

TABLETALK

JAN, 2012 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

Making Healthier Food Choices

As a parent, you want to give your family the best you can. Serving healthier foods in the appropriate portions per food group and calorie level is one of the best ways to ensure that your children are getting proper nutrition without eating too many calories. These simple tips can help you plan and prepare meals and snacks to help your family to get the most nutrition out of the calories consumed.

The U.S. Dietary Guidelines for Americans describes a healthy eating plan as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts;
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars; and
- Stays within your calorie needs.

We Can! has tips and tools to help you choose and prepare healthier foods for your family. Use these tips and tools to help your family eat nutritiously and help them maintain a healthy weight.



Tips from Chef Bob

HAM & MACRONI PICNIC SALAD

Ingredients: 4 cups uncooked elbow macaroni (16 oz), 1 cup diced cooked ham, 1 cup sliced celery, 1/2 cup chopped green onions, 1/4 cup sweet pickle relish, 1 jar (2 oz) diced pimientos, drained, 4 hard-cooked eggs, chopped, 1 cup salad dressing or mayonnaise, 2 tablespoons yellow mustard, 1/2 teaspoon salt, 1/4 teaspoon pepper. **Directions:** Cook and drain macaroni as directed on package. Rinse with cold water to cool; drain well. In large bowl, mix cooked macaroni, ham, celery, onions, pickle relish and pimientos. In small bowl, mix all dressing ingredients until well blended. Add to salad; mix well. Gently stir in hard-cooked eggs. Serve immediately, or cover and refrigerate until serving time.

MANADATORY TRAINING - TENTATIVE LOCATIONS

<u>Date</u>	<u>City</u>	<u>Location</u>	<u>Homes</u>	<u>Centers</u>
February 11	Garland	Buckingham Church of Christ, 3630 W. Buckingham Rd, 75042	9:30 AM	10:30 AM
March 3	Denton	North Branch Library, 3020 N. Locust St, Denton, 76209	9:30 AM	10:30 AM
March 24	Cedar Hill	Where Kids Connect Child Care, 513 Straus Rd, 75104	9:30 AM	10:30 AM
May	Fort Worth	To Come		
February 18	Alief	Henington/Alief Library, 7979 South Kirkwood, 77072	10:30 AM	11:30 AM
March 17	North Houston	Aldine Branch Library, 11331 Airline Dr, 77037	10:30 AM	11:30 AM
April	East Houston	To Come		
May	West Houston	To Come		