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**Summertime…**

And the fruits and vegetables are growing and ripening! This is the time of year for salad greens, strawberries and, soon, sweet juicy peaches, tomatoes and fresh corn on the cob. Who could ask for anything better?

Not only do fruits and vegetables taste great, they are nutrition powerhouses.

Apples have minerals that help your bones and joints work well.

Spinach is full of vitamin B to help your brain function.

Corn provides fiber which helps food move through your body.

Carrots help you see in the dark.

Peppers are full of vitamins and come in a variety of colors to help you make colorful salads.

Fruits and vegetables help you stay healthy, give you energy and they taste great!

Try to have a fruit or vegetable at each meal and snack.

**Summer Italian Vegetables**

1 onion, chopped
1/2 teaspoon Italian seasoning
1 medium zucchini, diced
1 medium tomato, diced
1 medium green pepper, chopped
1 (8 ounce can) tomato sauce
1/2 cup shredded mozzarella cheese

1. Preheat oven to 350 degrees.
2. Combine all fresh vegetables in a baking dish.
3. Sprinkle with Italian seasoning.
4. Pour tomato sauce over the vegetables.
5. Bake uncovered 20-30 minutes.
6. Top with cheese and bake another 4-5 minutes to melt cheese.

Makes 6 (1/2 cup) servings.

Per serving:
Calories                  60
Total fat                  2g
Sat. fat                   1g
Cholesterol            5mg
Sodium                  250 mg
Total carbs             7g
Protein                   4g

Source: Pick Me! Pick Me!

Source: Eating Smart/Being Active
Food for Thought

Healthy eating is easier than you might think. Try these tips to help improve your diet:

Eat regular meals—especially breakfast. Eating breakfast may help you be more alert and give you more energy. You'll also be less likely to crave junk food so slice a banana on your cereal for a quick, healthy breakfast.

For healthy snacks, try air-popped popcorn, carrot sticks, celery with peanut butter, low-fat cheese or a handful of nuts.

Eat more fruits and vegetables. Choose fruit instead of candy when you want something sweet. Add a salad to your lunch or dinner. Order vegetables on your pizza instead of pepperoni.

Just have to have fast food? Order a single hamburger and a small order of fries. Have water to drink.

What you eat makes a difference in how you look, feel and act. Your health is worth it!

Source: How Food Affects Your Body

Apple Salad

1 cup apple, diced
1 tsp. lemon juice
1/2 cup celery, diced
1/2 cup carrot, grated
1/2 cup raisins
1/2 cup vanilla yogurt, fat-free

1. Toss apples with lemon juice.
2. Add celery, carrot and raisins.
3. Fold yogurt into apple mixture.
4. Cover. Chill for at least 1 hour before serving.

Refrigerate leftovers.

Makes 6 (1/2 cup) servings.

Per serving: 90 calories; 0 g. fat; 40 mg. sodium; 19g carbohydrates; 2 g. protein.

Fun Kitchen Science

Cornstarch is probably in your pantry because it's commonly used to thicken gravy. However, here's a cool science experiment to do with it!

If we think to science class, Isaac Newton’s Law of Viscosity says that fluids can change from a solid to a liquid with changes in temperature. So just like water is a fluid that when warm is a liquid, but when cold, becomes ice. Cornstarch is a neat thing that doesn't follow Newton's law of viscosity! Cornstarch, when mixed with water changes from solid to liquid based on pressure. Now give it a try!

Materials:

- Corn starch
- Water
- Large mixing bowl
- Spoon (or use your hands)

Pour some corn starch into the mixing bowl, maybe about a cup, there’s no firm recipe for how much. Then slowly add a little water, and stir. Continue this until it gets to a honey consistency, think but runny. If it’s too runny, add some more cornstarch, if it’s too thick, add some more water. Then the fun begins!

- Try slowly putting your finger into it. It sinks like a liquid, right?
- Try hitting the mixture. Now it feels like a solid, right?
- Try pouring it into the cookie sheet. It pours like a liquid, right?
- Try scooping a handful and making a ball. It behaves like a solid right?
- Now release your hand and watch it melt! As soon as you take away the pressure, it becomes a liquid again!

http://www.stevespanglerscience.com/lab/experiments/non-newtonian-fluid

Source: Eat Smart/Be Healthy Cookbook

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The Expanded Food and Nutrition Education Program (EFNEP) helps families. Eat better, Feel better, and Cut food costs. To find out more about EFNEP contact:

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