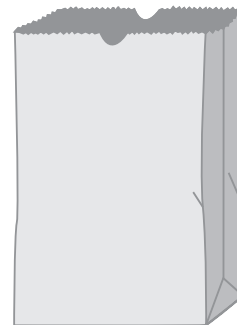
Vegetables:

Cucumbers
Eggplant
Green beans
Green Peppers
Lettuce
Summer squash
Sweet corn
Tomatoes
Zucchini

Fruits:

Blueberries
Cantaloupe
Grapes
Honeydew melon
Nectarines

Peaches
Pears
Plums
Watermelon



Keep Moving



Being active helps us to control our weight and appetite. It also helps us to feel more energetic. We even sleep better! People usually feel better when they build physical activity into each day. Try it for yourself – get moving and feel the difference!

Stuffed Green Peppers

Serves 6

1 tablespoon vegetable oil
1/2 cup onion, chopped
1 clove garlic, minced,
or 1/8 teaspoon garlic powder
3 large green peppers
1 16-ounce can kidney beans, drained
2 cups cooked rice, brown or white
1 tablespoon dried parsley
or 2 tablespoons fresh parsley (optional)
1/4 teaspoon black pepper
1/2 cup cheddar cheese, grated, low-fat

TIPS:

- A good way to use leftover rice.
- Make extra and freeze for later use.
- Brown rice is a whole grain.

Nutrition Facts: Serving size: 1/2 pepper; Calories: 210; Fruits and Vegetables: 1 1/2; Fat: 3.5 g; Fiber: 7 g

1. Wash and prepare vegetables.
2. Cook onion and garlic in vegetable oil.
3. Add beans, rice, parsley, and black pepper. (You may use more beans and less rice).
4. Cut washed green peppers in half, remove seeds and place in baking pan.
5. Spoon bean mixture into each pepper. Top with grated cheese.
6. Bake at 350° for 10-15 minutes.

