

An avocado is sliced in half, showing its green flesh and dark pit. To the right, a black and white cow's head is visible, looking towards the camera.

# THE ORGANWISE GUYS®

## Foods of the Month

Good Fats

February

Low-Fat Dairy

During the month of February, our school will focus on good fats and low-fat dairy as the OWG Foods of the Month! Children, parents, and staff should be on the lookout for these nutritious foods in the school cafeteria! (Be sure to try the healthy recipes found on the next page.)

### Good Fats

Monounsaturated fats are the “good fats” that can have a beneficial effect on your health when eaten in moderation and when used to replace saturated fats or trans fats. Health benefits can include reducing “bad” (LDL) cholesterol levels and increasing “good” (HDL) cholesterol in your blood. A diet containing good fats can lower your risk of heart disease and stroke while providing nutrients to help develop and maintain your body’s cells.

### Good Fats - Choose These!

**Monounsaturated Fats:** *Olives, olive oil, canola oil, avocados, cashews, almonds, and most other nuts and seeds.*

### Bad Fats : Avoid These!

**Saturated Fat:** *Fatty cuts of red meat, full fat cheese, coconut oil, palm oil, and butter contain saturated fat.*

**Trans Fats:** *Most margarines, vegetable shortening, anything with partially hydrogenated vegetable oil including deep-fried chips, many fast foods, and most commercially baked goods contain trans fats.*

### Reduced-Fat Dairy

Skim milk and other reduced-fat dairy products, such as reduced-fat cheeses and yogurts are naturally nutrient-rich foods providing calcium, potassium, other minerals, vitamins, and protein essential for human growth and development. Reduced-fat dairy products help build strong bones and teeth, and help reduce the risk of low bone mass, fractures and osteoporosis. By choosing fat-free and low-fat dairy products, we help keep our bodies healthy and strong!

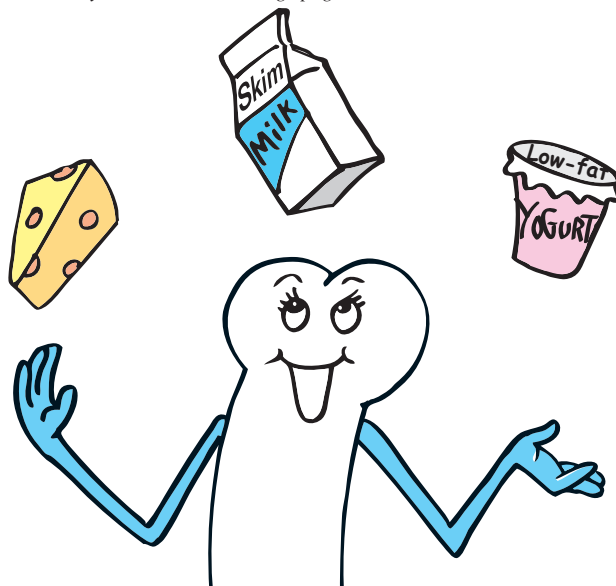
Skim milk/fat-free and low-fat milk contain the same nutrients as whole milk but a lot less (or no) fat! Studies suggest fat-free and low-fat milk may help reduce risk of high blood pressure, the leading cause of heart disease. In fact, the American Heart Association recommends fat-free and low-fat milk as a way to reduce the overall fat in your diet, while still allowing you to get the nutrients you need every day.

Adapted from: <http://www.nationaldairycouncil.org/NationalDairyCouncil/Nutrition/Nutrients/Dairys+Nutrients+landing+page.htm>

### February is American Heart Month!

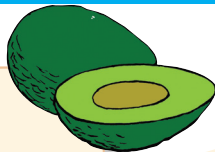
*Focus on the prevention of cardiovascular disease.*

- Get the whole family physically active. Take walks, ride bikes, go swimming, garden or play tag.
- Make a game of reading food labels to choose healthy, low-fat, high-fiber, OrganWise foods!



## Try these yummy recipes!

### BEAN AND AVOCADO GAZPACHO



2 15 oz. cans pinto beans, drained and rinsed  
4 cups low-sodium tomato juice  
4 Tbsp. lime juice  
14.5 oz. canned, stewed, no salt added tomatoes  
2 cups peeled, seeded, and chopped cucumber  
1 cup thinly sliced celery  
1 cup chopped onion  
1 cup chopped green pepper  
2 tsp. minced sautéed garlic (sauté garlic in little bit of olive oil for 2-3 minutes)  
1 small avocado, peeled and chopped

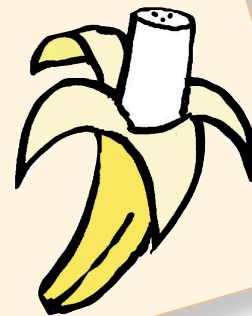
Blend beans, tomato juice, and lime juice in blender or food processor; pour mixture into large bowl. Mix in remaining ingredients, except avocado. Refrigerate until chilled, about 4 hours. Gently mix avocado into mixture, then pour into bowls.

**Makes 6 Servings**

Adapted from: <http://apps.nccdc.cdc.gov/dnparchive/recipe/recipe.aspx>

### BANANA YOGURT SHAKE

1 ½ cups fat-free milk  
4 small bananas, peeled  
1 cup low-fat plain yogurt  
1 tsp. vanilla  
½ tsp. cinnamon  
1 tsp. nutmeg  
1 cup ice cubes

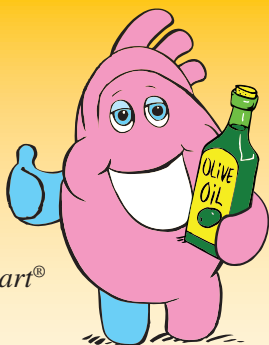


Combine all ingredients except ice cubes in blender and blend until thick and creamy. Add ice cubes, blend again until smooth. Pour into glasses to serve.

**Makes 4 servings**

Adapted from: <http://www.wholegrainscouncil.org/pdf/DozenEasyWGRRecipes.pdf>

## Tips



Hardy Heart®

### Good Fats Tips

Nuts, like almonds, are high in healthy monounsaturated fat. Add a handful to your oatmeal or whole grain cereal, or keep a few in a plastic bag for a handy snack. Watch your portion size, however, because nuts have lots of calories!

To retain a fresh green color, avocados should either be eaten immediately after cut, or should be sprinkled with/tossed in lemon or lime juice, or white vinegar.

For a quick and easy side dish, sauté 3 Tbsp. garlic in 3 Tbsp. extra virgin olive oil for about 3 minutes. Add to cooked, whole grain pasta and toss.

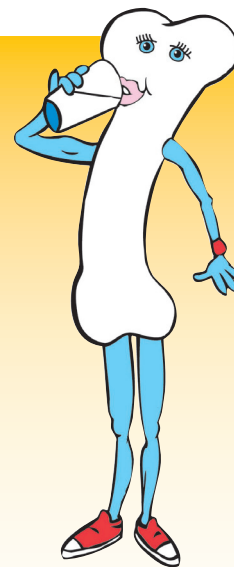
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### Reduced-Fat Dairy Tips

In the mood for some spicy food? Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa. (Add some black beans and make a meal of it!)

When pressed for time and eating on the go, grab a cup of fat-free plain or reduced-fat, low-sugar fruit yogurt, a small container of low-fat pudding or some reduced-fat cottage cheese.

For a quick snack, grab a low-fat mozzarella cheese stick for some protein and calcium on the go.



Calci M. Bone®