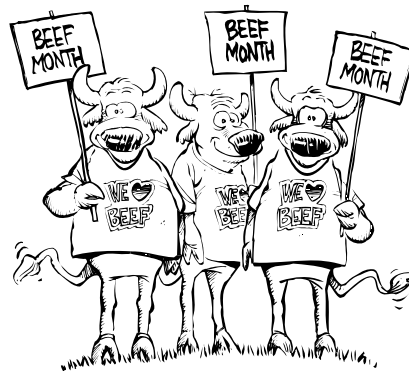


JUNE IS BEEF MONTH IN LOUISIANA

Beef farmers across the state will celebrate Beef Month in June. This serves not only as a reminder to eat beef in June but all year round. Most people shy away from beef because they think it's unhealthy, but there are 29 lean cuts of beef. Beef is loaded in nutrients. One 3 ounce serving of beef has an excellent source of protein, zinc, Vitamin B12, selenium and phosphorus. And that same cut of meat is a good source of niacin, Vitamin B6, iron and riboflavin. The 29 lean cuts of beef all have less than 10 g total fat, 4.5 g or less of saturated fat per serving.

When buying beef look for the words loin, lean, sirloin and top round, as they are all clues that you are buying lean cuts of beef. Beef is also graded for retail sale. There are eight beef grades but the three cuts mainly sold in stores are prime, choice and select. Prime cuts are higher priced and have a great degree of marbling. Choice cuts are less expensive than prime and has sufficient marbling for tenderness and juiciness. Select cuts of meat are lower priced than prime and choice and can be tougher and less flavorful.

Remember the slogan, "Beef it's what's for dinner!" and eat beef tonight.



SPOTLIGHT ON: PEACHES!

Summer and Louisiana peaches go hand in hand. Fresh Louisiana peaches are available from mid-May to early August, with the peak of peach season from mid-June to mid-July. Peaches are an excellent way to get a serving of fruit in your diet. Peaches are low in fat and calories and are sodium free. One medium peach has 38 calories. Yellow-fleshed peaches are good sources of beta carotene, niacin and potassium.

When buying peaches, choose ones that are firm-ripe and skin should be yellow or cream colored. The skin should be free of bruises and fresh looking. One pound of peaches yields 3-4 medium peaches. Store peaches at room temperature, away from direct sunlight until fully ripe. Refrigerate soft peaches and use them within 3-4 days. To enjoy peaches year round freeze them.

To Free Peaches Without Sugar

Dissolve ascorbic acid in a little water. Sprinkle over peaches and stir, being sure they are well covered. Fill container, leaving ½ inch headspace. Place a piece of crumpled waxed paper on top, seal airtight, label and freeze. If desired prior to eating, sprinkle with artificial sweetener or sugar. For more information on preserving peaches call our office for the Ways with Peaches publication.

HEALTHY SUMMER SNACKS

School is out and the kids are home and snacks are an important part of every child's diet. Snacks are a way to get essential vitamins and minerals into a child's diet. We all know snacks can be healthy and unhealthy. Try to keep the unhealthy ones to a minimum and have more healthy ones available to your kids this summer.

Healthy Snack Ideas

- String cheese and fruit
- Milk, yogurt and fruit smoothies
- Yogurt and fruit or cottage cheese and fruit
- Milk (fat-free or 1%)
- Raw vegetables cut up with low-fat salad dressing or hummus
- Apples and cheese or pears and cheese
- Snack size applesauce
- Frozen fruit bars
- Trail mix with nuts and dried fruit
- 100% fruit juice
- Whole wheat or whole grain crackers with peanut butter
- Whole grain cereal with milk
- Rice cakes with peanut butter
- Baked tortilla chips or chips with salsa
- Air popped or low-fat popcorn
- Pretzels
- Gingersnaps, graham crackers, vanilla wafers, fig or fruit bars

Try the following recipe with some cut up raw veggies

Tangy Yogurt Vegetable Dip

- 2½ cups plain yogurt
- 1 packet onion soup mix
- 1 tablespoon minced parsley
- ¼ teaspoon garlic powder
- 1 teaspoon dill weed
- Pinch of black pepper

Mix all ingredients in a bowl. Refrigerate overnight and serve with cup up vegetables.



CENTSIBLE NUTRITION BUYS FOR MAY AND JUNE

Beets
Broccoli
Cabbage
Collard and Mustard Greens
Cucumbers
Pork
Blueberries
Melons

Chicken
Snap Beans
Summer Squash
Tomatoes
Turnips
Strawberries
Beef

Milk and Milk Products
Peaches
Bell Peppers
Eggplant
Green Beans
Blackberries
Irish Potatoes

MELON FACTS

The summertime brings along an abundance of melon fruits in your grocery store: cushaw, cantaloupe, watermelon and honeydew just name a few. Melons are actually in the same gourd family as squashes and cucumbers. Melons are sweet, juicy and have a good source of Vitamin C, potassium and Vitamin A. They are low in calories, fat and cholesterol free, but high in water content. Below are a couple of different types of melons available for purchase at your local farmers market, fruit stand or grocery store.

- Cantaloupes have an orange colored flesh and a tan netted skin, that is usually available year round though the peak season for them is June-August.
- Casaba melons do not have an aroma. They are large and a pale yellow, with a white flesh and a sweet taste. Casaba melons are available through July-December.
- Crenshaw melons can weigh up to ten pounds and have a sweet and spicy taste. The peak season is July through October.
- Honeydew melons have a yellow rind with green flesh, its best available from June through October.
- Santa Claus melons are available during the month of December. It's similar to a watermelon with the green and gold stripes but it's only a foot long.

Remember to keep your uncut melons at room temperature for 2-4 days to fully ripen, then cut up and refrigerate for five days.

Source: www.cdc.gov

KIDS FOOD FOR THOUGHT FROM MYPYRAMID

MyPyramid recommends that kids have between 130-195 discretionary calories per day. Discretionary calories are extra calories like added sugars or fats in foods that we don't need many of.

These foods below are considered discretionary calories and have about 150 calories each:

- A handful of French fries
- Half of a doughnut
- Two small cookies
- A 12-ounce can of soda

Watch out though, because those extra calories can add up fast! If you eat too many they will be stored as fat.



UPCOMING EVENTS:

- June 11th - Rouse's Cooking Demo from 10:00 a.m. to noon, on "Louisiana Beef" - Rouse's Supermarket in Youngsville.

**HAVE A SAFE AND
HEALTHY SUMMER!**

For more information on any topic in this newsletter or any other topic please contact our office at :

337-898-4335

Cooperative Extension Service

Vermilion Parish

1105 W. Port Street

Abbeville, LA 70510

Phone (337) 898-4335, Fax (337)893-7165

Website: www.lsuagcenter.com

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Next Issue Features:

Blueberries, Whole Grains and Much More!!!

Kindest Regards,

*Mandy G. Armentor, MS, RD, LDN
Assoc. Extension Agent (FCS-Nutrition)
Vermilion Parish Extension Service*

