WHATS NEW IN NUTRITION?
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“Screen Time”

Just one hour of “Screen Time” (TV, computer, video games) a day racks up to 152 days (a little over 40% of a full year) in 10 years.

The American Academy of Pediatrics estimates that the average child during their screen time sees over 40,000 commercials every year. A recent Institute of Medicine report warns that food ads lead children to ask for and eat high-calorie, low-nutrient food products, often replacing more nutritious food choices.

What can we do?

- Set a limit for “Screen Time”
- Limit the number of screens in your home.
- Put TV/computers in common areas of your home and not in bedrooms.
- Adults can set an example for children as well as find ideas for active play and hobbies.
- Teach children that commercials encourage you to buy foods and things you do not need.
- To complain about advertising aimed at children, please put your complaint in writing. Be specific about where and when you saw or heard the advertising. If it is a printed ad, please send the original ad (or a copy) with your letter. Address your complaint to:
  Children's Advertising Review Unit
  70 West 36th Street
  New York, NY 10018
- Send the same letter to your congressmen and senators.

Beans – A Good Deal

Beans can help stretch your food dollars. They are a great source of protein, just like meat.

Cooking meals with plenty of beans and a small amount of meat for flavor will save both your money and your health!

If you don’t eat beans now, start slow. Add a few at a time on a daily basis.

- Eat chili with kidney or pinto beans
- Add some beans or lentils to your favorite canned soup or soup recipe
- Try split pea, lentil or bean soups
- Eat baked beans
- Add refried beans to your tacos
- Add Garbanzo or kidney beans to a lettuce or a pasta salad
- Mix rice and beans
- Try a bean dip for raw vegetables
- Add beans or lentils to your favorite spaghetti sauce

For bean recipes try these internet sites:
http://www.americanbean.org/
http://www.calbeans.com/
**BEEF AND BEAN CHILI**

½ pound lean ground beef  
½ cup chopped onion  
2 cans (15 ounces each) chopped tomatoes  
2 cups pinto or red beans  
1 cup water  
1 cup uncooked macaroni  
1 teaspoon chili powder

1. Cook ground beef and onions in a skillet until meat is browned. Drain off any extra fat.

2. Add tomatoes (with liquid), beans, water, macaroni and chili powder to beef.

3. Simmer for about 30 minutes or until macaroni is tender. Stir occasionally. Add a little more water while cooking if needed.

6 servings (1 cup) – 219 calories, 6 grams fat, 25% calories from fat, and 6 grams fiber in a serving.

**Spice up your chili**

Add any of the following:
- Red pepper
- Cayenne pepper
- Black pepper
- More Chili powder

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**BUSY DAY BEAN HOT DISH**

(8 Servings)

1 pound ground beef, turkey, or venison  
1 large chopped onion or 2 tablespoons dried onion  
¼ cup brown sugar  
½ cup catsup  
2 tablespoons vinegar  
½ - ⅓ teaspoon black pepper  
2 cups cooked kidney beans or 1-15 ounce can  
1-15 ounce can pork and beans  
2 cups cooked or 1-15 ounce can great northern beans, lima beans or butter beans.

Optional ingredients:
- ½ teaspoon chili powder  
- 2 tablespoons prepared mustard  
- 2 tablespoons molasses

1. Cook and brown ground meat and onions. Drain fat.
2. Add remaining ingredients and mix.
3. Place in a greased 3 quart casserole dish and bake until hot and bubbling, about 45 – 60 minutes in a 350 degree oven. Or cover and cook on low in a crock pot for 6 – 8 hours.
4. Refrigerate leftovers in a covered shallow container and use in 1 – 2 days or freeze for later use.