

Upcoming Events

"How Local Can You Go?"



La Crosse County Health Department is presenting **'How Local Can You Go?'**. Dawn McFadden, a Registered Dietitian, with the Department, will provide information concerning **"going green"**.

Join us to learn 10 reasons to eat local foods grown or produced in your community. This session is free of charge.

Pre-registration required: Please call 785-9865 or e-mail deback.judy@co.la-crosse.wi.us to register.

'How Local Can You Go?'

Thursday, April 26th from 12:15 – 12:45 pm
Administrative Center B190

Brought to you by La Crosse County Health Department Nutrition Division's Healthy Living for a Lifetime Program (open to all employees and community)



Nutrition on a Budget

As food prices continue to climb, how can one stretch produce budget to make healthy meals?

1. Enjoy in season fruit and vegetables
2. Buy plain frozen vegetables
3. Buy store brand canned fruits and vegetables
4. Freeze leftovers, for later meals (soups, stews)

Best Buys for Spring

Potatoes Bananas Asparagus Carrots Greens
Cabbage Rhubarb Shelled Peas Broccoli Spinach
Citrus fruits

Source: WNEP—UW Extension

Ask a Dietitian

Q: Is whole milk better for Vitamin D?

A: Actually no. Fat-free (skim), low-fat (1%) and reduced-fat (2%) milk are all fortified with Vitamin D just as whole milk is. Save yourself the extra fat and use skim or 1% and you'll still get Vitamin D.



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Resources:

CDC (Department of Healthy and Human Service) pamphlets

WNEP—UW Extension

BHG.com (recipe)

Recipe Corner

Salmon and Lemon-Broccoli Alfredo

Makes approximately 4servings



- 4 small salmon (3 oz portions)
- 1 tablespoon Olive oil
- 8 oz mushrooms, halved
- 3 large garlic cloves, minced
- 1 lemon
- 3 cups fresh broccoli florets
- 1-10 oz light Alfredo pasta sauce
- Salt and pepper to taste

Note: use chicken also for protein source

1. Season salmon with salt and pepper. In large skillet, heat oil. Add mushrooms and salmon heat for 4 minutes until brown, turning halfway through.

2. Shred 2 teaspoons lemon peel; and set aside. Slice lemon. Add broccoli and lemon slices to skillet. Cover. Cook for 8 minutes. (Meat temperature reach 160 degrees - if using chicken 170 degrees).

3. Place salmon and vegetables on plates. Add Alfredo sauce to skillet and heat through. Serve with salmon. Add lemon peel and pepper.

Nutrition Information per serving:

Calories 295
Total Fat 12 g
Saturated Fat 5g
Cholesterol 91 mg
Sodium 700 mg
Total Carbohydrate 16g
Dietary Fiber 4g
Protein 35 g
Calcium 19 mg
Vitamin C 140 mg
Iron 10 mg

"EAT RIGHT"

Source: BHG.com