

Quick nutrition tips!

Choose lean meats!

Eating lean meats can help reduce your intake of fat, saturated fat and cholesterol. This can improve your heart health!

Here are some tips for choosing lean beef, pork, chicken or turkey.

- Read the label. Look for at least 90 percent lean meat (for example: 93/7 ground beef)
- Find a cut of meat with little fat throughout.
- Trim any extra fat around the outside of the meat.
- For beef, search for cuts that have the word "round," "chuck," or "loin" on the packaging.
- Eat white meat chicken/turkey without the skin.
- For pork, select "loins" or Canadian bacon.



Exercise...it does more than make you sweat!

- Helps you stay at a healthy weight.
- Increases flexibility and posture.
- Reduces your risk of heart disease and stroke.
- Boosts your mood.
- Improves your self-esteem.

Aim to be active. Try it today!



Family Nutrition Education Programs
Nutrition and Life Skills for Missouri Families

Choose foods wisely!
Use MyPlate to guide your food choices. On the Web at
www.choosemyplate.gov

For more information,
contact your local University
of Missouri Extension center.
extension.missouri.edu

If you have questions about nutrition,
call MU Extension's
Show-Me Nutrition Line:
1-888-515-0016

Running out of money for food? Contact
your local Food Stamp Office or go to
www.dss.mo.gov/fsd/fstamp

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Two meals for \$10

**Here's how to make
two savory meals**

- **easy to fix**
- **great tasting**
- **good for your family**

Two meals for under \$10!

Tortilla Soup

Make this soup to spice up your weeknight! In 25 minutes, you have a great meal to serve six.

- 4 cubes instant bouillon seasoning, chicken flavor
- 1 cup water
- ½ cup mild salsa
- 1 teaspoon chili powder
- 1 5-oz. can chicken, packed in water
- 3 green onions
- 1 large tomato
- ½ cup (2 oz.) low-fat Monterey Jack cheese
- 4 ounces (48 chips) tortilla chips

tortilla chips

1. Make 4 cups of chicken broth. To make 1 cup of broth, mix 1 bouillon cube into 1 cup of boiling water.
2. Mix together chicken broth, water, salsa and chili powder in a large pot.
3. Heat mixture to boiling, then reduce heat and simmer.
4. Drain water from canned chicken. Using a fork, break chicken into small pieces.
5. Wash green onions and tomato. Thinly slice.
6. Cut cheese into ¼-inch cubes.
7. Divide chicken, onions, tomatoes and cheese evenly among six soup bowls.
8. Ladle hot broth into each bowl. Crumble tortilla chips and sprinkle over soup.

Each serving contains:

Calories: 200 **Protein: 13 g**
Fat: 6 g **Calcium: 90 mg**
Fiber: 3 g **Folate: 19 mg DFE**
Iron: 1 mg



Hearty Tex-Mex Skillet Supper

This filling dish makes six servings with very little mess.

- 1 pound ground beef
- 6 whole-wheat tortillas
- ⅛ teaspoon garlic powder
- 1 11-oz. can corn, drained
- 1 15-oz. can black beans, drained
- 1 10-oz. can tomatoes and green chilies, drained
- ½ cup water
- 2 teaspoons taco seasoning mix
- ½ cup (2 oz.) low-fat cheese, shredded

1. In a large skillet, cook meat and garlic over medium-high heat until meat is lightly browned. Drain fat.
2. Cut tortillas in half and then into 1-inch strips. Add to beef.
3. Stir in remaining ingredients, except cheese. Bring to a boil, lower heat, cover and simmer for 10–12 minutes.
4. Uncover, top with cheese and cook 2 more minutes, until cheese is melted.
5. Serve hot and, if desired, with low-fat sour cream, green onions and tortilla chips.
6. Refrigerate leftovers immediately.

Each serving contains:

Calories: 420 **Protein: 34 g**
Fat: 12 g **Carbohydrates: 43 mg**
Fiber: 10 g **Good source: Iron, Vitamin A**



My shopping list

Tortilla Soup

- ❑ 4 cubes instant bouillon seasoning – chicken flavor \$0.36
- ❑ ½ cup mild salsa .33
- ❑ 1 teaspoon chili powder .02
- ❑ 1 5-oz. can chicken, packed in water 1.50
- ❑ 3 green onions .24
- ❑ 1 large tomato .20
- ❑ ½ cup (2 oz.) low-fat Monterey Jack cheese .50
- ❑ 4 ounces (48 chips) tortilla chips .82

***Total cost: \$3.97**

Servings: 6

Cost per serving: \$.66

Hearty Tex-Mex Skillet Supper

- ❑ 1 pound ground beef \$1.49
- ❑ 6 whole-wheat tortillas 1.51
- ❑ ⅛ teaspoon garlic powder .01
- ❑ 1 11-oz. can corn .48
- ❑ 1 15-oz. can black beans .80
- ❑ 1 10-oz. can tomatoes and green chilies .76
- ❑ 2 teaspoons taco seasoning mix .28
- ❑ ½ cup (2 oz.) low-fat cheese, shredded .50

***Total cost: \$5.83**

Servings: 6

Cost per serving: \$.97

*Prices are meant to serve as a **guideline**. They may vary by location, store and season.