

**PENNY SAVER NEWS**

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BY: Mary A. Keith, Ph.D., L.D.  
Food, Nutrition and Health Agent

e-mail: [mkeith@ufl.edu](mailto:mkeith@ufl.edu)

National Nutrition Month 2013  
Eat Right, Your Way, Every Day

The theme for this year's National Nutrition Month emphasizes that there is not just one healthy diet, not just one 'good' way to eat. There are thousands of ways to eat for good health, and each one of us can choose our own way! For 40 years National Nutrition Month has been organized by the Academy of Nutrition and Dietetics. (It used to be the American Dietetic Association, in case you've never heard of the Academy.) Every year the theme is different, but the goal is still the same – encourage us all to choose healthy foods for a healthy body and a healthy life.

This year the theme recognizes that we who make up this country come from many, many countries and ethnic backgrounds. We have different lifestyles, we like different flavors and colors, cooking methods and eating patterns. If you like sweets while your partner reaches for the hot sauce, you're a good example of our diversity! So we have many different ways of eating, and health can fit into all of them if we make healthy choices.

But that's the trick, isn't it? Wanting to make the right choices and knowing how can be two different things! So start by taking some small steps. You know what you eat that is 'good'. Great! Now plan to adjust your usual eating to include that food more often. For example, if you usually have a big salad for dinner once a week, aim for twice a week. Be sure to include extra salad ingredients in your shopping list. If everything is in the refrigerator you won't have an excuse to skip it.

Do you like to grill chicken or beef pretty regularly? Fine! Next, instead of grilling just steak, turn it into shish-kebabs and skewer a bunch of colorful vegetable or fruit cubes with each piece of meat. You can increase your veggie intake, lower your shopping costs and make your heart happy in one great recipe. Marinate the meat ahead of time to add flavor and lower your chances of cancer from grilling.

Maybe you do like vegetables, but you just do not have the time in the evening after a

stressed-out day at work to chop and peel. You are not alone. But don't join the crowd in front of the frozen pizza case. Move to the other aisle and pick up frozen, pre-chopped vegetables. As long as you choose the ones without added salt or sauces – hint: read the ingredients list – you'll be getting plenty of good nutrition. If you're really pressed for time, opt for canned. Again, as long as you choose the NO SALT ADDED cans you're getting lots of good nutrition and no added problems.

Have you expanded your flavor horizons beyond what Mom and Grandma cooked? Wonderful, keep up the good work! Now read the labels on those exotic sauces a little more carefully and choose ones with lower sodium content. Or better yet, start a small collection of spices and mix your own seasoning, minus all the salt the commercial products usually have. Add one new spice a month to keep your interest high. In the long run you'll save some pennies, or dollars, too.

If you have specific dietary concerns because of health conditions, or limitations because of medications, ask your health care provider to refer you to a Licensed or Registered Dietitian. Insurance and Medicare will cover dietitians for certain conditions. Or just look for one in our area by going to [www.eatright.org](http://www.eatright.org). You can click on Find a Dietitian and put in your ZIP code. Or look for tip sheets and recommendations on a wide variety of nutrition topics under the list on the left. It's all reliable information, based on good science, tested to fit the whole variety of who we are and what we eat. So make some smart choices to Eat Right, Your Way, Every Day.

Here's a recipe for marinated pork chops that will have you thinking of the islands. Serve with steamed brown rice and spinach salad for a super healthy meal.

#### Pineapple Pork Chops

2 lbs thin-sliced pork chops (8)	1 can 20-oz pineapple rings in juice
1 cup fat free French or Catalina salad dressing	2 Tbsp lemon juice
¼ cup reduced-sodium soy sauce	½ tsp garlic powder
½ tsp ground ginger	sliced green onions, optional

Trim fat and bones from pork chops. Drain pineapple, SAVE THE JUICE. Measure ¼ cup of juice into large zipper-seal plastic bag. Add dressing, soy, lemon, garlic and ginger to bag. Seal and mix well. Measure ¼ cup of marinade mixture into small jar and refrigerate. Refrigerate pineapple slices. Add pork chops to bag, seal and refrigerate for 1 to 12 hours. Preheat grill or broiler. Prepare baking pan or grill as usual. Discard marinade from bag. Arrange chops on grill or pan and cook briefly, 1-2 minutes. Turn over, baste with reserved marinade, and place a pineapple ring on each chop. Cook an additional 6-8 minutes until done to 145°F. Sprinkle with sliced green onions to serve. Serves 8.

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