

# PLAY THE HERO In Your Family



February 2012

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## Healthy Hearts



### Focus on being good to your heart this month.

Most of us eat too much fat in our diets. Try limiting high fat foods to keep your heart healthy and happy.

#### Things you can do:

- ♥ **Skip the French fries.** Or share a small order of French fries with your child.
- ♥ **Limit potato chips and corn chips.** Pour a small amount into a bowl to eat. Do not eat out of the bag—it's too easy to overeat.
- ♥ **Choose skim or 1% milk for your family.** Skim and 1% milks have as much calcium as whole and 2% milks, without the extra fat. Your family doesn't need the extra calories in whole and 2% milk unless they are trying to gain weight.
- ♥ **Eat less bacon, sausage and other high fat meats.** Read the label and make healthy choices for your family. Try a lower fat meat like chicken or fish.

### Many high fat foods are low in nutrition.

If your family is eating high fat foods, they may be missing out on important nutrients.



Make sure your family is getting the nutrition they need by serving colorful fruits and vegetables as snacks and at meals.

## Food Hero List

Here are some ways to keep your family healthy all year long.

- Cut down on fried foods like French fries and chips.
- Choose a lower fat milk
- Eat fewer high fat meats
- Serve more Fruits and Vegetables

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Oregon State UNIVERSITY **OSU** Extension Service



# Italian Veggie Soup

## Ingredients

- 1 pound **ground beef**
- 1 cup diced **onion**
- 1/2 cup sliced **celery**
- 1 cup sliced or diced **carrots**
- 1 1/2 cups sliced or chopped **cabbage**
- 1 can **kidney beans** with liquid (15 ounce)
- 2 cans **tomato pieces** with liquid (15 ounce)
- 1 can **tomato sauce** (15 ounce)
- 1 can cut **green beans** (15 ounce)
- 1 cup whole kernel **corn**, frozen or canned
- 2 cups **water**
- 3 teaspoons **beef bouillon**
- 1/2 teaspoon **garlic powder**
- 1 teaspoon **dried parsley**
- 1/2 teaspoon **dried oregano leaf**
- 1/2 teaspoon **dried sweet basil leaf**
- 1/4 teaspoon **pepper**
- 1/2 cup small **macaroni** (optional)

## Directions

1. In a skillet, cook the ground beef until browned, breaking it up as it cooks. Remove to soup pan.
2. In the same skillet, saute the onion, celery, and carrots until limp but not brown. Remove to soup pan.
3. Add all the remaining ingredients to soup pan.
4. Bring to a boil, lower heat, cover and simmer about 30 minutes.
5. Left overs should be refrigerated with 2-3 hours or frozen for later use.

## Notes

Try substituting ground turkey or turkey sausage or other vegetables such as zucchini.

Nutrition Facts	
Serving Size about a cup (259g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 570mg	<b>24%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 12g	
Vitamin A 40%	• Vitamin C 30%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more recipes and Tips on eating well for less, visit [www.foodhero.org](http://www.foodhero.org)