

Concho Impressions

FAMILY & CONSUMER SCIENCE NEWS
FALL 2010

It's All About You

- **Be Realistic:** Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.
- **Be Adventurous:** Expand your tastes to enjoy a variety of foods.
- **Be Flexible:** Go ahead and balance what you eat and the physical activity you do several days. There is no need to worry about just one meal or one day.
- **Be Sensible:** Enjoy all foods, just do not over do it.
- **Be Active:** Walk the dog, do not just watch the dog walk.

Make healthy choices that fit your lifestyle so you can do the things you want to do.

WHAT'S SMART EATING? GUIDELINES FOR AMERICANS

Healthful Eating: it is one of your best personal investments! While your genes age, surroundings, lifestyle, health-care, and culture strongly influence your health, what you eat and how much you move are the key factors in your fitness equation.



The secret to healthful eating is to just enjoy an overall approach to eating, with most of your energy, or calories coming from grain products, vegetables, fruits, lower-fat milk products, lean meat, fish, poultry, and legumes. Consume less energy or calories from fats and sweets. How can you do this?

The advice of the Dietary Guidelines is summed up with

America's food supply is one of the safest in the world. However, it is up to the consumer to make sure that you be food safe and clean, separate, cook and chill food items when necessary. Also remember to keep all food items out of the temperature danger zone which is 40 degrees F to 141 degrees F. This is when the growth of bacteria in food is most dangerous.

the ABC's for good health:

Aim for fitness- with a healthy body weight and active lifestyle.

Build a healthy base- with a variety of nutritious, healthy-promoting foods, kept safe to eat.

Choose sensibly-without overdoing on fat, especially saturated fat; sugars; salt; and for adults who choose to drink them, alcoholic beverages.

The Dietary Guidelines are flexible, with plenty of room for you to eat what you enjoy and eat for health! They are sensible, recognizing that what you eat over several days, rather than for just one day, or one meal or snack, is what really counts.

NUTRIENTS: HOW MUCH?

Look at people around you. Every-body you see needs the same nutrients—just in different amounts. Age, gender, and body size are among the reasons why nutrient needs differ.

Carbohydrates are your body's main source of energy, or calories.

Fats supply energy, too. But they have other functions, including transporting nutrients and being

part of many body cells. Fats are made of fatty acids. Fatty acids are not all the same, some are more saturated, others are more unsaturated.

Proteins supply amino acids. Amino acids are building blocks that build, repair and maintain your body tissues.

Vitamins & minerals trigger many body processes. They work like

sparkplugs, setting off chemical reactions in body cells. Each vitamin regulates different body processes.

Water regulates body processes. It carries nutrients and other body chemicals to your cells and also carries waste products away. Water helps regulate your body temperature and it also make up 55 to 75% of your body weight.

F R U I T S A N D V E G E T A B L E S : C O U N T F I V E A D A Y ! ! !



The Dietary Guidelines suggests this advise: Choose a diet with plenty of grain products, vegetables and fruits. According to the USDA MyPyramid, adults should consume at least 2 cups of fruits and 2 1/2 cups of vegetables, or five a day. This is according to a 2,000 calorie diet.

1. Wake up to fruit! Make a habit of drinking juice, or complementing cereal, yogurt, or pancakes with naturally sweet sliced or dried fruit.
2. Try some "grate" ways. Add

grated, shredded, or chopped vegetables, such as zucchini, masked potatoes, and mixed meat, poultry, pasta, and grain dishes.

3. Be saucy with fruit. Puree berries, apples, peaches, or pears, for a thick, sweet sauce on grilled or broiled seafood or poultry.
4. Get creative with pizza. Place vegetable toppings such as broccoli, carrot shreds, thinly-sliced zucchini, chopped spinach, red

and green bell pepper, chopped tomato, or any other!

5. Try a variety of juices as a snack beverage.
6. Bake with fruits and vegetables.
7. Sandwich in fruit and vegetables including pineapple, apple, pears, peppers, cucumbers, sprouts and tomato as fillings.
8. Make a habit of eating a piece of fruit for lunch or for a snack.

W H E N S H O P P I N G F O R W H O L E G R A I N S

*"Whole Grains:
For Goodness
Sake"*

Try at least three servings of whole-grain foods daily. Besides being low in fat with little or no cholesterol, whole-grain foods are rich in complex carbohydrates, dietary fiber, vitamins, and minerals. They supply other plant chemicals, or phytochemicals.

Whole-grain foods are

important sources of antioxidant nutrients, including vitamins A and E and selenium. And they supply minerals, such as zinc, copper, iron, vitamin B6—all essential for your good health.

When you are shopping look for "whole grain" or "whole wheat" on

packages. Then check the ingredient list ; whole-grain products should be among the first listed. Brown rice is the only whole-grain rice.

There are a variety of whole-grain foods: breads, breakfast cereals, waffles, pancakes, crackers, cookies, and muffins.

H A V E Y O U E V E R W O N D E R E D ?

Are foods sold in health food stores more nutritious? The nutritional quality of "health foods" or foods sold in "health food stores" are not necessarily any better than those sold in a traditional supermarket. Both super-

markets and health food stores sell nutritious foods that can fit within an overall healthful eating plan.

The only difference would be the price. Specialty stores may charge more for similar foods. The

overall variety of foods is limited in most health food stores. They may carry foods that you may not find elsewhere: such as amaranth, quinoa, millet, or a wide variety of legumes.



CALCIUM AT IT'S BEST



Choose milk that matches your needs!!!

No matter what type, milk is an excellent source of calcium, with one cup supplying 30 percent of the Daily Value. Milk also provides protein,

riboflavin, vitamins A and D, phosphorus, and other vitamins and minerals. How do the various forms of milk differ? Fat content is the main difference. Among the various types of milk—whole, 2 percent, 1 percent and skim—the fat content varies, along with the calorie content.

Yogurt is another high-calcium, high-protein dairy food. In fact, 8 ounces of either yogurt or milk supply about 300 milligrams of calcium. If milk does not suit your taste, then you might want to try yogurt.

Like milk, yogurt comes in whole, low-fat, and non-fat varieties. The fat and

calorie content reflect the milk it is made from. Yogurt may also be flavored with fruit, fruit preserves, or extracts such as vanilla or coffee. If you are watching your calories, reach for yogurt flavored with a low-calorie sweetener.

Yogurt is made with a “friendly bacteria.” This is why there is a distinct taste. It also contains live cultures which may offer health benefits, which boost immunity of helping the body digest milk’s sugar.

You may also want to look for yogurt-juice beverages. This may be another source of calcium.

FOOD SAFETY: START AT THE STORE

While the safety of the food supply has been monitored and regulated all along the food chain, it is your responsibility to select foods carefully at the store, then keep them safe until they are eaten.

Make sure that you check the package. Frozen foods should be solid, and refrigerated foods should feel cold. Frozen foods should not show any signs of thawing. The package should not have any holes, tears or open corners. Also, look for stains at the bottom. This is a sign of thawing and re-freezing.

Check safety seals and buttons on milk, yogurt, and cottage cheese. Jars of food are often vacuum sealed for safety. You can check this with your finger.

Cans that are swollen, damaged, rusted or dented should be rejected. These are warning signs for bacteria that causes botulism.

When possible, put different types of raw meat in separate plastic bags before placing them in your cart. This will prevent leakage onto unprotected foods.

Pay attention to “sell by” and “use

by” dates on perishable foods.

Select perishable foods, such as meat, poultry and seafood, last before you check out.

Pack cold foods together at the check-out line. They will stay chilled longer for the trip home.

Take groceries home immediately, and store them right away. If you must run a few quick errands, bring a cooler with chill packs for perishable foods, especially if you will be longer than 30 minutes before getting home. I believe that applies to all of us in Concho County.



How does milk and soy milk compare? This is widely used when one has an allergy to milk. The fat content of soy milk is comparable to 2 percent cow milk, but it is cholesterol free. If you use soy, make sure you use a brand that is calcium fortified. And choose other foods that contribute protein, riboflavin and Vitamin A.

GOT EGGS?

A single egg supplies about 10 percent of the protein you need in a day, along with good amounts of vitamins A,D, and B12. Although eggs are high in cholesterol, 213 milligrams per large egg, they have 5 grams of fat—no more than an ounce of cheese. Shell color—brown or white—does not affect the nutritional quality of eggs; the color varies with the breed of hen.

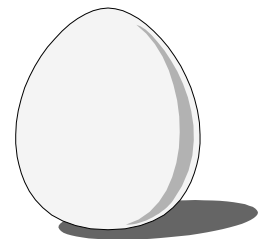
What size should you buy? Size is determined by minimum weight

per dozen eggs. The nutrient content of an egg will depend on its size.

The size is different from the grade printed on the label. Eggs are graded AA, A, and B. Grading refers to the interior and exterior quality of eggs when they are packed. Most eggs sold in supermarkets are Grade A; they are almost the same as Grade AA eggs, which are considered slightly higher in quality. Make sure you open the carton

before you buy. Make sure they are clean and whole. Avoid cartons with cracked eggs, they may be contaminated with salmonella.

Try cholesterol-free or reduced-cholesterol egg substitutes if you need to limit egg yolks due to cholesterol content. You can look in the freezer or refrigerated section to purchase. Or just use the whites to replace some or all of the whole eggs.



Eggs are economical, convenient, and easy to prepare.

M I L I S S A W R I G H T
C O U N T Y E X T E N S I O N A G E N T - F C S
P . O . B O X 2 4 5
P A I N T R O C K , T E X A S 7 6 8 6 6
3 2 5 - 7 3 2 - 4 3 0 4
3 2 5 - 4 5 6 - 5 2 9 3

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

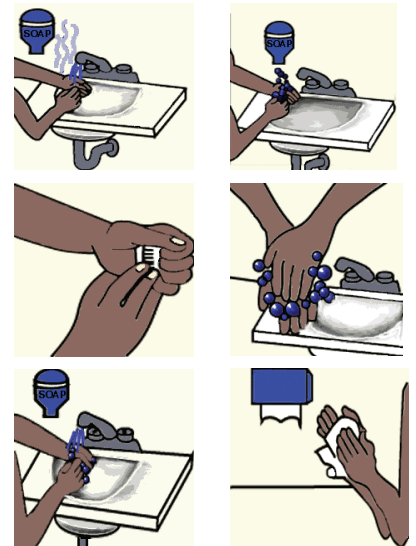
C O M M O N F O O D S A F E T Y M I S T A K E S

- Countertop thawing
- Leftovers left out of the fridge
- Unclean cutting board
- Room-temperature marinating
- Store-to-refrigerator lag time
- BBQ blunder: same platter for raw and grilled meats
- Restaurant “doggie bag” delay
- Stirring-and-tasting spoon
- Shared knife for trimming raw meat and chopping vegetables
- Hid-and-eat Easter eggs
- Undercooked high-risk foods, such as eggs, meat, poultry and fish.

Wash your hands when you have switched tasks. Also, bandage cuts and sores on your hands, too.

Hand-washing is so important because bacteria multiply on warm, moist hands. Hands pick up germs, spreading from surface to surface, food to food, and person to person. One of the best ways to control the spread of illness is thorough hand-washing.

Clean work surfaces often to remove food particles and spills. Use a multi-purpose cleaner for everyday spills and a disinfectant, such as a chlorine-bleach solution or a disinfectant cleaner to kill the bacteria. To make a chlorine bleach-water solution; mix 2 teaspoons of bleach in a quart of water.



Hand-washing should be front-back, between your fingers, under your fingernails— in warm, soapy water for at least 20 seconds before and after every step in preparing foods. Be sure your kitchen helpers—especially children— do too!!