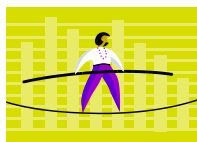




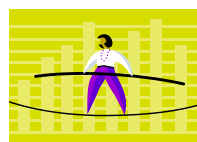
A Fact About Family Meals

Parents who role model and teach children to eat nutritious foods, try new foods, use good table manners, and help with food preparation build a foundation for a healthy lifestyle. And, studies have shown that most people who eat meals together with family and friends eat a wider variety of healthy foods.

University of Illinois Extension



Balancing Food, Fun & Fitness



In 2012—Make Half Your Grains Whole

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Whole Grain Shopping List:

- whole grain bread, buns & rolls
- whole grain crackers
- whole grain cereal
- wild rice
- whole grain muffins
- whole grain pasta
- whole grain tortillas
- whole grain bagels
- whole grain baking mix
- whole grain pita bread
- brown rice
- oatmeal
- corn chips
- popcorn

Know What You're Looking For

Read the ingredients list and choose products that names a whole-grain ingredient *first* on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole grain cornmeal," "whole oats," "whole rye," or "wild rice."

TO SUBSCRIBE:

It's easy to sign up for Mealttime Solutions. Send an email or call one of the MSU Extension Offices listed at the right side of this page and leave your email address. Feel free to spread the word to your family and friends.

Contact Us

Tara Andrews

Extension Agent
MSU Extension,
Custer County
Courthouse
1010 Main Street
Miles City, MT 59301
(406) 874-3370
tandrews@montana.edu

Sheila Friedrich

Extension Agent
MSU Extension,
Sheridan County
100 West Laurel Avenue
Plentywood, MT 59254
(406) 765-3406
sfriedrich@montana.edu

Judy Johnson

Extension Agent
MSU Extension,
Richland County
1499 North Central Avenue
Sidney, MT 59270
(406) 433-1206
judyj@montana.edu

Ardis Oelkers

Extension Agent
MSU Extension,
Roosevelt County
P.O. Box 416
Culbertson, MT 59218
(406) 787-5312
aoelkers@montana.edu

SILENCE BUSTERS

Funny conversation starters are a perfect way to help liven up conversation while lightening up the overall mood at the end of a busy day. Here are some ideas for starting a fun conversation at your next family meal:

If you were in a circus, what would your job be?

What is the most disgusting food you have ever tasted?

If you are given an access to a time machine, where and when would you travel to? Who would you take with you?

Keep it on the light side, leaving serious discussion for another time. Turn off the TV, cell phones and iPods and just listen to what each other has to say.

HALFWAY HOMEMADE

Quick Minestrone Soup

- 1 (16 oz.) package frozen mixed vegetables
- 2 (14 oz.) cans Italian-style stewed or crushed tomatoes*
- 2 (14 oz.) cans chicken or beef broth*
- 1 (15 oz.) can garbanzo beans or kidney beans (or bean of choice)
- 1 cup uncooked regular or whole grain pasta (such as elbow macaroni or bow tie pasta)

*To reduce sodium content, choose low-sodium canned tomatoes and broth.

Combine frozen vegetables, tomatoes, broth and beans. Bring to a boil, then add the pasta. Reduce to low heat. Simmer for six to eight minutes until pasta and vegetables are tender.

From NDSU Extension

Makes six 1-cup servings. Per serving, using "regular" sodium products: 210 calories, 1.5 grams (g), 41 g carbohydrate, 10 g fiber and 560 milligrams (mg) sodium. Using low-sodium products cuts the sodium to 125 mg sodium per serving.



Quick Whole Grain Breadsticks

- 4 whole wheat hot dog buns
- 3 tablespoons melted butter or margarine
- Parmesan cheese
- Garlic powder

Preheat oven to 350° F. Open each bun and lightly brush the bun halves with the melted butter or margarine. Sprinkle with Parmesan cheese and garlic powder to taste. Cut each bun lengthwise into two sticks. Place the breadsticks on an ungreased baking sheet and bake for 10 to 15 minutes, or until crisp.

TIP: You can reduce the fat and calories in this recipe by substituting vegetable oil cooking spray for the melted butter or margarine.

From The Power of 3: Get Healthy With Whole Grain Foods

PER SERVING (2 sticks): CALORIES 98; FAT 5.1 G; PROTEIN 2 G; CARBOHYDRATE 11 G; FIBER 0.5 G

QUICK FIXES

Whole Grain Snack Ideas

Bagel Gone Bananas

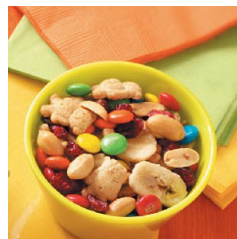
2 tablespoons nut butter such as almond, cashew or peanut
1 teaspoon honey
Pinch of salt
1 whole-wheat bagel, split and toasted
1 small banana, sliced

Stir together nut butter, honey, and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.

From Eating Well: September/October 2010
PER SERVING (1 bagel half): CALORIES 284; FAT 10 G; PROTEIN 8 G; CARBOHYDRATE 44 G; FIBER 6G

Whole Grain Trail Mix

2 cups whole grain cereal squares (any variety)
2 cups whole grain rounded oat cereal
2 cups whole grain cereal (other variety)
1 cup raisins
1 cup candy-coated chocolate candies
1 cup peanuts



Mix together in a large bowl or zip-top bag.

From The Power of 3: Get Healthy with Whole Grain Foods
PER SERVING (1/2 cup): CALORIES 166; FAT 6.8 G; PROTEIN 4.4 G; CARBOHYDRATE 27.2 G; FIBER 4 G

Whole Grain Cereal Treats

3 tablespoons butter or margarine
1—10 ounce package (or 40) regular marshmallows or 4 cups miniature marshmallows
6 cups whole grain cereal (Cheerios, wheat flakes, Wheat Chex, etc.)

In a microwave-safe bowl, heat margarine and marshmallows on high for 3 minutes, stirring after 2 minutes. Stir again until smooth. Add cereal and stir until well coated. Using a buttered spatula or waxed paper, press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cut into 2-inch squares when cool.

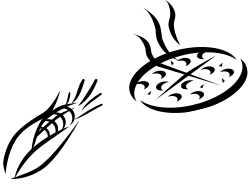
TIPS:

- These taste best when served the same day.
- To add some color and flavor, add about 1 cup of dried fruit (cranberries, raisins, etc.) along with the cereal.

From Iowa State Extension
PER SERVING (1 square): CALORIES 80; FAT 2 G; PROTEIN 1 G; CARBOHYDRATE 15 G; FIBER 5G



DOABLE DINNER



Baked Blueberry & Peach Oatmeal Pork or Turkey Sausage Links Low-Fat or Skim Milk



Baked Blueberry & Peach Oatmeal

3 cups old-fashioned oats
 1/2 cup packed brown sugar
 2 teaspoons baking powder
 1/2 teaspoon salt
 2 egg whites
 1 egg
 1 1/4 cups fat-free milk
 1/4 cup vegetable oil
 1 teaspoon vanilla extract
 1 can (15 ounces) sliced peaches in juice, drained and chopped
 1 cup fresh or frozen blueberries
 1/3 cup chopped walnuts
 Additional fat-free milk, optional

In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.

Transfer to a 9x9 or 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° F for 35-40 minutes or until top is lightly browned. Serve with additional milk if desired.

Makes 9 servings.

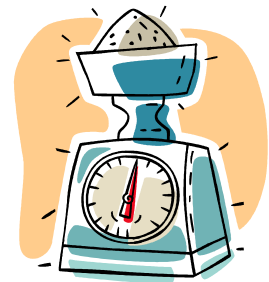
SHOPPING LIST

- ✓ Old-Fashioned Oats
- ✓ Eggs
- ✓ Fat-Free Milk
- ✓ Sliced Peaches
- ✓ Frozen or Fresh Blueberries
- ✓ Walnuts
- ✓ Pork or Turkey Sausage Links

Recipe from The Whole Grains Council
 PER SERVING: CALORIES 277; FAT 1 G; PROTEIN 8 G; CARBOHYDRATE 38 G; FIBER 3 G

Serving Sizes of Common Whole Grain Foods

Whole grain cereals = 1/2 cup cooked or 1 ounce of ready-to-eat
 Whole grain breads = 1 slice or 1 ounce
 Whole grain tortillas, muffins, waffles, pancakes = 1 small
 Popcorn = 2 cups
 Whole grain crackers = 5 to 7 small crackers or 1 ounce
 Whole grain bagel, pita bread = 1/2 or 1 ounce
 Brown rice, regular or whole grain pasta = 1/2 cup cooked



This newsletter is available by mail on request. Contact one of the Extension Offices listed on the first page to request a mailed copy.

Explore the MSU Extension Service in your county.

The MSU Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.