



Eat Right Feel Great!

Captain 5 A Day Newsletter

In partnership with the School of Allied Health Sciences, University of Connecticut, and Connecticut Department of Public Health

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Hello and happy winter to all my friends! I hope you had a safe and healthy Holiday season. Let's explore some ways to help you have a healthy 2008!



Check out our
website at:

<http://www.captain5aday.org>

Fruits and vegetables are a very important part of a healthy diet. Eating well may help us stay away from colds and flu during the winter months. Here are EASY tips for adding fruits and vegetables to your diet:

- ✓ Buy frozen berries when they are on sale to add to smoothies, cereal, yogurt or pancakes.
- ✓ "Zap" frozen, fresh or canned veggies (out of the can!) in the microwave to prepare them quickly. This preserves the nutrients!
- ✓ Keep your family toasty warm by making a vegetable soup.
 - Saute veggies in a large pot with a tsp of olive or canola oil until tender. Add low-fat, low-sodium broth and seasoning to taste. Try adding beans for more fiber.





As Valentine's Day approaches, we often start thinking about sweet treats. Generally these treats are full of fat and sugar. These treats are ok to have sometimes, but why not try some of the yummy treats below as an alternative?

| INSTEAD of ... | TRY.... |
|--------------------------|--------------------------------------|
| Cupcakes → | Rice Krispy treats |
| Packaged hot cocoa → | Home-make cocoa with skim or 1% milk |
| Sugar Cookies → | Jello Jigglers with berries |
| Chocolate Chip Cookies → | Chocolate Crisps |

Chocolate Crisps



CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH

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Ingredients

1 tablespoon butter
1/4 cup sugar
1 large egg white
2 tablespoons all-purpose flour
1 tablespoon unsweetened cocoa powder
1/2 ounce finely chopped unsweetened chocolate (1 1/2 tablespoons)
1 teaspoon vanilla extract
Pinch of salt
Confectioners' sugar (optional)

Nutrition Information

Per cookie: 38 calories; 2 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 6 g carbohydrate; 1 g protein; 0 g fiber; 17 mg sodium; 23 mg potassium.

Instructions

1. Preheat oven to 300°F. Coat a baking sheet with nonstick cooking spray.
2. Melt butter in a small saucepan over medium heat. Swirl the pan until the butter is lightly browned, about 1 minute. Transfer to a medium bowl. Whisk in sugar. Add egg white, flour, cocoa, unsweetened chocolate, vanilla and salt and whisk until smooth.
3. Drop the batter by heaping teaspoonfuls, about 2 inches apart, onto the prepared baking sheet. Bake until set in the center, 12 to 15 minutes. Immediately transfer the cookies with a spatula to a rack to cool.
(If the cookies begin to stick before all are removed, return the pan briefly to the oven.)
If desired, dust the cookies with confectioners' sugar.