



# DINING ON A DIME

## *Eating Better for Less*

*May / June*

### **The Wedding Waistline**

'Tis the season of weddings: bells, bouquets and...obesity? The average newlywed gains 6 to 8 pounds during the first two years of marriage. Why? Increased responsibilities, stress and financial pressures, and reduced time for leisure and exercise can contribute to weight gain. Also, eating with another person may seem to make it “okay” to consume high-calorie foods such as cookies, ice cream and chips. And married life often leads to eating meals and snacks more regularly, either at home or at restaurants.



Whether you're a newlywed or celebrating your silver jubilee, how can you prevent — or change — weight gain associated with eating with your spouse?

### **Avoiding “Heavier Ever After”**

- **Do it together.** Ask your spouse join you to eat more healthfully. Offer each other support and encouragement. Make it fun! For example, take a cooking class for couples. Or shop for tasty low-cal foods.
- **Do it separately.** You don't have to eat the same foods that your partner does. Try to cook together; however prepare separate foods when needed. For instance, you could both have chicken, one grilled and the other fried. Or, you could both get takeout, but order from two different restaurants.
- **Keep a well-stocked pantry and 'fridge.** Having no food — or not the right kinds and amounts — in the house can lead to eating too many calories in a restaurant or from the drive-through. Grocery shop with a list and make trips to the grocery store regularly. It will help reduce your food budget, too.
- **Plan meals.** Focus on eating whole grains, seasonal fruits and vegetables, low fat calcium-rich foods, and lean protein-rich foods.
- **Watch portion sizes.** Men usually require more calories than women. So servings shouldn't necessarily be equal in size.
- **Make physical activity part of your life together.** Take a long walk after dinner each evening or learn a new sport as a couple.

Source (Accessed 4/21/2015): Adapted from: [The wedding waistline](http://www.dietdetective.com/weekly-column/happily-fatter-after), C Platkin, [www.dietdetective.com/weekly-column/happily-fatter-after](http://www.dietdetective.com/weekly-column/happily-fatter-after)



## Wonderful Wedding “Widgets”

Do you know someone who is getting married? Are you shopping for a wedding gift? This issue of *Dining on a Dime* offers some inexpensive ideas that show you care with a creative touch!

**Many newlyweds need some kitchen basics.** Give the gift of health by buying items designed for healthful cooking. For example:



- A variety of spices and culinary herbs.
- A variety of kitchen utensils safe for use with non-stick pans.
- A glass baking dish or non-stick skillet. You might include a few of your favorite recipes using that item.

**Set it up.** Here are very practical ideas for gift sets:

- A food steamer basket, or a colander, filled with a few kitchen tools, such as a food thermometer, measuring cups and spoons, slotted spoons, a spatula, kitchen scissors, a meat baking rack, kabob skewers, chopsticks or a food scale. Many bargain stores have a “gadget aisle” where you can find kitchen necessities.
- Microwave-safe dishes with lids for cooking, serving and/or storing foods.
- A dish pan filled with a bottle brush, potholders, hand towels, and bottles of dish soap, hand soap and hand lotion.
- A large salad bowl filled with the utensils used to make and serve a salad, such as a produce scrub brush, a cutting board, a paring knife, a vegetable peeler and salad tongs.

**Hosting a party for the new couple?** Consider asking each guest to bring a favorite family recipe and non-perishable pantry supplies for the newlyweds. For example, guests could give assorted baking ingredients; canned goods low in added sugars and salt, such as various beans, fish, meats, fruits, vegetables, sauces and soups; dried fruits and nuts; or whole grain pastas, cereals and rices.



In addition, consider your party menu. Serve your guests delicious and naturally colorful foods low in added sugars and sodium. From appetizers and salads to main dishes and desserts, feature fruits, vegetables, whole grains, fish and low-fat dairy foods.

Source (Accessed 4/21/2015): Adapted from: [Help Newlyweds Begin a Life of Health and Happiness Together](http://www.news.colostate.edu/Release/1153), Colorado State University Extension, [www.news.colostate.edu/Release/1153](http://www.news.colostate.edu/Release/1153)

For more information about healthy eating, contact your local extension office. This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.



## Feeding Baby

Caring for an infant is no easy job! If you're a new parent, you may be learning feeding tips for the first time. If you're parenting a second time, such as a grandparent caring for a grandchild, chances are some guidelines have changed. It may be time to learn new ways!

Infants can get sick more easily than adults can. Food-related illness may cause fussiness, vomiting, diarrhea and fever. Give baby the gift of safe milk and food. Read on as this month's *Dining on a Dime* describes current safe food handling guidelines.



**Keep it clean.** To help prevent germs from growing in milk and baby foods, keep your hands, utensils and counters clean while handling bottles and foods. Keep used diapers in a separate bag. Wash your hands well with soap and water after petting an animal, using the restroom or changing a diaper.

### How long can I keep milk and baby foods in a refrigerator or freezer?

Type of food	In the refrigerator:	In the freezer compartment:
Breast milk	Up to 5 days	Up to 2 weeks
Prepared formula	Up to 2 days	Not recommended
Strained fruits and vegetables	Up to 3 days	Up to 8 months
Strained meats and eggs	Up to 1 day	Up to 2 months
Meat/vegetable combinations	Up to 2 days	Up to 2 months
Homemade baby foods	Up to 2 days	Up to 4 months

**Breast milk.** When expressing breast milk, wash your hands first. Store it in clean containers. Refrigerate up to five days, in the back of the refrigerator. To freeze, leave one inch of space at the top of the storage container to allow for expansion during freezing. Put the date on the container. If storing the breast milk in a freezer compartment of a refrigerator, use within two weeks. Use the oldest milk first.

**Bottles and foods: Twice is not nice.** If baby does not finish a bottle, do not put it in the refrigerator to use for another time. Germs from baby's mouth are transferred onto the bottle nipple and into the milk. They can grow in the milk and make baby sick. To avoid waste, offer small amounts at a time of formula or breast milk.

Similarly, spoon out the desired amount of baby food from the container into a separate feeding dish. Repeat as needed, using a clean spoon to remove more food from the container. Discard what baby does not finish from the feeding dish. Do not refrigerate it to use for another time.

After two hours at room temperature, discard all remaining formula and baby food. If the room temperature is 90 degrees F. or hotter, discard after one hour.

**Safety first.** Avoid giving babies less than 12 months old any honey or foods made with honey, and all unpasteurized milk or juices.

Sources (Accessed 4/21/2015) Adapted from: 1. [Proper Handling and Storage of Human Milk](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm), Centers for Disease Control and Prevention, [www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm) 2. [Food Safety: Once Baby Arrives](http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm089629.htm), Food and Drug Administration, [www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm089629.htm](http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm089629.htm)

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## ***Dining on a Dime's Cooks' Corner***

### **Chocolate Chip Peanut Butter Cereal Bars (Makes 8 bars)**

*This quick and easy recipe makes a great-tasting, inexpensive and more healthful alternative to store-bought bars. Freeze some for future use!*

#### **Ingredients**

- 1 lightly beaten egg OR 1/4 cup egg substitute
- 2 tablespoons peanut butter, any kind
- 2 tablespoons water
- 3 tablespoons granulated white sugar
- 1/2 teaspoon cinnamon
- 1/2 cup nonfat dry milk powder
- 1/4 cup wheat germ
- 1 cup each of: rolled oats AND crispy rice cereal
- 2 tablespoons each of: raisins AND mini chocolate chips

#### **Directions**

**1.** Preheat oven to 325 degrees F. **2.** In a large bowl, mix ingredients, stirring after each addition, until all eleven ingredients are mixed in and are evenly moistened. **3.** Spray an 8 x 8 inch baking pan with non-stick cooking spray. Press mixture firmly into the pan. **4.** Bake for 18 minutes. **5.** Let cool. Cut into eight bars. **6.** Store bars in a sealed container up to one week. Or, wrap and freeze bars. **Nutrition Facts:** Each bar provides 160 calories, 5g fat, 1.5g saturated fat, 0g trans fat, 25g carbohydrate, 6g protein, 25mg cholesterol, 160mg sodium and 2g dietary fiber. Daily Values: 2% vitamin A, 4% vitamin C, 2% calcium, 15% iron.



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