



NUTRITION NEWS

Nutrition and Education Program

February 2026



Heart Health Month

Make Good Choices When it Comes to Fats

- Use small amounts of oils such as olive or canola in recipes and for sautéing.
- Limit saturated fats
- Choose protein sources that are lower in saturated fats.
- Cut back on processed meats such as bacon, hot dogs, and salami.
- Eat foods that contain Omega-3 fatty acids
- Add walnuts to cereal, salads, and muffins.
- Eat two 4oz. portions of fatty fish per week. These could include salmon, tuna, and lake trout.

Include Dietary Fiber

- Make half your plate fruits and vegetables at each meal.
- Choose whole grains when ever possible
- Include plant-based foods as sources of protein, including beans, lentils, seeds, and nuts.

Reduce Sodium Intake

- Prepare foods at home so you can control the amount of salt in your meal.
- Use salt substitutes like Mrs. Dash to spice things up without adding salt.
- Use herbs and spices to add flavor to your cooking.



Butterfinger Bars

Servings: 12 Prep time: 5 mins Cook time: 10 mins

Ingredients

- 1 cup light corn syrup
- 1 cup white sugar
- 1 cup smooth peanut butter
- 10 cups cornflakes cereal
- 10 ounces chocolate, finely chopped, or to taste (optional)



Instructions

- Heat syrup and sugar, stirring continuously, until mixture comes to a boil.
- Remove from heat; add peanut butter and stir until smooth. Pour mixture over cornflakes in a large bowl.
- Mix until cereal is thoroughly coated.
- Spread in a buttered 9x13-inch pan and press down lightly with buttered hands. Allow to cool.
- Place chocolate in the top of a double boiler over simmering water. Stir frequently, scraping down the sides with a rubber spatula to avoid scorching, until chocolate is melted, about 5 minutes. Pour or spread melted chocolate on top of the cornflake mixture. Allow to harden and cut into squares

Nutrition

Facts

Calories 353; total fat 11g; saturated fat 2g; sodium 284mg; total carbohydrate 62g; dietary fiber 2g; total sugar 28g; protein 7g; vitamin C 5mg; Calcium 14g; iron 7mg; potassium 156mg.

Recipe can be found at: [www.https://www.allrecipes.com/butterfinger-bars-recipe-6581522](https://www.allrecipes.com/butterfinger-bars-recipe-6581522)

This Institution Is An Equal Opportunity Provider