

# QUICK PAD THAI

Use fresh or frozen veggies in this recipe!

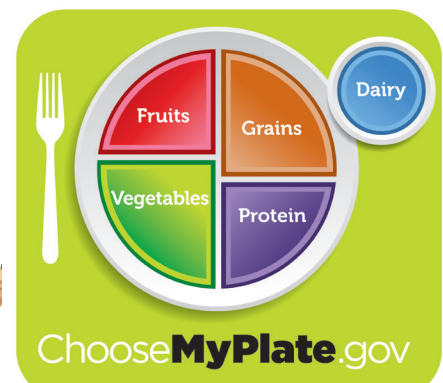
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EATSMART

## Cooking tips

- Wash hands, cutting board and knife before and after handling raw chicken.
- Substitute canned chicken for cooked chicken.
- Use bright colored veggies such as broccoli and carrots.
- Compare sodium and sugars in foods and choose the foods with the lower numbers.
- Make your own light soy sauce by mixing equal parts water and regular soy sauce.

## MyPlate meal idea

- Quick Pad Thai
- Apple slices
- Low-fat milk



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Find this recipe at Iowa State University Extension's Spend Smart. Eat Smart. website:  
[www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings).

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# Fruits & veggies— All forms count.

Is the statement true or a myth?  
Lift the flap for the correct answer.

**F**resh fruits and veggies are healthier than frozen or canned fruits and veggies.

## Myth.

Canned or frozen fruits and vegetables are packed within hours of harvest, so their nutritional values are preserved. Most fresh fruits and veggies are not eaten shortly after harvest.



**F**resh fruits and vegetables are usually cheaper when they're in season.

## True.

Fruits and veggies taste the best and cost the least when they are in season. Compare prices to be sure.



**O**rganic fruits and vegetables are healthier than conventionally grown fruits and vegetables.

## Myth.

An analysis of 46 studies published in 2009 determined that there is no difference in nutrition between organically grown and conventionally grown fruits and vegetables.

**H**aving many forms of fruits and vegetables means added convenience.

## True.

Frozen and canned fruits and veggies require little preparation—they are pre-washed, pre-cut, and ready to eat. Some frozen foods come in reclosable packaging, so you can use the right amount and reseal. Remember to eat fresh baby carrots, cherry tomatoes (rinse first), and bananas!



# Building lifelong healthy eating habits.



## Encourage kids to eat vegetables.

- Eat veggies and your kids will, too.
- Start early. When infants can feed themselves with their fingers, give them small pieces (½ inch or less) of soft fruits and veggies.
- Try banana pieces, diced peaches canned in juice, and frozen then thawed mixed vegetables.

## Be patient.

- Offer veggies many times. It can take up to 20 times before a child will enjoy a food.
- Encourage children to taste veggies, but don't force or bribe them.
- Give children a small amount of a new food. They can let you know if they want more.

