

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming VIRTUAL Classes

October

Cookie Decorating 101

Tuesday, October 26th @ 6PM

This virtual class is **FREE**

[Click here to sign up](#)

Healthy Eating is in Style

Is it a struggle to understand what IS and ISN'T healthy? While health trends and opinions come and go, the recommendations for long-term and sustained healthy eating and living have barely changed over the years. The food industry is largely geared towards selling quick weight loss solutions so it is important to know the **facts**.

The Dietary Guidelines from the U.S. Department of Agriculture and the U.S. Department of Health and Human Services recommends the following healthy eating patterns:

- A **variety of vegetables** from all of the subgroups: dark green, red and orange, legumes (beans and peas), starchy, and other
- **Fruits**, especially whole fruits
- **Grains**, at least half of which are whole grains
- **Fat-free or low-fat dairy**, including milk, yogurt, cheese, and/or fortified soy beverages
- A **variety of protein foods**, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products

A healthy eating pattern **limits**:

- Saturated fats and trans fats, added sugars, and sodium

Their key recommendations:

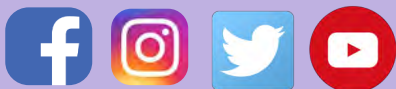
- Consume **less than 10 percent** of calories per day from added sugars, which is about 50g of **added** sugar per day for most diets
- Consume **less than 2,300 milligrams** (mg) per day of sodium
- If alcohol is consumed, it should be **consumed in moderation**: up to one drink per day for women and up to two drinks per day for men, and only by adults of legal drinking age

Healthy living is all about **balance**, not avoidance, but we need to embrace balance across all aspects of our lives that contribute to health. This includes: balance in working, sleeping, exercising, and, of course, eating. The healthy eating plan outline in the Dietary Guidelines for Americans continues to promote a balanced approach to healthy eating that does not exclude nor over-exude any particular food group. It acknowledges the scientific fact that our bodies need nutrients from a variety of sources to maintain normal function.

Your health is a composite of choices made over a long period of time. It doesn't matter that a certain trending diet helped you achieve your ideal weight for 3 months; if it's a diet that's not sustainable, then it's not a healthy diet. Make sure to stay up to date with your Extension programs and opportunities as we move into casserole season! Remember that a healthy lifestyle is achievable and sustainable with the knowledge and tools to guide you.



Source: Johnson County K-State Research and Extension and [Dietary Guidelines for Americans](#)



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Recipe of the Month

Black Bean and Goat Cheese Quesadillas

1 can (15-ounces) low-sodium black beans, rinsed and drained (1-1/2 cups)
3-ounces goat cheese, crumbled (1/2 cup)
1 medium tomato, seeded and coarsely chopped
3/4 cup corn kernels (from 2 ears) or frozen
2 scallions coarsely chopped
1-1/2 tablespoon coarsely chopped fresh oregano
Coarse salt and freshly ground pepper, to taste
10 (10-inch) corn tortillas

1. Mash beans in medium bowl until chunky. Add goat cheese, tomato, corn, scallions and oregano.
2. Season with salt and pepper and stir until well combined.
3. Heat a grill pan over medium heat.
4. Spread 1/2 cup mixture evenly over 1 tortilla and top with another tortilla.
5. Repeat with remaining bean mixture and tortillas.
6. Raise heat to medium-high and grill quesadilla, one or two at a time until grill marks appear and filling is hot, about 2 minutes per side.
7. Cut into wedges and serve warm.

Makes 5 servings, 1 quesadilla each

Note: Nutritional analysis does not include salt and pepper.

Source: Recipe from Extension Master Food Volunteer Linda Landreth



Nutrition Facts

5 servings per container
Serving size 1 quesadilla

Amount per serving
Calories 280

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 43g	16%
Dietary Fiber 10g	36%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 13g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 529mg	10%

*The % Daily Value 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.