



NEWS

Cent\$ible Nutrition

HELPING FAMILIES EAT BETTER FOR LESS

March 2003 • Cooperative Extension Service • Department of Family & Consumer Sciences • University of Wyoming • Vol. 6, No. 3

“The importance of fruits and vegetables in a person’s diet is one of the key concepts I learned from the classes. I used to double the size of my main dish to have enough to feed my family. Now a regular recipe is sufficient, and I add fruits and vegetables to all of my family’s meals.”

Natrona County
Participant

Targeting a Healthier Diet

To be healthy, a person should eat a variety of nutrients by following the Food Guide Pyramid. Nutrients are substances in food needed for normal growth, maintenance, and repair of tissues. The six categories of nutrients are water, fats, carbohydrates, proteins, vitamins, and minerals.

- ✓ **Water** is sometimes called the forgotten nutrient, but we will die first without water. A general guideline is to drink six to ten eight-ounce glasses of water per day.



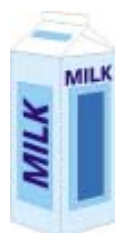
- ✓ **Fats** - Although many of us battle it on our bodies, we need fat to survive. It carries the fat-soluble vitamins and helps make food taste good. To be healthy, eat less fat from animal sources, use vegetable oil instead of solid fats in cooking, and practice moderation.

- ✓ **Carbohydrates** provide energy. Eat plenty of whole grains, beans, fruits and vegetables.



- ✓ **Protein** helps build, maintain, and repair body tissues. Choose lean meats, fish, low-fat or fat-free dairy products, and dried beans and peas.

- ✓ **Vitamins** have no calories and are needed only in small amounts. They regulate body processes. Different foods contain different vitamins. For example, fortified milk is an excellent source of Vitamin D and oranges are high in Vitamin C. Eating a variety of foods is the key.



- ✓ **Minerals** also contain no calories and are needed in small amounts. Their functions vary. For example, calcium helps build bones and teeth, and zinc helps the immune system. For most people, it is healthier and less expensive to eat healthy foods instead of buying lots of supplements. However, some people, like pregnant women, may need to take supplements. Check with your doctor or clinic.



SENIOR SENSE

Throughout the senior years, continue eating a variety of nutritious foods to help keep your body strong and better able to fight disease. Unfortunately, changes in your body as you age can make eating difficult. The following are some changes you may experience and suggestions to help:

-Dulling of taste and smell: Use more herbs and spices. Try a squeeze of lemon on vegetables and meats.

-Loss of appetite: Try eating four to six smaller meals during the day. Smaller meals tend to be easier to digest. Also, try to be more active.

-Constipation: Drink at least eight glasses of water daily. Eat plenty of fiber-rich whole-grain breads and cereals, and dried beans, fruits, and vegetables. Stay physically active.

Adapted from the Colorado Extension Healthy Aging Website
<http://www.ext.colostate.edu/pubs/columnha/ha0203.html>

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 gifts 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.

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

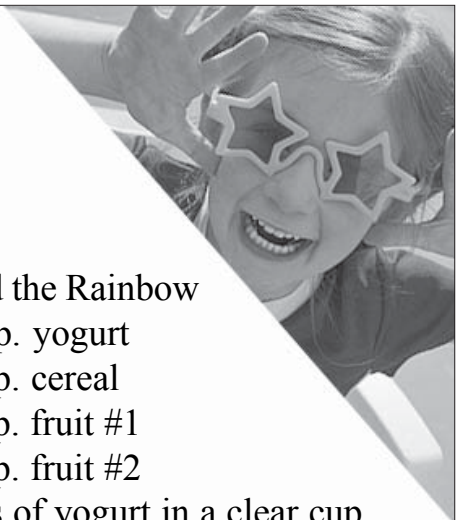
Albany	721-2571	Goshen	532-2436	Park	527-8560	Washakie	347-4567
Big Horn	568-2278	Hot Springs	864-3421	Platte	322-3667	Weston	746-3531
Campbell	682-7281	Johnson	684-7522	Sheridan	674-2980	Wind River Res.	332-2681
Carbon	328-2642	Laramie	633-4383	Sublette	367-4380	En Español	1-877-356-6675
Converse	358-2417	Lincoln	866-3132	Sweetwater	352-6775	State Office	1-877-219-4646
Crook	283-1192	Natrona	235-9400	Teton	733-3087		
Fremont	332-1030	Niobrara	334-3534	Uinta	783-0579		

For information on how to apply for food stamps call 1-800-457-3659. Funded by the Food Stamp Program.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071.

Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, P.O. Box 3434, Laramie, Wyoming 82071-3434.

Kids Corner



Ring Around the Rainbow

- 4 Tbsp. yogurt
- 2 Tbsp. cereal
- 2 Tbsp. fruit #1
- 2 Tbsp. fruit #2

Put 2 spoons of yogurt in a clear cup. Add 1 spoon of cereal. Add 2 spoons of one fruit and 2 spoons of another. Add 2 more spoons of yogurt and top with a crunchy (or favorite) cereal.

What children can do:

Measure as they assemble this rainbow!

COST CUTTER

Some stores have in-store sales, two-for-one specials, or buy-one-get-one-free. If you get a second item free and do not expect to use it soon or do not have that much storage, consider shopping with a friend and splitting the quantity. You will still get the savings.