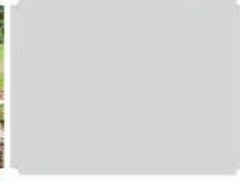
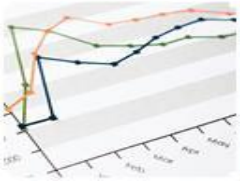


WESTERN
OKLAHOMA WELLNESS

Rural Health Outreach Program

Nutrition Basics

March 28, 2024



Agenda

- Housekeeping Items
- HRSA Outreach Program – Western Oklahoma Wellness
- Learning Objectives
 - Recall the five MyPlate food groups
 - Prioritize two nutrition label components
 - Analyze sample nutrition label
- Questions & Closing

This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the Oklahoma State Medical Association (OSMA). OFMQ is accredited by the OSMA to provide continuing medical education for physicians.

OFMQ designates this live internet activity series for a maximum of 1.0 AMA PRA Category 1 Credits™. Each individual event in the series is designated for 1.0 5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Continuing Education Credit

- For CE credit:
 - Evaluation forms will be sent out after the presentation. A completed form is required to be submitted for credit.

About WOW

- Western Oklahoma Wellness is a program to advance rural healthcare through increased access to care, education, and opportunities to reduce the onset of diabetes and other chronic conditions.
- Counties We Work In:
 - Beckham
 - Greer
 - Kiowa
 - Washita
 - Roger Mills



Funded Through HRSA

We Work With:

ONIE Project: The Oklahoma Nutrition Information and Education (ONIE) Project promotes healthy living through innovative and creative strategies for communities, families and individuals.

SWOSU Rural Health Center: The RHC develops programs for community-based healthcare services collaborating with local pharmacies and hospitals for the advancement of the health and well-being of the medically underserved population in Oklahoma.

Community Partners: County-Specific Health Departments, State Health Department, OSU Extension, Town of Granite, Mangum Regional Hospital, Elkview General Hospital, Cordell Memorial Hospital, Roger Mills Hospital, City of Elk City

WOW is funded through the HRSA Rural Health Care Outreach Services Program, Grant No. D04RH40277



Stephanie DeBerry, MS, RDN, LD

Stephanie is a registered dietitian and serves as the ONIE Project Assistant Director and an Assistant Professor of Research in the Health Promotion Sciences department, Hudson College of Public Health at the OU Health Sciences Center. She enjoys her role on an interdisciplinary public health team that uses innovative approaches to evidence-based interventions. Stephanie is currently working to earn her Ph.D. in Allied Health, Nutrition Sciences and is interested in understanding consumer purchasing behavior in underserved populations and how it impacts diet quality, with an emphasis on farmers market incentive programs. She is an avid home gardener and a regular shopper at her local farmers market. She also loves visiting farmers markets when she travels to check out the local food scene.



Nutrition Basics: MyPlate, the Nutrition Label & Sodium, Oh My!



Western Oklahoma Wellness Consortium Meeting
March 28th, 2024



Overview & Objectives

- Breaking down the nutrition label
 - Why read labels?
 - What is required?
 - Label break down by section
- Practice reading nutrition labels
- Match 1:1 Salt Check
- ONIE Resources

Objectives:

1. Recall the five MyPlate food groups
2. Prioritize two nutrition label components when choosing foods
3. Analyze sample nutrition label to determine if it meets the 1:1 standard

About ONIE

— — —

The Oklahoma Nutrition Information & Education (ONIE) Project is a SNAP-Education grant funded through USDA via Oklahoma Human Services.

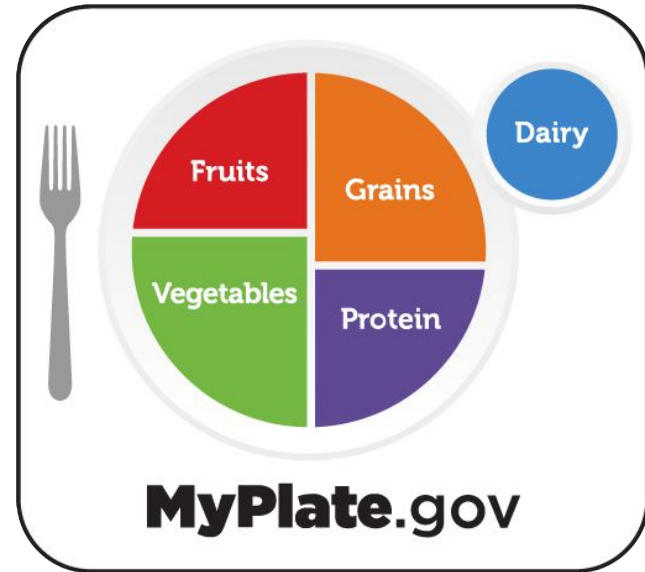
ONIE promotes healthy living for Oklahomans through community nutrition, resource development & health campaigns.



What the heck is MyPlate?

MyPlate

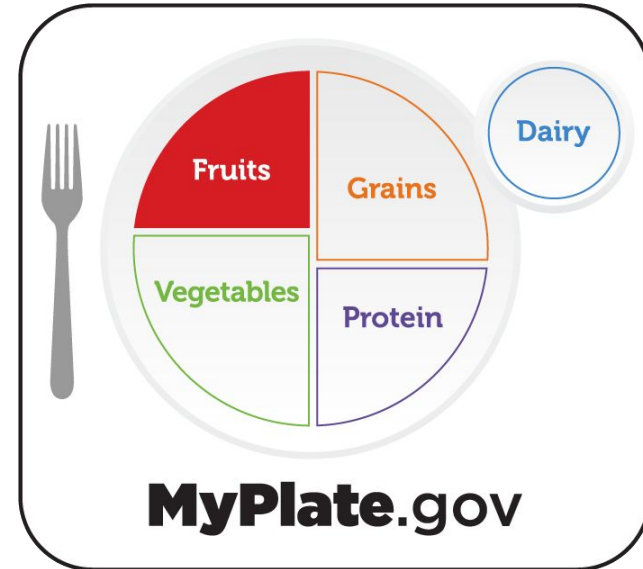
- Based on the Dietary Guidelines for Americans
- Offers information & ideas to help create a healthy lifestyle for people of all ages
- Visual reminder to make healthy choices from each of the five food groups
- Everything you eat & drink counts



Focus on whole **FRUITS**

- Whole fruit or 100% juice
- Fresh, canned, frozen, or dried
- Choose fruit canned in water or 100% juice

Portion Size:		
raw, canned, or cooked fruit	1 cup	size of your fist
pureed fruit (<i>applesauce</i>)	1 cup	8 oz cup
100% fruit juice	1 cup	8 oz cup
dried fruit	½ cup	small handful



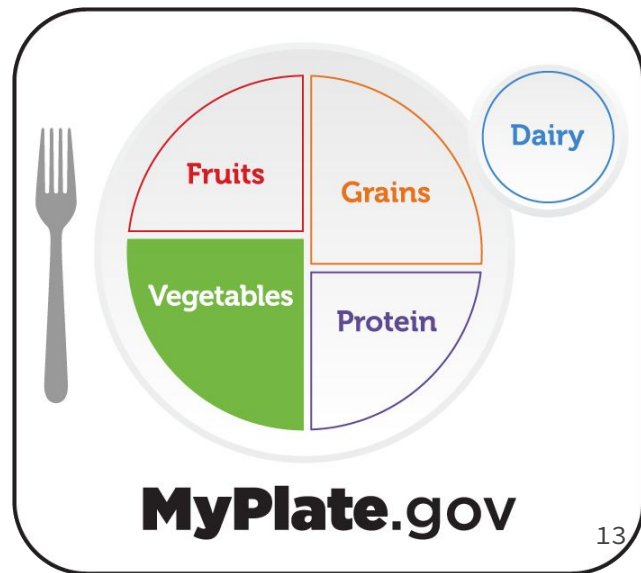
Vary your **VEGGIES**



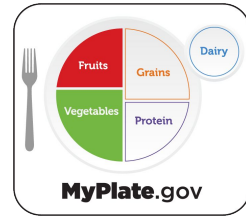
- Whole vegetables or 100% vegetable juice
- Five sub-groups:
 - Dark green
 - Red & orange
 - Beans & peas
 - Starchy
 - Other

- Raw or cooked
- Fresh, frozen, canned, or dried
- Choose a variety of colors, vegetables from all five groups

Portion Size:		
raw, canned, cooked, or juiced vegetables	1 cup	size of your fist
leafy greens	2 cups	size of two fists



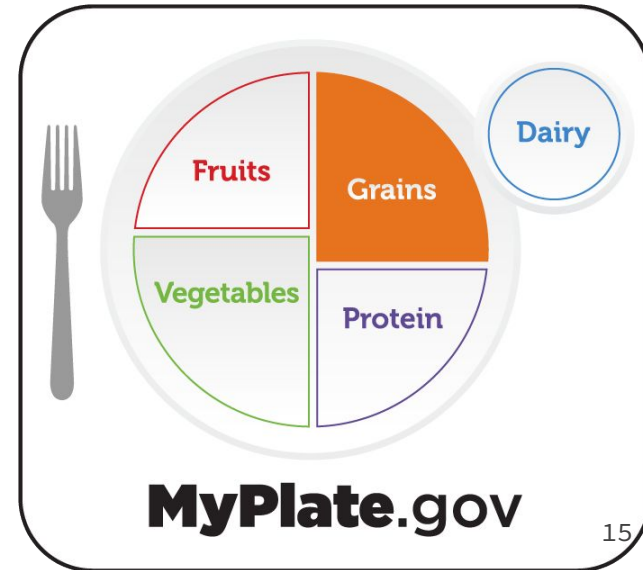
Make half your plate **FRUITS** & **VEGGIES**



Make half your grains **WHOLE GRAINS**

- Foods made from wheat, rice, oats, cornmeal, barley, quinoa, or other grains
- Choose whole-grain options of bread, pasta & tortillas
- Look for 100% whole grain on packaging
- Check the ingredient list for “whole grains”

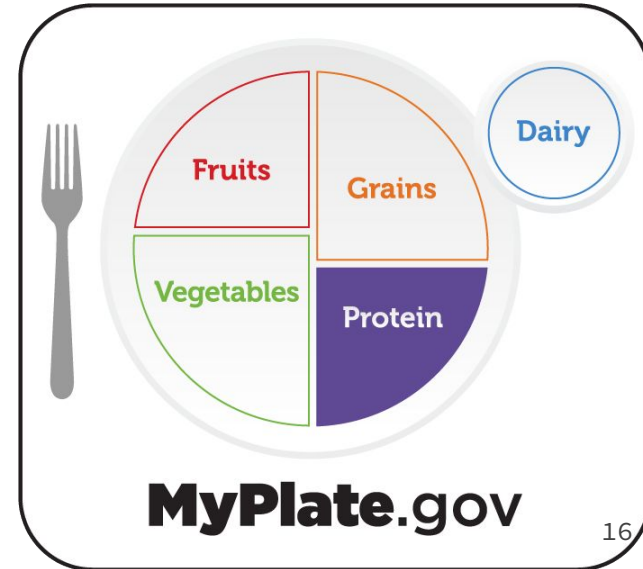
Portion Size: (1 oz equivalents)		
bread	1 oz	1 slice
tortillas	1 oz	1 6-inch tortilla
rice, oatmeal, pasta	½ cup	small cupped handful
popcorn	3 cups	2 large handfuls



Vary your **PROTEIN** routine

- Choose lean meat & poultry
- Aim for at least 8 oz of seafood/week
- Meatless options: eggs, beans, soy & unsalted nuts & seeds
- Eat a variety of protein foods to maximize health benefits

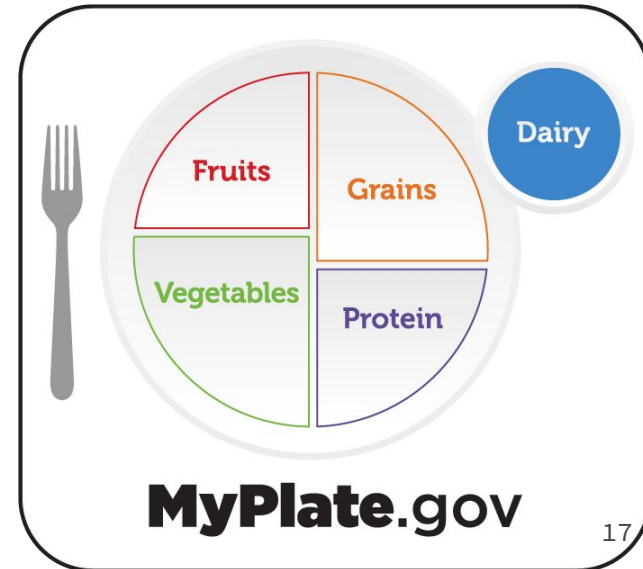
Portion Size: (1 oz equivalents)		
meat, poultry, seafood	1 oz	size of your thumb, base to tip
eggs	1 oz	1 egg
cooked beans	¼ cup	cupped palm of your hand
nuts & seeds	½ oz	cupped palm of your hand
nut butters	1 Tbsp	size of your thumb, knuckle to tip



Move to low-fat or fat-free **DAIRY**

- Choose fat-free (skim) or low-fat (1%) options
- Low-fat milk has all the vitamins & minerals as whole, with less fat & calories
- Foods that are calcium-fortified such as soy milk count
- Include lactose-free dairy or fortified soy versions
- Foods like cream cheese that have little calcium DO NOT count

Portion Size: (1 cup equivalents)	
milk, soy milk, yogurt	1 cup
1 slice cheese (<i>cheddar, mozzarella, swiss, parmesan</i>)	1 ½ oz
processed cheese (<i>American</i>)	1 oz



**How many of you are
nutrition label readers?**

Why should I read nutrition labels?

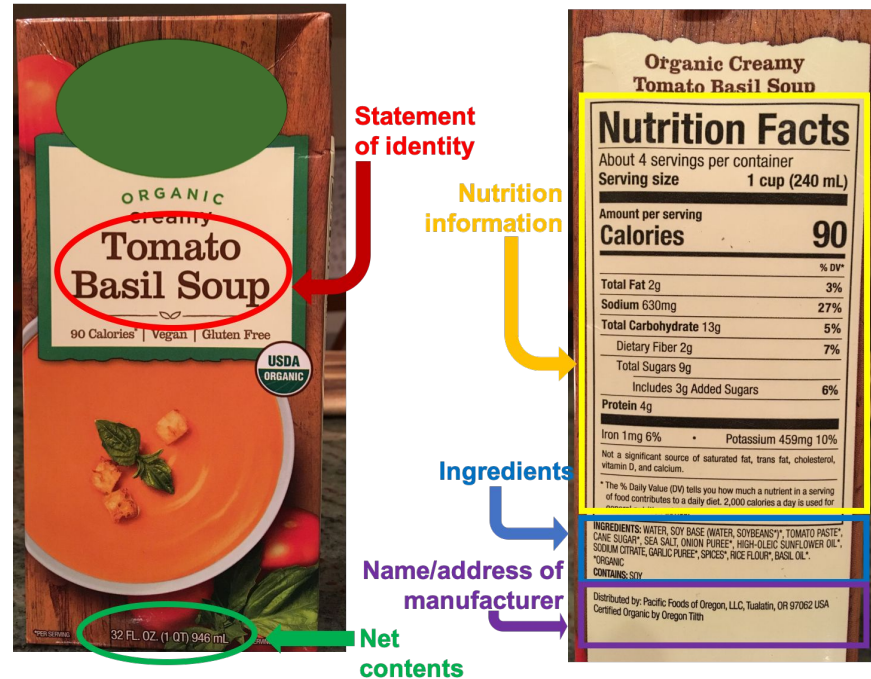
- Determine what is in the food
- Determine the serving size
- Easily compare products
- Food & Drug Administration (FDA) approved facts
- %Daily Value of nutrients
- Determine the amount of nutrients in a food

**Okay, let's break down
a nutrition label**

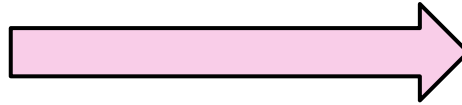
What info is on a nutrition label?

FDA labels must include these components:

1. Statement of identity
2. Net contents of the package
3. Ingredient list
4. Manufacturer's name & address
5. **Nutrition information**
(*Nutrition Facts Panel*)



Serving Size



- All numbers on the label are for 1 **serving**
- Label shows servings per container
- **Example:**
 - Eat 2 servings: multiply label numbers x2
 - Eat $\frac{1}{2}$ of a serving: cut all numbers in half

Nutrition Facts	
16 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	13%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 420mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Calories



- **Calories** are the energy supplied by food
- If it is not burned, it will be stored in the body as fat

Nutrition Facts	
16 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
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Protein 8g	
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Iron 0mg	0%
Potassium 420mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fat & Sodium



- Aim for < 78g of **Total Fat**/day
- Aim for < 20g of **Saturated Fat**/day
- Aim for < 300mg of **Cholesterol**/day
- Aim for < 2,300mg of **Sodium**/day
- Choose no-salt-added or low-sodium foods

USDA, 2020

Nutrition Facts		
16 servings per container		
Serving size 1 cup (240mL)		
Amount per serving		
Calories		140
		% Daily Value*
Total Fat 2.5g		3%
Saturated Fat 1.5g		8%
<i>Trans Fat</i> 0g		
Cholesterol 15mg		4%
Sodium 180mg		8%
Total Carbohydrate 20g		7%
Dietary Fiber 0g		0%
Total Sugars 18g		
Includes 7g Added Sugars		13%
Protein 8g		
Vitamin D 2.5mcg		10%
Calcium 298mg		25%
Iron 0mg		0%
Potassium 420mg		8%

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Image Credit: ONIE Project

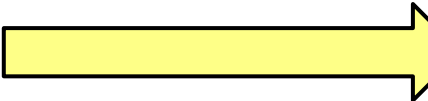
Carbohydrates

- Aim for 300g **Total Carbohydrates**/day
- Aim for at least 28g of **Fiber**/day
- **Fiber** helps digest food & makes you feel full longer
- **Added Sugars** are sugars added in processing & do not occur naturally in the product
- **Example:** Milk vs. Chocolate milk



Nutrition Facts	
16 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	13%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 420mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Protein

- Aim for 20g of Protein/meal
- Aim for 50-60g/day
- Small servings of lean meat, fish & poultry
- Look for protein sources other than meat, such as  beans (*less saturated fat & more fiber*)

Nutrition Facts		
16 servings per container		
Serving size 1 cup (240mL)		
Amount per serving		
Calories		140
		% Daily Value*
Total Fat	2.5g	3%
	Saturated Fat 1.5g	8%
	Trans Fat 0g	
Cholesterol	15mg	4%
Sodium	180mg	8%
Total Carbohydrate	20g	7%
	Dietary Fiber 0g	0%
	Total Sugars 18g	
	Includes 7g Added Sugars	13%
Protein	8g	
	Vitamin D 2.5mcg	10%
	Calcium 298mg	25%
	Iron 0mg	0%
	Potassium 420mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins & Minerals

- Aim for **100%** of all nutrients a day
- **Good** source $\geq 10\%$ DV
- **Great** source $\geq 20\%$ DV
- **Vitamin D** helps absorb **Calcium** & improves bone health
- **Iron** helps prevent anemia
- **Potassium** helps regulate blood pressure



Nutrition Facts		
16 servings per container		
Serving size 1 cup (240mL)		
Amount per serving		
Calories		140
		% Daily Value*
Total Fat 2.5g		3%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 15mg		4%
Sodium 180mg		8%
Total Carbohydrate 20g		7%
Dietary Fiber 0g		0%
Total Sugars 18g		
Includes 7g Added Sugars		13%
Protein 8g		
Vitamin D 2.5mcg		10%
Calcium 298mg		25%
Iron 0mg		0%
Potassium 420mg		8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

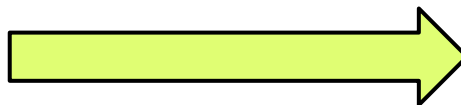
Footnote

Percent Daily Values (%DVs)

- How much a serving of food contributes to your overall intake of nutrients
- Compare %DV between foods for nutrients
 - **Low $\leq 5\%$ DV**
 - **High $\geq 20\%$ DV**

Nutrition Facts		
16 servings per container		
Serving size 1 cup (240mL)		
Amount per serving		
Calories		140
% Daily Value*		
Total Fat 2.5g		3%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 15mg		4%
Sodium 180mg		8%
Total Carbohydrate 20g		7%
Dietary Fiber 0g		0%
Total Sugars 18g		
Includes 7g Added Sugars		13%
Protein 8g		
Vitamin D 2.5mcg		10%
Calcium 298mg		25%
Iron 0mg		0%
Potassium 420mg		8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



What is the bottom line?

Nutrients to get more of:	Nutrients to get less of:
Dietary Fiber: $\geq 28\text{g}$	Saturated Fat: $\leq 20\text{g}$
Vitamin D: $\geq 20\text{mcg}$	<i>Trans</i> Fat: 0g
Calcium: $\geq 1300\text{mg}$	Sodium: $\leq 2300\text{mg}$
Iron: $\geq 18\text{mg}$	Added Sugars: $\leq 50\text{g}$
Potassium: $\geq 4700\text{mg}$	

Nutrition Facts	
16 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	13%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 420mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Let's practice!

Practice Activity - Speed Reading Nutrition Labels

Think about this:

- What label information will you prioritize? (*choose 2*)
- Would you consider this food healthy? Why or why not?
- If this food LOW (< 5%) or HIGH (> 20%) in the %DV of a nutrient?
- Would you eat this food?

**35 seconds to
complete**

Practice Activity

- What label information will you prioritize? (*choose 2*)
- Would you consider this food healthy? Why or why not?
- If this food LOW (< 5%) or HIGH (> 20%) in the %DV of a nutrient?
- Would you eat this food?



Nutrition Facts	
12 servings per container	
Serving size 1 Piece (28g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	15%
Vitamin D 0.1mcg	0%
Calcium 210mg	15%
Iron 0.1mg	0%
Potassium 55mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How many of you check the sodium on nutrition labels?

Salt Check

MATCH

1

for

1

mg sodium

calorie

DAILY GOAL:

Strive for
less than
2300mg
of sodium
per day

GOOD!

BAD!

Nutrition Facts	
12 servings per container	
Serving size	(55g)
<hr/>	
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 90mg	4%
Total Carbohydrate 37g	13%

Nutrition Facts	
12 servings per container	
Serving size	(55g)
<hr/>	
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 270mg	12%
Total Carbohydrate 37g	13%

Look for  recipes!

Match 1:1

- Check the calories
- Check the sodium
- Is the sodium the same or less than the calories?
- Not a perfect method, but good for a quick reference



Let's practice!

Does this meet the 1:1 standard?



Nutrition Facts	
about 3.5 servings per container	
Serving size 1/2 cup (130g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg 0% • Calcium 50mg 4%	
Iron 1.7mg 10% • Potas. 480mg 10%	

Nutrition Facts	
about 3.5 servings per container	
Serving size 1/2 cup (130g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit. D 0mcg 0% • Calcium 50mg 4%	
Iron 2.5mg 15% • Potas. 400mg 8%	



ONIE Resources

Choose Homemade Calendar

- 1st edition in 2003
- Available in English & Spanish
- Culturally-tailored content
- Healthy & tasty recipes
- Distributed state-wide to **schools**, libraries, clinics, and more



FREE!

CHOOSE HOMEMADE

2024 NUTRITION CALENDAR

This calendar is brought to you by



ONIEPROJECT.ORG
&
CHOOSEHOMEMADE.ORG
Keep an eye out for other ONIE initiatives

PLEASE SCAN THE QR CODE FOR MORE RESOURCES, RECIPES & NUTRITION INFORMATION.



JANUARY FEBRUARY MARCH APRIL MAY JUNE
JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

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DECEMBER

SLOW COOKER FRENCH BEEF STEW

SERVINGS 6

ESTIMATE 6 hr (high)
8 hr (low)
20 min prep

Ingredients:

- 2 Tbsp olive oil
- 2 lbs boneless beef chuck, cubed
- 1 tsp black pepper
- 6½ cup red wine vinegar
- 2 ½ cup unseasoned beef broth
- 1 (10-oz) can red-sauce tomato pasta sauce
- 1½ cup low-sodium soy sauce
- 1 ½ cup all-purpose flour
- 1 (8-oz) package quartered
- 5 medium carrots, sliced
- 1 (8-oz) can sliced mushrooms
- 3 cubes parmesan
- 2 Tbsp fresh minced thyme
- 1½ cup minced fresh parsley

Preparation:

- 1 In a large skillet, heat oil over medium high. Add beef & pepper. Sear each side 2-3 minutes. Transfer to slow cooker.
- 2 In the same skillet, add vinegar & bring to a simmer. Add broth, tomato paste, soy sauce & stir to combine. Slowly whisk in the flour & stir until smooth. Reduce slightly. Remove from heat & set aside.
- 3 Add potatoes, carrots, mushrooms, garlic, thyme, & sauce to slow cooker. Stir & cook on LOW 8 hours or on HIGH 4 hours, or until beef is tender.
- 4 Top with parsley & serve.


Nutrition Facts	
Serving size 1 (1 cup)	
Amount per serving	
Calories 430	
Total Fat	20g 40%
Total Carbs	60g 12%
Total Protein	30g 60%
Sodium	1000mg 20%
Total Sugar	10g 20%
Total Fiber	5g 10%
Total Fat	20g 40%
Total Carbs	60g 12%
Total Protein	30g 60%
Sodium	1000mg 20%
Total Sugar	10g 20%
Total Fiber	5g 10%

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <small>Paul Harvey Remembrance Day</small>
15	16	17	18	19	20	21
22	23	24	25	26	27	28 <small>First Day of Winter</small>
29	30	31 <small>Christmas Eve</small>	TIP Try it with parsnips, turnips & other root veggies.	NOVEMBER November Begins Christmas Day	JANUARY	
				<small>New Year's Eve</small>		

How-to Recipe Cards

Describes “how-to” use a single produce item on one side & has adjoining recipe highlighting that item on the other side

A simple guide to
RADISHES
All radishes are crisp with a mild, slightly sweet & peppery flavor



French Breakfast
Long shape with bright red skin & white flesh.

Watermelon
Small & round with white-green skin & bright pink flesh.

Cherry Belle
Most common variety. Small & round with bright red skin & white flesh.

Easter Egg
Small & round with white, yellow, pink or red skin & white flesh.

In Season
March - May

How To Select
✓ Choose radishes with crisp, bright green leaves. Radishes should feel heavy for their size & have firm, vibrant skin.
✗ Avoid dull radishes with wrinkled skin, wilted roots & leaves.

How To Store
• Cut off radish greens & store separately in a zip-close bag. Refrigerate up to 1-2 days.
• Place radishes in a loosely close plastic bag. Refrigerate in crisper drawer 7-10 days.

How To Prepare

Raw
Wash with water & slice or shred. Add into salads, burgers, sandwiches, or sub as chips with dip!
Wash greens & add to salads, smoothies or pesto!

Sautéed
Cut in fourths, toss in olive oil & seasoning of choice. Cook over medium-high heat 5-7 minutes until tender & slightly crisp. Wash greens & cook 2-3 minutes over medium heat with olive oil & garlic.

Roasted
Cut in half, toss in olive oil & seasoning of choice. Bake cut side down 10 minutes at 450°F.

Tip: Use radish greens to make ONIE's Garlic Radish Greens Pesto!



APPLE RADISH COLESLAW

- Ingredients:**
- 1 small head cabbage, shredded
 - 1 Granny Smith apple, cut into matchsticks
 - 3 medium radishes, cut into matchsticks
 - 1 small white onion, finely diced
 - 1 lemon, juiced
 - 1/4 cup honey
 - 1/2 cup apple cider vinegar
 - 1 1/2 Tbsp water
 - 3 Tbsp olive oil
 - 1/2 tsp celery seed
 - 1/2 tsp ground mustard
 - 1/2 tsp black pepper

10 Min | Serves 8

Nutrition Facts	
2 servings per recipe	
Serving size (175g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	4%
Total Carbohydrate 25g	5%
Dietary Fiber 3g	6%
Total Sugar 15g	30%
Protein 2g	4%
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 1mg	2%
Potassium 20mg	4%

- Preparation:**
1. In a large bowl, add cabbage, apple, radish, onion & lemon juice. Mix well.
 2. In a small jar, add honey, vinegar, water, oil, celery seed, ground mustard & pepper. Shake or stir until combined.
 3. Add dressing to cabbage mix & toss. Refrigerate 30 minutes before serving.



Recipe Cards

Choose Homemade Bilingual Recipe Cards

Recipe cards, double-sided with same recipe in both English & Spanish



BEEF PASTA BOLOGNESE

Ingredients: 40 Min

- 1 lb 90/10 lean ground beef
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 celery rib, diced
- 1 (10 oz) bag matchstick carrots
- 1 (6 oz) can no-salt-added tomato paste
- 1 Tbsp Zesty Italian Seasoning*
- 1/4 cup minced fresh basil
- 1 (32 oz) carton unsalted beef broth
- 1 cup 1% low-fat milk
- 1 (16 oz) box whole-wheat penne pasta
- 1 cup shredded parmesan cheese, divided

- Preparation:**
1. In a large stockpot, add beef, onion & garlic. Cook 8-10 minutes or until cooked through, crumbling meat throughout.
 2. Add celery, carrots, tomato paste, Italian seasoning & basil. Mix well. Cover & cook 3-4 minutes.
 3. Add broth & milk. Bring to a boil. Reduce heat to medium-low & add pasta. Cook 15-20 minutes or until pasta is cooked occasionally.
 4. Remove from heat & stir in 3/4 cup parmesan cheese. Serve topped with remaining parmesan.

NIE PROJECT.ORG
Esta institución es un proveedor que ofrece igualdad de oportunidades.

CHOOSE HOME MADE

Nutrition Facts	
3 servings per recipe	
Serving size	
Amount per serving	
Calories	
Total Fat	11g
Cholesterol	2g
Total Carbohydrate	31g
Total Protein	24g



PASTA BOLOÑESA CON CARNE DE RES

Ingredientes: 40 Min Porciones 8

- 1 lb de carne de res molida 90% magra
- 1 cebolla mediana, en cubitos
- 3 dientes de ajo, picados finamente
- 1 tallo de apio, en cubitos
- 1 bolsa (10 oz) de zanahorias ralladas
- 1 lata (6 oz) de pasta de tomate sin sal añadida
- 1 cda de Condimento Italiano Picante
- 1/4 taza de albahaca fresca, picada finamente
- 1 cartón (32 oz) de caldo de res sin sal añadida
- 1 taza de leche baja en grasa al 1%
- 1 caja (16 oz) de pasta penne integral
- 1 taza de queso parmesano rallado, dividida

- Preparación:**
1. En una olla grande, añadir la carne de res, la cebolla y el ajo. Cocinar 8-10 minutos o hasta que la carne esté bien cocida, desmenuzando por completo.
 2. Añadir el apio, las zanahorias, la pasta de tomate, el condimento italiano y la albahaca. Mezclar bien. Cubrir y cocinar 3-4 minutos.
 3. Añadir el caldo y la leche. Llevar a hervor. Reducir el fuego a medio-bajo y añadir la pasta. Cocinar 15-20 minutos o hasta que la pasta esté cocida, revolviendo ocasionalmente.
 4. Retirar del fuego y añadir 3/4 taza de queso parmesano. Servir con el queso parmesano restante.

Información Nutricional	
3 porciones por receta	
Tamaño de la porción 0.46g	
Cantidad por porción	
Calorías 400	
Grasa Total	11g
Grasa Saturada	2g
Grasa Trans	0g
Carbohidratos Totales	31g
Fibra Dietética	3g
Proteína	24g



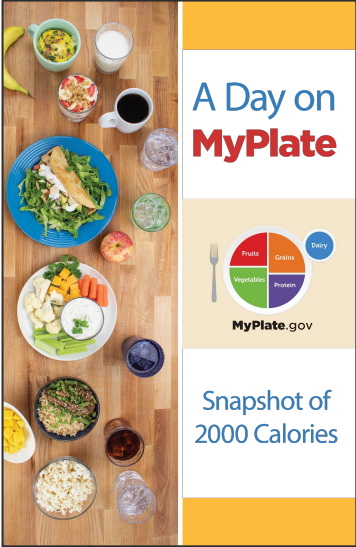
Turn over for bilingual recipe

PROYECTO NIE.ORG
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ELIGE COCINAR EN CASA



Recipe Booklets



A Day on MyPlate



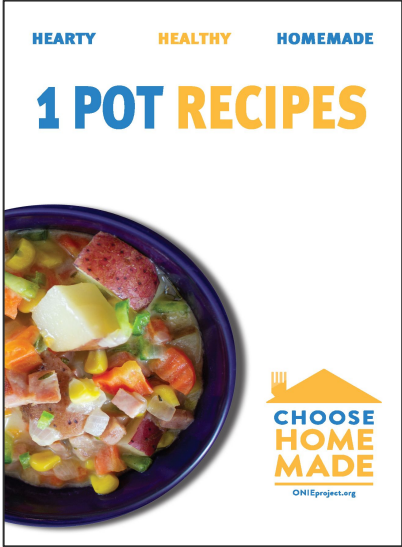
MyPlate.gov

Snapshot of 2000 Calories

The cover features a top-down view of a wooden table with various food items including a bowl of salad, a plate of fish, a bowl of rice, and several small bowls of condiments and vegetables.

HEARTY HEALTHY HOMEMADE

1 POT RECIPES



CHOOSE HOME MADE

OHNEproject.org

The cover shows a top-down view of a dark blue bowl filled with a colorful vegetable and potato soup.

HEARTY HEALTHY HOMEMADE

Recipes in 30 Minutes or Less!

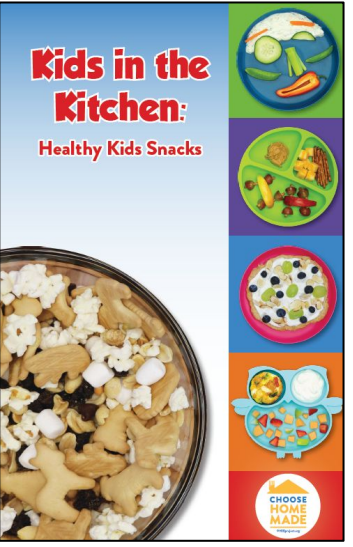


CHOOSE HOME MADE

OHNEproject.org

The cover features a top-down view of a metal bowl containing a stir-fry with meat, corn, and vegetables.

Kids in the Kitchen:
Healthy Kids Snacks



CHOOSE HOME MADE

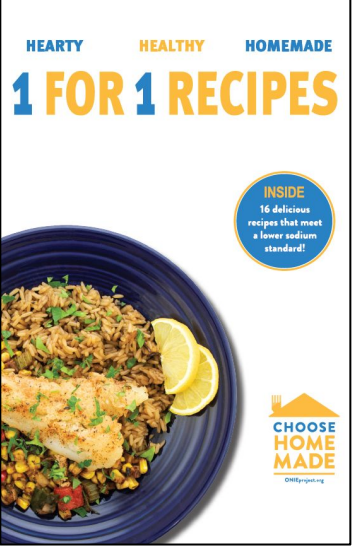
OHNEproject.org

The cover is divided into four horizontal sections, each showing a different healthy snack: a plate of sliced cucumbers and carrots, a plate of fruit and nuts, a bowl of yogurt with fruit, and a bowl of popcorn.

HEARTY HEALTHY HOMEMADE

1 FOR 1 RECIPES

INSIDE
16 delicious recipes that meet a lower sodium standard!

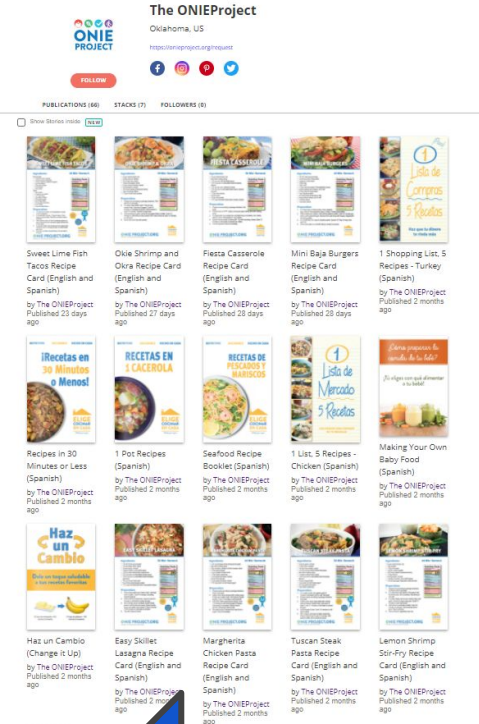


CHOOSE HOME MADE

OHNEproject.org

The cover shows a top-down view of a dark blue bowl filled with a rice and vegetable stir-fry, garnished with a lemon wedge.

Ordering Resources



The ONIE Project
Oklahoma, US
https://onieproject.org/about

Facebook, Instagram, YouTube, Twitter

PUBLICATIONS (66) STACKS (7) FOLLOWERS (5)

Show Stories inside

- Sweet Lime Fish Tacos Recipe Card (English and Spanish) by The ONIE Project Published 23 days ago
- Oliva Shrimp and Oliva Recipe Card (English and Spanish) by The ONIE Project Published 27 days ago
- Fiesta Casserole Recipe Card (English and Spanish) by The ONIE Project Published 28 days ago
- Mini Bqa Burgers Recipe Card (English and Spanish) by The ONIE Project Published 28 days ago
- 1 Shopping List - 5 Recipes - Turkey (Spanish) by The ONIE Project Published 2 months ago
- 1 Recetas en 30 Minutos o Menos! (Spanish) by The ONIE Project Published 2 months ago
- 1 RECETAS EN 1 CALDEROLA (Spanish) by The ONIE Project Published 2 months ago
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- Making Your Own Baby Food (Spanish) by The ONIE Project Published 2 months ago
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- Easy Skillet Lasagna Recipe Card (English and Spanish) by The ONIE Project Published 2 months ago
- Margherita Chicken Pasta Recipe Card (English and Spanish) by The ONIE Project Published 2 months ago
- Tuscan Steak Pasta Recipe Card (English and Spanish) by The ONIE Project Published 2 months ago
- Lemon Shrimp Stir-Fry Recipe Card (English and Spanish) by The ONIE Project Published 2 months ago

Statewide Reach

Community Organizations

Farmers Markets

Food Banks & Pantries

Government Agencies

Health Care Facilities

Health Departments

Nonprofits

Schools & Other Educational

Facilities

Other Partner Organizations



Scan QR code to order materials!

Or visit onieproject.org/resources



ONIE Materials Request Form

Does your organization serve low-income Oklahomans *

To check USDA definition of SNAP-Ed eligible individuals click here.

<https://snaped.fns.usda.gov/snap/Guidance/Section1.pdf>



Organization Name *

Contact Name *

Shipping Address *

City *

State *

Zip Code *

Contact Email *

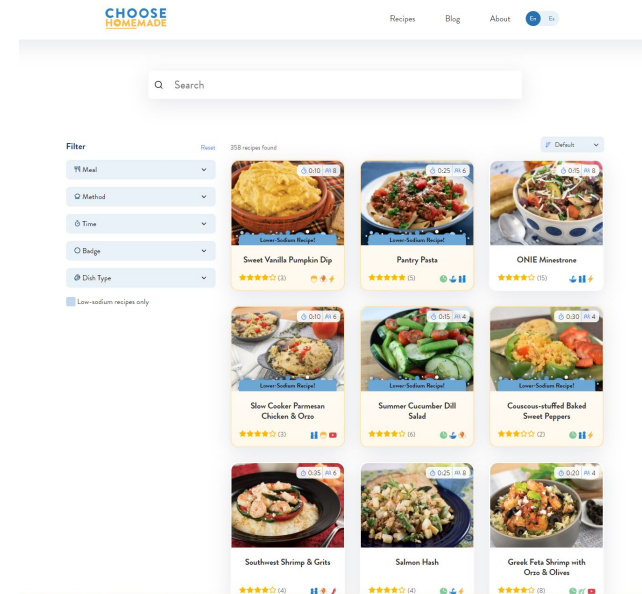
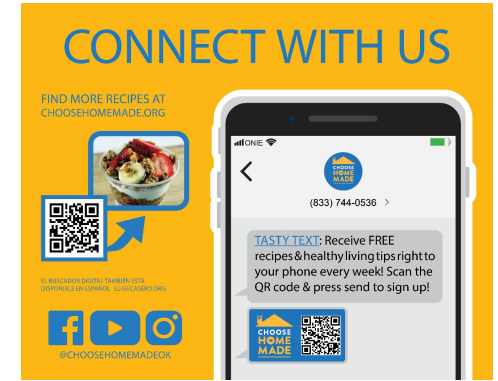
Contact Phone Number *

Materials Requested *

Select all that apply.

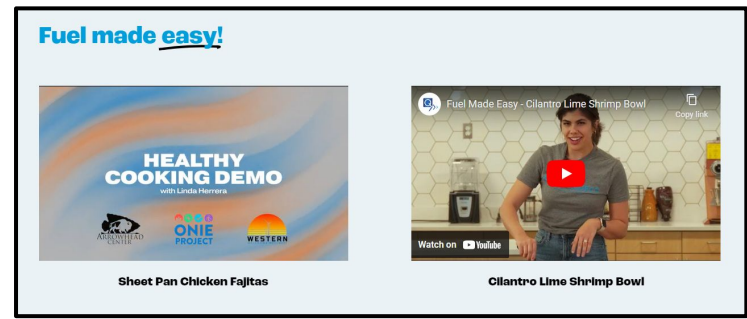
Digital Resources

- Tasty Text
- Choosehomemade.org
 - Easy healthy recipes
- Onieproject.org
 - Healthy living blogs
 - Order print materials
- YouTube – Choose Homemade
 - Quick Cooking Videos



WOW - Weeks of Wellness

- Cooking Demonstrations
 - Interactive demos
 - Feature local produce *(when available)*
 - Provide nutrition resources
- Let's Get Moving Events
 - Free Family Fun Runs
 - Physical Activity
- Art Competitions
 - Healthy Living in Rural Oklahoma theme
- Grocery Store Tours
- Social Media Cooking Demos

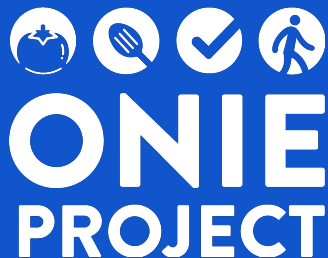


Summary

- MyPlate offers information to create a healthy lifestyle for people of all ages
- Breaking down the nutrition label
 - Important info can be found on nutrition labels
 - There are 5 required parts of a nutrition label
 - Prioritizing nutrition label components to make food choices
- Match 1:1 is an easy way to check your sodium intake
- ONIE has FREE nutrition education resources



**Thank you for
participating today!**



HUDSON
COLLEGE OF PUBLIC HEALTH
The UNIVERSITY of OKLAHOMA HEALTH SCIENCES

ONIE Western Oklahoma Wellness Team

Meredith Scott-Kaliki, MS, CHES
ONIE Director
meredith-scott@ouhsc.edu

Stephanie DeBerry, MS, RDN, LD
ONIE Assistant Director
stephanie-deberry@ouhsc.edu

Viki Castaneda, MA
ONIE Nutrition Coordinator
viki-castaneda@ouhsc.edu

Kerisa Tapper
ONIE Operations Coordinator
kerisa-tapper@ouhsc.edu



Upcoming Events!

- **WOW Consortium Meeting**
 - Thursday, May 2, 2024
 - Location: Elk City Arrowhead Center



For more information on WOW and how to join our consortium:

Jayme Noble – jnoble@ofmq.com

Visit: <https://www.ofmq.com/>

WOW page: <https://www.ofmq.com/wow>