

# Cent\$ible Nutrition News

Helping Families Eat Better for Less

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## Cost Cutter

**MAGIC MIX** is an all-purpose mix. It can be made ahead of time, stored easily, and used to make several dishes.

- 4 cups nonfat dry milk
- 1 cup flour
- 1/2 cup canola oil

Put into large bowl and mix until it looks like coarse cornmeal. Refrigerate in a tightly covered container.

### White Sauce or Casserole Sauce Mix

- 2 cup mix
- 1 cup water

Cook until thickened. Use in place of one can of creamed condensed soup.

Source: CNP Cookbook

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

**1-877-219-4646**

## Close-Up on Calcium

Calcium is the most abundant mineral in the human body. An averaged sized adult will have about 3 pounds of calcium, almost all of it is found in the bones. We all vary in size, age, and bone density, but everyone needs calcium. To help you determine how much calcium you need use the chart below.

Foods	Number of servings per day		Calcium Points		Your Points
1 cup yogurt		X	10	=	
1/2 oz. cheese		X	10	=	
2 cup cooked okra or greens		X	3	=	
1 cup mac'n' cheese		X	10	=	
2 cup tofu with calcium		X	10	=	
3 oz. canned salmon with bone		X	5	=	
2 cup pudding		X	5	=	
2 cottage cheese		X	2	=	
1 cup milk		X	10	=	

Your total = \_\_\_\_\_

### If you are....

### you need at least:

- Under 8 years old                      30 points
- 9-18 years old                            40 points
- 19-50 years old                         30 points
- over 50 years old                        40 points

A few quick and easy ways to get more calcium in your diet:

Use milk instead of water when making oatmeal.

Have milk with your lunch instead of a soft drink.

Consider adding broccoli or cooked greens to your stir-fry.

Add milk to your tea or coffee.

Add calcium fortified tofu to a salad.

Source: National Dairy Council and ADA

## Bone Health

Keeping your bones healthy is a lifelong process. Osteoporosis, a gradual weakening of the bones, is a very common condition that can become very troublesome in seniors. While it is four times more common in women, men can also be affected. In general, the bones lose their density, become more fragile, and breaks happen more easily. However, there are some things that can be done to help protect your bones.

### ✓ Avoid smoking and high amounts of caffeine

In both men and women, smoking promotes bone loss. High amounts of caffeine can increase urinary loss of calcium, but a daily cup of coffee is still ok.

### ✓ Increase calcium intake

After the age of fifty, the total amount of calcium needed increases from 1,000 milligrams to 1,200 milligrams. Be sure to eat three to five servings from the Milk Group every day. If you are unable to eat dairy products, you should consult a medical professional about supplements.

### ✓ Add weight-bearing physical activity

30 minutes of walking, dancing, or even mowing the lawn will help maintain bone density.

Source: ADA Complete Food and Nutrition Guide

## Food of the Month

### Where's Your Mustache?

Calcium rich foods like milk are critical for healthy bones and teeth and to prevent osteoporosis. Sadly, teens in particular are drinking less milk and more soft drinks and designer drinks. USDA studies show that half of teenage girls are not drinking milk and more than half of all teenagers are not getting enough calcium. It is critical for teens to get to get plenty of calcium during this time of growth and development. Here are a few ways to get calcium in your diet:

Add a slice of lowfat cheese to a sandwich.

Snack on yogurt.

Try a tasty smoothie with your family.

Source: Montana CES



### Apple Pie in a Glass

Mix in a blender until smooth :

- 1 2 cups lowfat milk
- 3 Tbsp. frozen apple juice
- 2 cup vanilla frozen yogurt
- 3 tsp. cinnamon

### Chocolate Peanut Butter Cup

Mix in a blender until smooth :

- 1 2 cups lowfat chocolate milk
- 2 Tbsp. creamy peanut butter
- 2 cup chocolate frozen yogurt

Source: Arizona CES



## Fun Food Facts

A typical dairy cow drinks 20-50 gallons of water each day. (About a bathtub full.)



The average U.S. dairy cow produces 16,000 glasses of milk per year.



Wisconsin and California lead the United States in milk production.



Capsaicin, which makes hot peppers “hot” to the human mouth, is best neutralized by casein, the main protein found in milk.



It takes 4.65 quarts of milk to make one pound of cheese.



Milk and other dairy products supply 73% of the calcium in the U.S. food supply.

Source: www.cyberspaceag.com

### Beginner

- ✓ Walking
- ✓ Yoga
- ✓ Dance
- ✓ Weight Lifting
- ✓ Gardening
- ✓ Bowling
- ✓ Tai Chi
- ✓ Climbing Stairs

**START** one or more of these activities on a regular basis. Get up and get moving!

### Advanced

- ✓ Walking with a Backpack
- ✓ Race Walking
- ✓ Running
- ✓ Weight Lifting
- ✓ Basketball
- ✓ Soccer
- ✓ Hiking
- ✓ Jumping Rope

## Bone Building Activities

### Moderate

- ✓ Walking Uphill
- ✓ Jogging
- ✓ Dance
- ✓ Weight Lifting
- ✓ Cross Country Skiing
- ✓ Soccer
- ✓ Hiking
- ✓ Tennis

**INCREASE** your load, intensity, and time. Do more, more often.

**CHALLENGE** yourself to keep increasing your load, time, and intensity. Put effort into building bone!

Source: Arizona CES

## Kid's Xorner



Marty says...

Everyone needs calcium. Calcium, along with vitamin D and exercise, helps you make strong bones. Unscramble these words to find some calcium-rich foods.



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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 really enjoyed this course!! It opened my eyes to all the nutrition in food; what vitamins, calcium, and calories involved. Learned to shop smart, plan meals, and use the food pyramid!! The educator was very helpful with a lot of patience and helpful hints. Wish there was another level we could go beyond this for more education!! Can’t wait to be able to put this all to use.”

*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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