Healthy Eating on a Budget

Some ideas to help make informed food choices and develop sound eating and physical activity habits can be found on the United States Department of Agriculture (USDA) Choose MyPlate website www.choosemyplate.gov. Topics include: Healthy Eating on a Budget, Start with Small Changes, BMI Calculator, Food Quizzes, Sample Menus and more.

If you like to cook, more than 1300 healthy and low cost recipes can be found at the What’s Cooking – USDA Mixing Bowl site http://www.whatscooking.fns.usda.gov.

Here are some tips on how to make healthy food choices while staying within your budget.

### USDA Tips: Best Buys for Cost and Nutrition

#### Breads and Grains
- Choose whole-grain bread. Look for bargains on day old varieties.
- Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.
- Rice and pasta are budget-friendly grain options.

#### Vegetables & Fruits
- Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.
- Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label.
- If you have the freezer space, buy frozen vegetables without added sauces or butter. They are as good for you as fresh and may cost less.
- Buy fresh fruits in season when they generally cost less.

#### Low-Fat or Fat-Free Milk Products
- Buy fresh, low-fat milk, yogurt, and cheese in the largest size that can be used before spoiling.
- Buy plain yogurt and mix in fresh fruit.
- Ultra-pasteurized milk has a longer expiration date and won’t spoil as fast.

#### Meat and Beans
- Dried beans and peas are a good source of protein and fiber. They last a year or more without spoiling.
- Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.
- To lower meat costs, buy the family-sized or value pack and freeze what you don’t use. Choose lean meats like chicken or turkey. When choosing ground beef, make sure it’s lean (at least 93% lean) ground beef.

Source: USDA: Eat Right When Money’s Tight & ChooseMyPlate.gov website
New FDA Nutrition Labels

The U.S. Food and Drug Administration (FDA) recently announced new nutrition labels for packaged foods. The new labels, expected to start appearing on shelves in the summer of 2018, not only have a new look but have some updates to help consumers make better decisions about the foods they eat.

Some key changes in the new label are highlighted in the side-by-side comparison to the right and include:

1. Serving sizes now reflect what people actually eat and drink today. For example, ice cream was previously 1/2 cup and now is 2/3 cups.
2. “Calories” per serving is bolder and larger.
3. “Calories from Fat” has been removed. The type of fat is more important than the amount.
4. “Added Sugars” is now required to help distinguish between naturally occurring sugars and what has been added during processing to create extra sweetness. Added sugars include cane sugar, concentrated fruit juices, maple syrup, molasses and honey.
5. Required and permitted nutrients have been updated based on newer scientific evidences. Vitamin D and potassium are now required because Americans are not getting the recommended amounts. Vitamins A and C are removed because deficiencies of these are rare today.
6. The change in the footnote at the bottom is to help better explain the meaning of % of Daily Value (DV) – how much a serving of food contributes to a nutritious daily diet.

For more information visit: www.fda.gov.

Source: FDA.gov
Kind of an Orange

Across
1. Recipe amt.
4. Finale
9. Call to Bo-peep
10. Unusual
11. Break a commandment
12. 1545 council site
13. Pickle
15. Gift tag word
16. Cloudless
18. Kipling poem
20. Still on the shelf, maybe
23. Punctuation mark
25. Chit
26. Dangerous bacteria
27. Econ. indicator
28. Fortune teller
29. Born as

Down
1. Recipe abbr.
2. Breeze (through)
3. Pre-exam feeling, maybe
4. Exact or very accurate
5. Pestle’s partner
6. “The Three Faces of ___”
7. Lady’s escort
8. Kind of sax
14. In a melancholy manner
17. Despot’s duration
18. Clinches
19. Central points
21. Excellent
22. Fool
24. Unruly crowd
15. __ Lanka
19. Pertaining to a forearm bone
19. Disciple
20. Extensor muscle
21. Nota __
23. Exclamation
26. Thus

The headline is a clue to the answer in the diagonal.

Zucchini

Zucchini is a good source of vitamin C, potassium, vitamin B6 and manganese an essential mineral involved in the formation of bone.¹ A cup of raw zucchini contains only 20 calories.

Zucchini is also a great example of a plant that can keep feeding you even during winter, as it is well preserved, shredded in the freezer. You can grate zucchini in a food processor and store two cups worth in the freezer to use all year long. The grated zucchini is a great way to hide some extra veggies in your tomato sauce. You can also use it in quiche, muffins or bread.

Grilled zucchini makes an excellent side dish. To prepare, slice the long way. Place the slices on the grill (or in a grill basket) and brush them with Italian dressing on each side.

For more recipes and information visit https://whatscooking.fns.usda.gov/

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If you change addresses in the future, you will also need to fill out a Change of Address card at your local United States postal facility. Before submitting your Change of Address card, please discuss your planned change with a U.S. Postal Clerk and have them examine your change on your card to make sure it is correct. This will ensure your mail is forwarded to your new address.