

Cent\$ible Nutrition News


Helping Families Eat Better for Less

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Cost Cutter


Three Meals from One Pot Roast

With a bit of cutting, you can get three different meals from one round-bone pot roast. 


Beef Stew

 From the round end of the roast, cut a boneless piece off and cube it for a stew.

Pot Roast

Cut a piece from the center for a pot roast. 

Swiss Steak

 With a sharp knife, carefully split the remaining piece to make two Swiss steaks.

Source: CNP Cookbook

If you want to eat better for less, contact us for more information.

1-877-219-4646

PROTEIN, PROTEIN – READ ALL ABOUT IT!

What do a deck of playing cards and the palm of your hand have in common? They're both about the size of a 3 ounce serving of meat. Everyone needs 5 to 6 ounces of protein-rich foods every day. Protein is essential for growth, to build and repair tissues; to make enzymes that fight infection and digest foods, and for water balance and energy.

Amino acids are the building blocks of protein. Our bodies constantly break down and assemble proteins reusing amino acids. If we have too much protein, it is excreted, used for energy, or turned into fat. The Recommended Daily Allowance (RDA) for protein varies with age and sex. Men 25 years old and older need 63g of protein, women 25 years old and older need 50g per day, and pregnant and lactating women need 60-65g of protein per day.

However, most Americans eat too much protein which can put a strain on kidneys and may increase the risk for coronary heart disease. High protein, low carbohydrate diets have helped people lose weight, but the restrictions cannot be maintained over time, and the weight usually reappears.

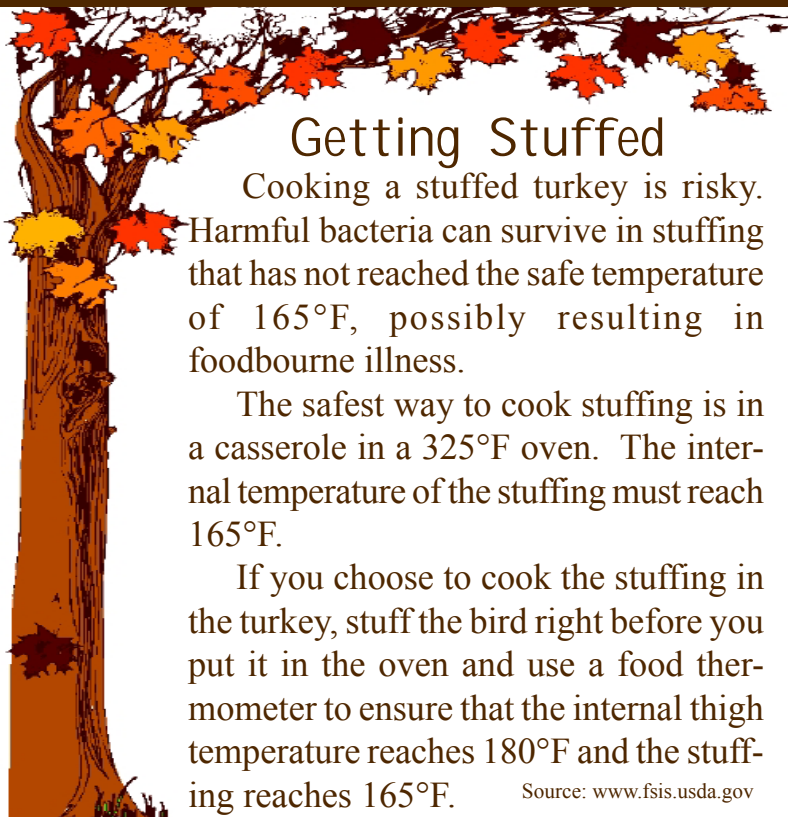
Food	Amount	Protein in Grams
Chicken	1 oz.	7
Ground beef	1 oz.	7
Milk	1 cup	9
Egg (large)	1	6
Cheddar cheese	1 oz.	7
Soybeans	1/2 cup	10
Beans (pinto, etc.)	1/2 cup	7
Peanut butter	2 Tbsp.	8
Nuts	2 Tbsp.	5
Bread	1 slice	2
Dry cereal	1 oz.	1-4
Rice	1/2 cup	5
Cooked vegetable	1/2 cup	1-2

SENIOR SENSE

Protein: Are you getting enough?

As people age, the body uses protein less efficiently, so seniors actually need a little more protein than the RDA. The problem is many seniors are less active and eat less food. As many as one quarter of elderly women consume less of the RDA for protein. This can lead to reduced bone density, reduced strength, and reduced immunity among other adverse effects. If you're over 65 keep protein in mind when making your daily food choices. Besides having beef, pork, poultry, or fish; eggs, cheese, and peanut butter are also excellent sources of protein.

Source: UC Berkeley Wellness Letter, May 2002



Getting Stuffed

Cooking a stuffed turkey is risky. Harmful bacteria can survive in stuffing that has not reached the safe temperature of 165°F, possibly resulting in foodborne illness.

The safest way to cook stuffing is in a casserole in a 325°F oven. The internal temperature of the stuffing must reach 165°F.

If you choose to cook the stuffing in the turkey, stuff the bird right before you put it in the oven and use a food thermometer to ensure that the internal thigh temperature reaches 180°F and the stuffing reaches 165°F.

Source: www.fsis.usda.gov

Food of the Month

- Ben Franklin proposed the turkey as the official bird of the United States.
- Turkey is low in fat and high in protein.
- In 2000, the average American ate 17.75 pounds of turkey.
- A 15-pound turkey usually has about 70 percent white meat and 30 percent dark meat.
- White meat has fewer calories and less fat than dark meat.
- The five most popular ways to serve leftover turkey are as a sandwich, stew or soup, salad, casserole, and stir-fry.

Source: University of Illinois Extension

Turkey and Barley Soup

- 2 lbs. turkey backs, wings and/or carcass
- 8 cups water
- ½ cup barley
- ½ lb. carrots, grated
- 1 small onion, diced
- 2 tsp. parsley
- 1 tsp. salt
- ¼ tsp. pepper



Makes 6 servings.

1. In large pan, combine turkey and water. Bring to a boil; reduce heat and simmer gently, partially covered, for 2 hours. Add more water if needed. Remove from heat and cool.
2. Remove bones, leaving meat in broth.
3. Add barley and bring to a boil. Reduce heat and simmer for 1 hour. Add remaining ingredients and continue cooking for an additional 30 minutes.

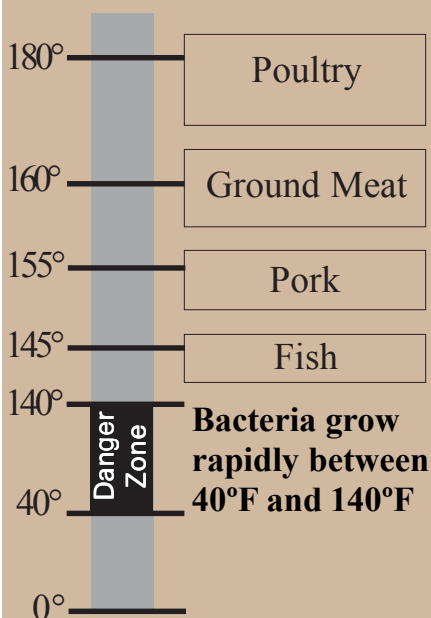
-CentSible Nutrition Cookbook

Food Safety

Don't judge doneness by the color inside, especially with hamburger.

Two recent USDA studies found that burgers that look brown in the center often are not cooked through and thus may be unsafe to eat. Ground beef that was frozen is most likely to look brown inside when undercooked. Also, burgers taken off the grill with pink centers continue to brown for several minutes even though their internal temperature is still too low. Burgers should be cooked to an internal temperature of 160°F, to kill E. coli bacteria. Use a meat thermometer.

Source: UC Berkeley Wellness Letter, July 2001



Strength Training

Many people believe muscle is built by consuming large amounts of protein. The truth is only endurance athletes need more protein than the RDA. High-protein drinks, pills, and bars are a waste of money. Protein supplements won't give you strong muscles-- you need strength training for that.

People lose 20 to 40 percent of their muscle – and, along with it, their strength – as they age. Scientists have found that a major reason people lose muscle is because they stop doing everyday activities that use muscle power, not just because they grow older. Lack of use lets muscles waste away.

One good reason to start a physical activity program is to work muscles that you have stopped using without even realizing it. Also, exercise programs are likely to help you build – not just maintain – your endurance, and using your muscles may make your bones stronger, too.



Keeping your muscles in shape can help prevent another serious problem such as: falls that cause broken hips or other disabilities. When the leg and hip muscles that support you are strong, you're less likely to fall.

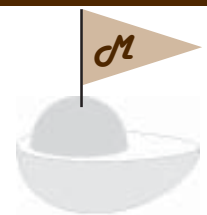
Source: National Institute on Aging

Combine strength training with endurance activities like walking, dancing, and biking, that build stamina.

Kid's Corner

Egg Boats

1 hard-cooked egg dash pepper
1 tsp. mayonnaise
small piece of paper, tape, and toothpicks



Peel hard-cooked egg. Cut it in half lengthwise, remove yolk, and mix with mayonnaise and pepper. Cut 2 paper triangles and write your initial on the paper sails. Tape them to the toothpicks. Put yolk mixture back into egg halves and add the sails.

Children Can: Crack the egg, peel it under water, cut the egg with a table or plastic knife, draw the triangles and use scissors to cut the triangles out, write their initial, tape the sails to the toothpicks, and stick them into the egg halves.

Source: CNP Cookbook

A *Cent#ible Nutrition* educator can show you how to:

- Invest food dollars in the best nutrition choices
- save time and money
- prepare tasty meals
- keep food safe

Participants receive a free *Cent#ible Nutrition Cookbook* plus many other items including:

- computerized diet analysis
- grocery list pad
- menu planner
- calendar
- cutting board
- refrigerator thermometer

Best of all, meet new friends, share ideas, and have fun! Classes are free to those who qualify.

I have learned a lot about food that I thought was nutritious and found out that is was not. This class made me look at what I was eating and what I wasn't. I have really learned a lot about nutrition and I really enjoyed my nutrition class.

Fremont County Participant

To receive more information, contact a *Cent#ible Nutrition* Educator in your county:

Albany	721-2571	Goshen	532-2436	Niobrara	334-3534	Uinta	783-0579
Big Horn	568-2278	Hot Springs	864-3421	Park	527-8560	Washakie	347-4567
Campbell	682-7281	Johnson	684-7522	Platte	322-3667	Weston	746-3531
Carbon	328-2642	Laramie	633-4383	Sheridan	674-2980	Wind River Res.	332-2681
Converse	358-2417	Lincoln (Afton)	886-3132	Sublette	367-4380	En Español	1-877-356-6675
Crook	283-1192	Kemmerer	877-9056x410	Sweetwater	352-6775	State Office	1-877-219-4646
Fremont	332-1030	Natrona	235-9400	Teton	733-3087		

For information on how to apply for food stamps call 1-800-457-3659

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office.

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Cooperative Extension Service

UNIVERSITY
OF WYOMING

Family & Consumer Sciences

Cent#ible Nutrition Program

P.O. Box 3354

Laramie, WY 82071-3354

307-766-5375

toll free 1-877-219-4646

website: www.uwyo.edu/cent#ible

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