

Southern University and A&M College System
 AGRICULTURAL RESEARCH AND EXTENSION CENTER

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

COOL COOKING SOLUTIONS

When summer temperatures are on the rise, stay cool in the kitchen by following some of the tips listed below.

- A key to preparing food is to think ahead of time. If you're making beans, make extra. They take the most time and require soaking.
- In warm weather, try using the following cooking methods:
 - ✂ Steam or quick-boil
 - ✂ Serve cool or warm temperature foods
 - ✂ Eat lighter
 - ✂ Choose soft, leafy greens
 - ✂ Use less salt
 - ✂ Cook twice the amount of food and save half for another meal.
 - ✂ Serve fresh raw vegetables at mealtime
- ✂ Salads make cool summertime meals



- Keep cleaned and sliced salad vegetables on hand.
- Add variety to your salads the easy way. Add the following ingredients to your salads:
 - ✓ Canned ingredients – tuna, beets, olives, pineapple, chick peas, beans, etc.
 - ✓ Leftover pasta, potatoes or rice
 - ✓ Leftover cooked meat or poultry
 - ✓ Fresh or canned fruit
 - ✓ Make use of the microwave for more than just defrosting and re-heating.



“Eat Healthy - Stay Healthy”

What's Cooking?

Bubbling Pineapple Punch

- 1 46-ounce can chilled pineapple juice
- 1 1/2 cups orange juice
- 2 quarts (1 liter) club soda
- 1 quart pineapple or orange sherbet

1. Mix pineapple juice, orange juice, and club soda together.
 2. Drop spoonfuls of sherbet into punch, and stir until nearly melted.
- Makes 30 4 – ounce servings.

Nutrition Facts

Serving Size (109g)
Servings Per Container

Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 0%	• Vitamin C 15%
Calcium 2%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



References:
Health and Wellness Center, Bolling Air Force Base, DC
Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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