

Healthy Meals Healthy Children

TEXAS A&M
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fruitsandveggiesmorematter.org

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Ambrosia

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Ambrosia and other holiday treats!

Dear Parents,

Tis the season! To be thankful and to gather with family & friends for holiday meals. I, for one, look forward to old family recipes and traditional favorites as well as new recipes that might become family favorites.

Here is a link to a nifty website that encourages eating more fruits & veggies, and they provide some menu and recipe ideas. Good to have when you just can't think what to prepare next! This is where I got the idea for Ambrosia!

<http://www.fruitsandveggiesmorematters.org/this-weeks-healthy-menu-idea>

I have included a few tips for enjoying the holiday menus without overindulging. Turkey, cranberries, and sweet potatoes are not only tasty, they are good for you!

Happy Thanksgiving!

A handwritten signature in blue ink that reads "Abigail Pritchard".

Abigail Pritchard
CEA-FCS, Ward County

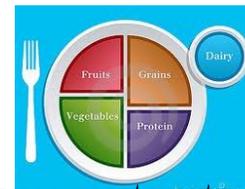


MyPlate Tip of the Month

Take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>



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Keep the following in mind for your healthy holiday meal:

- Avoid overeating. Portion control rather than stuffing yourself is always a good practice.
- White meat of turkey is much leaner than the dark (removing the skin also decreases the fat).
- Pumpkin and sweet potato lose many health benefits when mixed with sugar, butter, eggs, and cream.
- Avoid leaving foods out at room temperature for more than two hours.

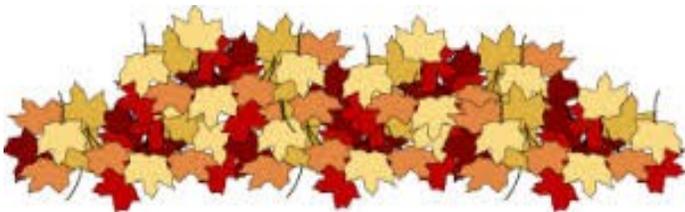
Fruit & Vegetable Storage 101

Great tasting fruits and vegetables begin with proper storage at home. Just remember the FIFO rule: First In, First Out. Use whatever is oldest first and continually rotate your stock to ensure freshness and reduce waste. The FIFO rule applies to all types of foods—fresh, frozen, canned and dried.

Go to [http://](http://www.fruitsandveggiesmorematters.org/fruit-and-vegetable-storage-101)

www.fruitsandveggiesmorematters.org/fruit-and-vegetable-storage-101

For more tips on storing fruits & veggies.



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Ambrosia is a variation on the traditional [fruit salad](#). Most ambrosia recipes contain fresh or sweetened [pineapple](#), [mandarin oranges](#) or fresh orange sections, [miniature marshmallows](#), and [coconut](#). Other ingredients can include [maraschino cherries](#), [bananas](#), [strawberries](#), peeled [grapes](#), or crushed [pecans](#). Ambrosia can also include [whipped cream](#) (or [whipped topping](#)), [sour cream](#), cream cheese, [pudding](#), [yogurt](#), or [cottage cheese](#). The mixture is refrigerated for a few hours or overnight before serving. Although the name references the food of Greek gods, it is widely believed to be an American dish originated in the early 19th century.

Ambrosia

Makes: 8 servings

Ingredients

- 1 can pineapple chunks (in juice, 20 oz., drained)
- 1 can mandarin orange (11 oz., drained)
- 1 banana (peeled and sliced)
- 1 1/2 cups grape (seedless)
- 3/4 cup marshmallows (miniature)
- 1/3 cup coconut (flaked)
- 1 carton vanilla yogurt (8 oz., low-fat)

Directions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	1.5 g	2%
Protein	3 g	
Carbohydrates	33 g	11%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	35 mg	1%