

Nutrition Notes *TO GO*

Volume 1 • Number 3

MARCH



Make Your Food Dollars Count

Get more food value for your money! Follow these tips to buy healthful foods for you and your family.

- ✓ Shop in the outside aisles of the store for fresh fruits and vegetables, milk and cheese, fresh meats, poultry and fish. These foods are less processed and are often cheaper and more healthful than foods found in the inner aisles. More processed foods (such as cookies, chips, and packaged meals) usually cost more and usually have more fat, sugar, and salt.
- ✓ Find the "Nutrition Facts" label on foods. Compare foods to choose the ones with:
 - Less saturated fat
 - Less sodium (salt)
 - More fiber
 - Less sugar
- ✓ Find the list of ingredients on the label. The first item is always the main ingredient, and the rest follow in decreasing amounts. For grain foods like bread, tortillas, and cereal, choose foods made with whole grains (like whole wheat or oats).

What's in Season...

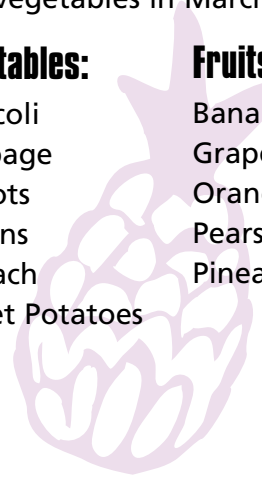
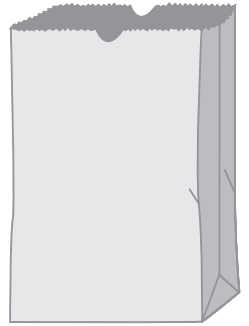
Save money and enjoy the best flavors of the season! Best buys for fresh fruits and vegetables in March are:

Vegetables:

Broccoli
Cabbage
Carrots
Onions
Spinach
Sweet Potatoes

Fruits:

Bananas
Grapefruit
Oranges
Pears
Pineapple



Keep Moving

Make a plan and set goal to walk more! If you work, walk during your lunch hour or break. If you have children or a pet, walk with them. Walking is free and you don't need any special equipment!

Chicken and Vegetable Stir-Fry

Serves 4

1/2 cup carrots, sliced
3 green onions, sliced
1 cup cabbage, sliced
1 cup broccoli, cut into bite-size pieces
1 pound chicken meat, skin removed, cut into bite-size cubes (about 1/2 inch)
2 tablespoons soy sauce, low-sodium
1-2 tablespoons olive or vegetable oil
1 tablespoon cornstarch
1/8 teaspoon garlic powder (optional)
1/8 teaspoon ginger, ground
1 cup chicken broth, low-fat, low-sodium

TIP: Wash hands and everything that comes in contact with raw chicken before touching other ingredients.

Nutrition Facts: Serving size: 1 cup; Calories: 220; Fruits and Vegetables: 1; Fat 9 g; Fiber 2 g

1. Wash and prepare vegetables.
2. Cube chicken and marinate for 30 minutes in soy sauce in the refrigerator.
3. Heat oil in skillet. Cook chicken pieces, stirring constantly for 5 minutes until thoroughly cooked. Remove from pan using a slotted spoon.
4. Add carrots to skillet. Stir-fry for 3 minutes. Add green onions, cabbage, and broccoli. Cook until vegetables are tender-crisp, about another 2 minutes. Remove from skillet.
5. Mix cornstarch, garlic powder and ginger into chicken broth. Pour into skillet.
6. Stir until thickened and bubbly.
7. Return chicken and vegetables to skillet. Cook until heated through, about 1 minute. Serve hot.