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Family Food Cent\$

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Stress Management

There are many stressors in our day-to-day lives. A lot of those things can be managed with self-awareness and discipline to start implementing small things into your routine to help manage the stress of life.

Exercise: Regular exercise can help reduce stress by releasing endorphins, which are chemicals that improve your mood and help you feel good.

Mindfulness: Practicing mindfulness can help you focus on the present moment and reduce anxiety and stress. This can be done through meditation, deep breathing, or other relaxation techniques.

Social Support: Having a strong support network of family and friends can help you cope with stress. Talking to someone about your worries and concerns can be a helpful way to manage stress.

Time Management: Learning to prioritize tasks and manage your time effectively can help you reduce stress and prevent feelings of being overwhelmed.

Self-Care: Taking time to care for yourself, such as taking a warm bath, reading a book, or indulging in a favorite hobby, can help you relax and recharge.

Healthy Habits: Eating a balanced diet, getting enough sleep, and avoiding unhealthy habits like smoking or excessive drinking can also help reduce stress.

Therapy: If stress is interfering with your daily life, seeking professional help from a therapist or counselor can be a beneficial way to manage stress and improve your mental health.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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6 Ways Your Diet Effects Your Mood

There are many factors an effect your mood. It takes time to understand what those things are, but looking at your diet can be the first step in controlling the way you interact with stress.

1. Reducing Inflammation

Chronic inflammation can contribute to stress and anxiety. Eating a diet rich in whole, nutrient dense food such as fruits, vegetables, whole grains, and lean protein sources can help reduce inflammation in the body and relieve stress.

2. Regulating Blood Sugar

Eating a diet that is high in sugar and refined carbohydrates can cause blood sugar spikes and crashes, which can lead to mood swings and feelings of stress. Consuming a diet that includes complex carbohydrates, fiber, and protein can help regulate blood sugar levels and stabilize mood.

3. Supporting Gut Health

The gut and brain are connected through the gut-brain axis, and the health of your gut can impact your mental health. Eating a diet that is high in fiber and probiotics can help support a healthy gut, which in turn can positively impact your mood and stress level.

4. Boosting-Mood

Certain foods contain amino acids that help your brain function properly, which can boost mood and reduce stress. Examples of these foods include turkey, nuts, seeds, leafy greens, and legumes.

5. Reducing Caffeine and Alcohol Intake

Consuming high amounts of caffeine and alcohol can interfere with sleep and cause feelings of stress and anxiety. Limiting your intake of these substances can help reduce stress levels.

6. Practicing Mindful Eating

Mindful eating, which involves paying attention to your food and eating slowly, can help reduce stress levels by promoting relaxation and digestion. Eating quickly or while distracted can lead to digestive issues, which can increase stress levels.





Even the youngest junior chefs love massaging the kale in this simple salad recipe, which adds canned tuna, tomatoes and homemade dressing for a refreshing dish.

Kale and Tuna Salad

Makes 4 Servings

Ingredients:

2 cans tuna (2-5 oz. cans)	¼ cup extra virgin olive oil
1 bunch kale (or 1 bag)	⅛ cup balsamic vinegar
2 ounces cherry tomatoes	kosher salt (to taste)
1 lemon, raw	freshly ground pepper (to taste)

Directions:

1. Wash hands with soap and water.
2. Wash kale. Set aside to drain water off.
3. Cut tomatoes in half and lightly toss in bowl with balsamic vinegar, oil and pinch of salt and pepper. Set aside.
4. In a salad bowl, mix tuna and juice from the can gently with squeeze of ½ lemon and a pinch of pepper.
5. Massage kale for about 3 minutes to soften it.
6. Add the kale and ½ the tomatoes to the tuna, and gently toss until all is coated with dressing.
7. Add remaining tomatoes.
8. Squeeze remaining lemon all over and serve.

Nutritional Information per serving: Total Calories 278g; Total Fat 16g; Saturated Fat 2g; Protein 22g; Carbohydrates 16g; Dietary Fiber 3g; Sodium 262g



A cruchy and sweet dessert that everyone will love, can be made in minutes! This recipe makes 30 servings, and leftovers freeze well! The quick oats in this recipe add texture and fiber to this delicious dessert.

Jiffy Oatmeal Crunch

Makes 4 Servings

Ingredients:

½ cup margarine or butter	½ teaspoon baking soda
¾ cup brown sugar (firmly packed)	2 cups quick oats (uncooked)
1 teaspoon vanilla	1 cup raisins

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees and grease a 9 x 13 inch baking pan.
3. In large skillet, melt butter and brown sugar.
4. Remove from heat and stir in remaining ingredients.
5. Spread into pan and bake for 15-20 minutes. Cool; cut into squares.

Nutritional Information per serving: Total Calories 83g; Total Fat 3g; Saturated Fat 1g; Protein 1g; Carbohydrates 13g; Dietary Fiber 1g; Sodium 49g



Celery

Makes 3 servings

Celery Apple Salad

Ingredients:

½ cup chopped celery	½-Tablespoon non-fat vanilla yogurt
1 cup apples, chopped and cored	1 ½ Tablespoon 100% apple juice
1 Tablespoon chopped walnuts	2 Tablespoons raisins or Craisins
1 ½-Tablespoon non-fat plain yogurt	Salt and pepper to taste (optional)

Directions:

1. Wash hands with soap and water.
2. In a large bowl, combine celery, apples, raisins and walnuts. Mix.
3. In a small bowl, mix yogurts together with apple juice and blend thoroughly.
4. Pour dressing over apple mixture.
5. Mix well to coat.
6. Serve.
7. Refrigerate leftovers.

Nutritional Information per serving: Total Calories 100; Total Fat 12g; Cholesterol 30mg; Sodium 140mg; Carbohydrates 0g; Dietary Fiber 0g; Sugar 0g Protein 0g

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and videos at
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Did you know ...

Celery contains vitamins A, K, C, and B6, among others. Like other vegetables, celery supports heart health, skin health, and overall provides great nutrition

Learn more at: extension.sdstate.edu/celery-pick-it-try-it-it-preserve-it



Learn more ways to “stay healthy” with this short interactive lesson available at The Dish: Real Talk about Food



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.