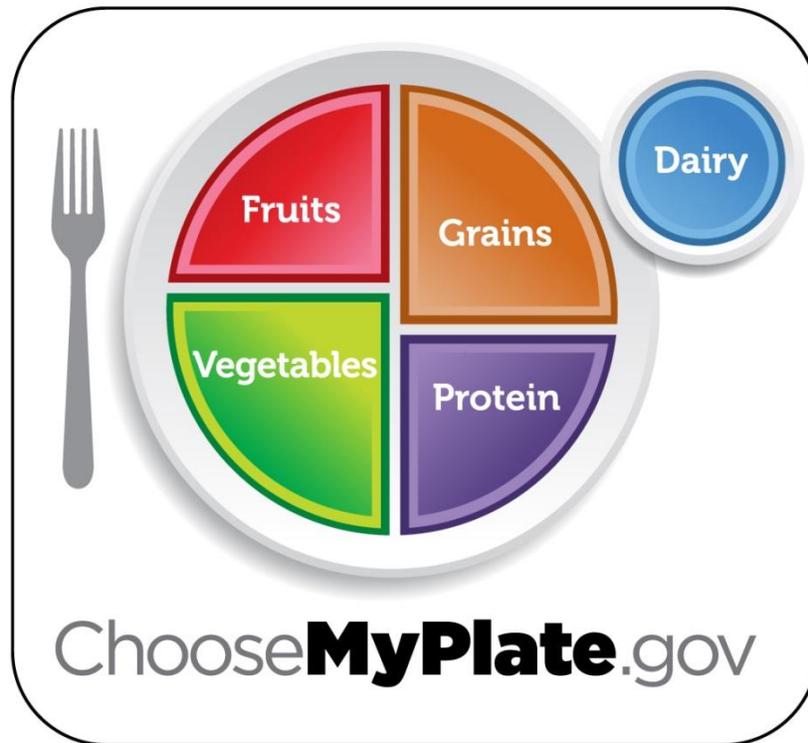


*A New Year, A New You:
Discover MyPlate!*



Wednesday, January 16, 2019

Marais des Cygnes Extension District, Paola Office

104 S. Brayman, Paola, KS

*Instructors: Franny Eastwood, FCS Agent and Marais des
Cygnes District Master Food Volunteers*

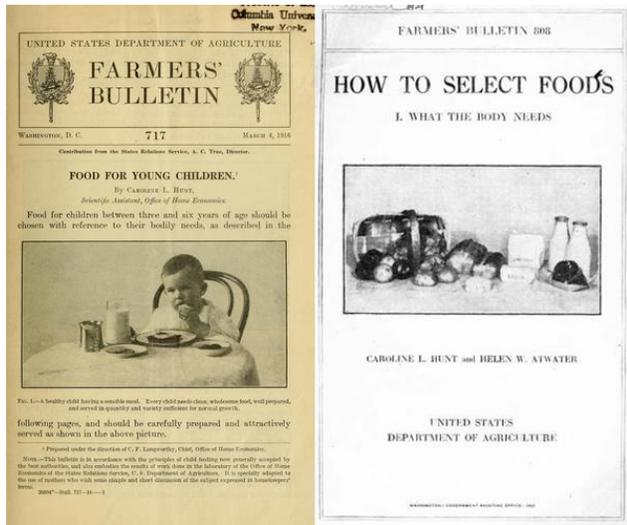
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MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. **MyPlate website:** www.choosemyplate.gov

1916 to 1930s: "Food for Young Children" and "How to Select Food"



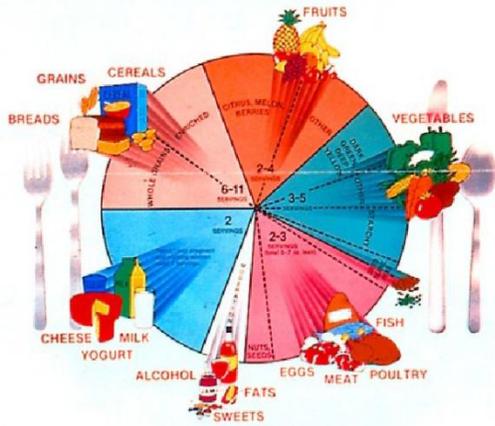
1940s: A Guide to Good Eating (Basic Seven)



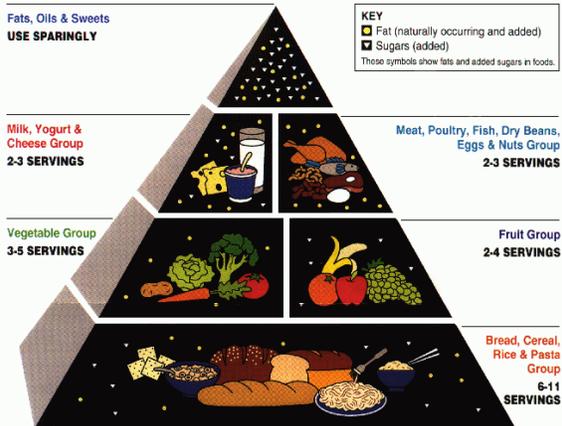
1984: Food Wheel: A Pattern for Daily Food Choices

FOOD WHEEL

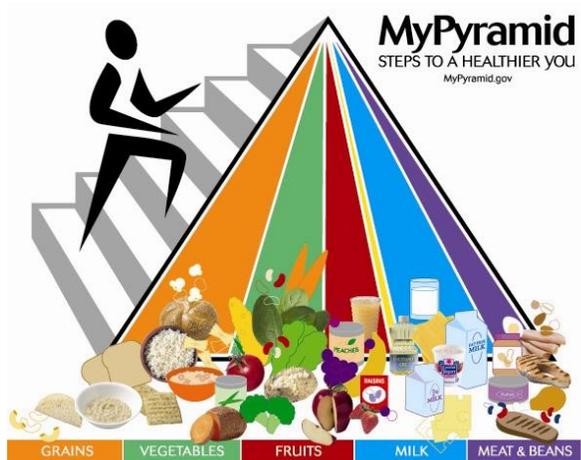
A Pattern for Daily Food Choices



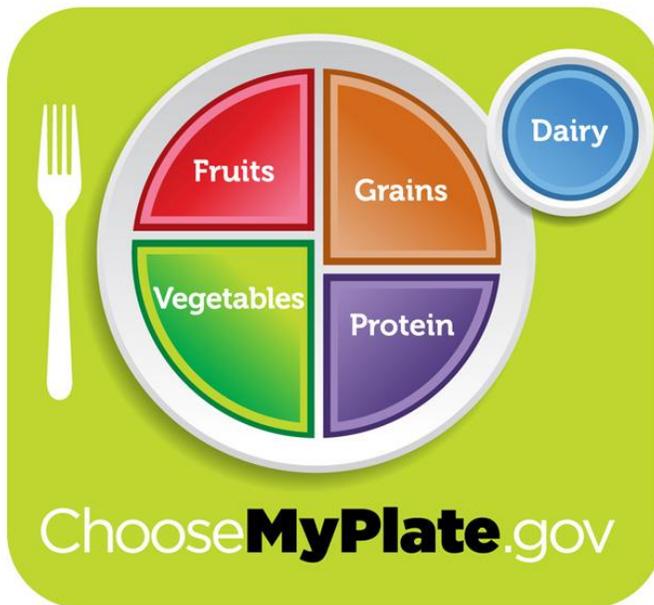
1992: Food Guide Pyramid



2005: MyPyramid Food Guidance System



2011: MyPlate



- Introduced along with updating of USDA food patterns for the *2010 Dietary Guidelines for Americans*
- Different shape to help grab consumers' attention with a new visual cue

MyPlate Messages

Find MyPlate tips and solutions that reflect your personal preferences, values, traditions, culture, and budget. The MyPlate consumer messages to help communicate the *2015-2020 Dietary Guidelines for Americans* are:

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating style and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables.
 - Focus on whole fruits.
 - Vary your veggies.
- Make half your grains whole grains.

- Move to low-fat and fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated fat, and added sugars.

Baked Potato Bar

Baked potato bars are fun to serve and can make a full meal. They are great for serving a large group, a fundraiser or just a few family members. There are several different ways you can bake potatoes and all of them are relatively easy.

Large sized russet potatoes are the most commonly used and make the best baking potato. Always scrub each potato with a brush to be sure it is good and clean, and pick out any sprouts and cut away any dark spots. Thoroughly dry the potatoes before cooking. Poke holes in your potatoes with a fork to keep them from bursting while they are cooking. Before cooking, wrap potatoes in foil or oil the skins. Wrapping them in foil will give you a softer skin and oiling the skin and skipping the foil will give you a crusty skin. If you oil the skin, you may also want to rub the potato with salt to add extra flavor, sea salt works well for this.

Oven Method: If baking in the oven preheat your oven to 375 degrees and bake potatoes for 60 to 90 minutes. Gently squeeze the potato using a hot pad so you don't burn yourself. If it is squeezable, it is done.

Microwave Method: DO NOT WRAP POTATOES IN FOIL. Place on a paper plate or other microwave safe dish and cook on high 6 to 12 minutes.

Slow Cooker Method: Wrap potatoes in foil and place in slow cooker and cook on low for 7 to 8 hours.

Electric Pressure Cooker: Add 1 cup of water in the bottom of the cooker and place a steamer basket in the cooker. Put your potatoes in, vent to steam and set manual cook time for 20 minutes for medium sized potatoes and 30 minutes for large potatoes. Release pressure naturally.

Combination Microwave and Oven: Use this method if you want a crisp skin in a short period of time. Microwave the potatoes on high for 3 minutes. Remove and make a foil tray to hold the potatoes. Cover the potato with oil and sprinkle with salt. Place potato on the foil tray but do not wrap it. Bake 25 minutes at 410 degrees.

A baked potato bar can be as simple as basic loaded baked potato ingredients or you can give many options and choices to your guests. When setting up your bar, start with plates and then baked potatoes. Next on the bar should be the most common toppings which are dairy toppings; butter, margarine, sour cream, plain yogurt and cheeses. Popular varieties of cheeses are; cheddar, parmesan, Colby, taco blend and blue cheese crumbles. You can also place your cheeses around the group of toppings that go well with that particular cheese. Here are some examples:

- Ham and Broccoli are popular toppings and go well with a cheese sauce or cheddar cheese so place them in the same area.
- Taco flavored meat topping goes well with taco blend cheese and salsa.
- Chili is a popular topping and goes well with sharp cheddar cheese and chopped onions.
- Other popular toppings are bacon, pulled pork, shredded beef, sautéed mushrooms and chopped green or multi colored peppers.

You could also set up your potato bar with all of your dairy together, all your meat based choices in a grouping, all your vegetables in a group and then your sauces. Usually the sauces are the last thing you would add to your potato.

Load up that potato and enjoy!

MEDITERRANEAN QUINOA SALAD

Yield: 6 Servings, Serving Size- 3/4 cup

- 1 cup uncooked quinoa
- 2 cups water
- 1/4 cup red onion, diced
- 1/2 – 3/4 lemon , squeezed
- 1/4 cup (about 10) Kalamata olives, pitted and sliced
- 2 Tbsp. extra virgin olive oil
- 2 cups cucumber, peeled and diced (from 1 English)
- 1 cup cherry tomatoes, quartered
- 1/3 cup crumbled feta
- Salt and fresh pepper, to taste

DIRECTIONS:

Rinse quinoa for about 2 minutes, using your hands to sift while washing. Fill a medium pot with water, add quinoa and salt to taste and bring to a boil. When the water boils, reduce heat to low and cover; simmer covered 15 minutes. Remove from heat and keep covered an additional 5 minutes without lifting the lid; then fluff with a fork and set aside in a large mixing bowl to cool.

While the quinoa cools, dice all the vegetables.

Add the red onion, olives, cucumber, tomatoes to the cooled quinoa, and squeeze 1/2 lemon over it.

Drizzle the olive oil over the quinoa, then add feta, salt and pepper to taste and toss well.

Taste for salt and adjust as needed, add more lemon juice if needed.

Nutrition Facts	
servings per container	
Serving size	(128g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 1mg	6%
Potassium 190mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Festive Cranberry Salad

Makes 14 servings

1 pkg. (12 oz) fresh or frozen cranberries

$\frac{3}{4}$ cup water

$\frac{1}{2}$ cup sugar

5 medium apples, diced

2 medium firm bananas, sliced

1 $\frac{1}{2}$ cups fresh or frozen blueberries, thawed

1 can (11 oz) mandarin oranges, undrained

1 cup fresh or frozen raspberries, thawed

$\frac{3}{4}$ cup fresh strawberries, halved

- 1) In a large saucepan, combine the cranberries, water and sugar. Cook and stir over medium heat until berries pop, about 15 minutes. Remove from heat, cool slightly.
- 2) In a bowl, combine the remaining ingredients. Add cranberry mixture, stir gently. Refrigerate until serving.

Nutrition Information: Serving size- $\frac{3}{4}$ cup

105 cal., 0 fat, 0 cholesterol, 2 mg sodium, 27 carb., 1g protein.

Food Group Funny Face

Ingredients:

- 1 tablespoon peanut butter
- 1 large cracker (graham cracker, saltine or whole grain)
- 1 tablespoon shredded cheddar cheese
- 3 or 4 raisins
- 2 large green peas
- 1 grape, cut in half



Directions:

1. Spread peanut butter on cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

Source: Kids a Cookin', K-state Research & Extension

Nutrition Facts

Serving Size 1 cracker (31g)
Servings Per Container 1

Amount Per Serving	
Calories 150 Calories from Fat 100	
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	16%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 6g	
Vitamin A 2%	• Vitamin C 2%
Calcium 6%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000 2,500	
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4