

► FIND AND MAKE HEALTHY FOODS IN A SNAP

Finding low-cost, healthy foods is important for many families. Use your SNAP benefits to stretch your food dollars and create tasty, healthy meals for your family. When you are shopping at the grocery store, use the information on food labels to help you make choices. Make meals at home, where you can control what is in your foods.

USE FOOD LABELS

- **Read the Nutrition Facts label.** The Nutrition Facts label has a lot of useful information and can help you get the right amount of calories. The Nutrition Facts label includes nutrition information for a 2,000-calorie diet. Some adults and older children need about 2,000 calories a day. Toddlers and young children need to eat less. Inactive adults and older adults may also need fewer calories.
- **The serving size and number of servings are important.** Calories, fat, sugar, and sodium are shown. Look for low amounts of fat, sodium, and sugar, and high amounts of vitamins, minerals, and fiber. If you eat more than the amount on the label, you get more calories, fat, sodium, and other nutrients, too.
- **Look at the ingredients, too.** The first three ingredients usually make up most of the food item. Choose items with sugar, fat, and oils listed at the end of the ingredient list.
- **Check the sodium.** Foods that don't taste salty can be very high in sodium. Watch out for high amounts of sodium in deli meats, pizza, cheese, soups, breads, hot dogs, spaghetti sauce, canned foods, chips, and crackers. Choose low-sodium, no-salt or salt-free soy sauce, salsa, and seasonings as ingredients.

► TIPS TO MAKE MEALS AT HOME

Make a recipe. Prepare food at home so that you can control what goes into the meal. To find recipes that you can make at home use the What's Cooking? USDA Mixing Bowl at WhatsCooking.fns.usda.gov.

Include foods from each of the five food groups. Look for recipes that have more than one food group. Adding fruits, vegetables, grains, dairy, and protein foods can help you build a healthy plate. Limit foods with high amounts of solid fats, sugars, and sodium.

Know the amount. Use a measuring cup or spoon to measure ingredients in the recipe or the amount of food on your plate. Use recipes that list calories, sodium, and fats.

Bake, broil, roast, or grill your foods. Bake meats, roast vegetables, broil fish, and grill poultry instead of frying foods. You can add a lot of flavor by seasoning your foods with your favorite spices and herbs.

If you have questions about SNAP benefits or making healthy meals, ask your nutrition educator, call 1-800-221-5689, or visit the SNAP website <http://www.fns.usda.gov/snap/nutrition-education>.

HANDOUT:
HOW MUCH FOOD AND PHYSICAL ACTIVITY?



▶ SPANISH FRITTATA

COOK TIME: 30 minutes

MAKES: four 4-ounce servings

INGREDIENTS:

- 1½ pounds (about 2) russet potatoes, scrubbed
- 6 large eggs
- 2 teaspoons vegetable oil
- 1 medium yellow onion, peeled and chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS:

1. Preheat the oven to 400 °F.
2. Put the potatoes in a non-stick skillet on the stove and cover with cold water. Turn the heat to medium-high and cook until the potatoes are easily pierced with a knife, about 15 minutes.
3. Drain the potatoes well, remove from the skillet, and set aside to cool. Then peel and cut into 1-inch cubes.
4. Put the eggs, salt, and pepper in a bowl and mix well with a whisk.
5. Return the skillet on the stove and turn the heat to medium-high. Add the oil. Add onion and cook about 5 minutes until soft. Add the cubed potatoes.
6. Pour the egg mixture over the potatoes and onions. Press down with a spatula to make an even layer and shake gently to prevent sticking. Lower to medium heat and cook about 7 minutes.
7. Transfer the skillet to the oven and cook until the frittata is completely set, about 5 minutes.
8. Gently loosen frittata from the pan. Place a serving plate over the skillet and carefully flip the frittata onto the plate.
9. Slice into 4 wedges. Serve warm.



NUTRIENTS PER SERVING:

Calories 281, Protein 13 g, Dietary Fiber 5 g, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 317 mg, Sodium 408 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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