



# Family Nutrition In Action

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It can help you buy nutritious foods for a better diet. To find out more, call 1-800-342-9274 (toll-free).



## Keep Your Heart Healthy

February is American Heart Month. What can you do to help keep your heart healthy?

- T Eat more fruits and veggies! Aim to eat at least 5 servings of fruits and vegetables every day. Enjoy your favorites or try something new!
- T Eat more whole grain foods. Try brown rice, oatmeal, or whole grain breads and cereals. It's easy to find out if a food is a whole grain by reading the ingredient list. If a whole grain is one of the first ingredients listed, go for it!
- T Make the switch to lowfat or fat-free milk. It has all the vitamins and minerals as whole milk, but less fat and cholesterol. *Children age 1-2 should drink whole milk.*
- T Get moving! Be physically active as often as you can. You don't have to join a gym or buy fancy equipment. Just move! Walk around the mall or

your neighborhood. Get off the bus one or two stops early and walk the rest of the way. You can do it!

## Potatoes Anyone?

February is Potato Lovers Month and Sweet Potato Month. Both sweet potatoes and white potatoes are good sources of vitamin C, potassium, and fiber (especially if you eat the skin). Sweet potatoes are also high in vitamin A. Here are some tips on using both types of potatoes.



### Buying

Choose potatoes that are firm with smooth, clean skins.

### Storing

Store potatoes in a cool, dark, dry place (not the refrigerator). They'll keep for 2-3 weeks.

### Preparing

Scrub potatoes under cool running water. Do not peel (most of the nutrients are in the skin).

### **Baking**

Poke holes in potatoes with a fork. Bake white potatoes at 425° F for about 50-60 minutes. Bake sweet potatoes at 400° F for about 40-50 minutes. It's done when you can poke it easily with a fork.

### **Microwaving**

Poke holes in potato with a fork and wrap it in a paper towel. Cook it on high for 3-4 minutes; turn potato over once during cooking. The potato will still cook once you take it out of the microwave, so let it stand about 5 minutes before eating.

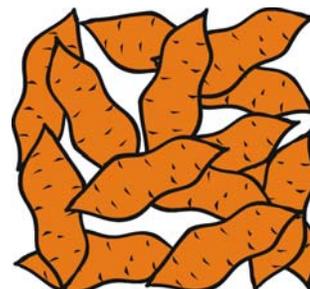
*Cooking time may vary depending on your microwave, so read your microwave's instruction book.*

### **Boiling**

Leave the skin on—it will help the potato keep its nutrients and flavor. You can either boil the potato whole or cut it into thick slices.

Put potatoes in a large pot and cover with water. Cook on high and bring to a boil. Then reduce the heat and cook until potatoes prick easily with a fork. Allow 30-40 minutes for whole potatoes, about 20 minutes for cut potatoes.

If desired, mash with a fork, electric mixer, or potato masher.



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### **Oven Wedge Fries (Serves 4)**

2 large Idaho or Russet potatoes, or sweet potatoes

1 teaspoon olive oil

Desired seasonings (such as Italian seasonings, pepper, chili powder)

1. Place bottom oven rack about 7 inches from bottom of oven. Preheat oven to 400°F.
2. Clean potatoes and cut into quarters. Cut each quarter into wedges.
3. Coat a cookie sheet with 1 teaspoon olive oil.
4. Lay the wedges on the cookie sheet, one side down.
5. Place cookie sheet on bottom oven rack. Bake about 7 minutes, or until bottom and edges of potatoes start to turn brown.
6. Turn wedges over and season, if desired. Bake another 7 minutes, or until wedges pierce easily with a fork. Enjoy!

Source: Produce for Better Health Foundation

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## **Local Extension Nutrition Program:**

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