

# Cent\$ible Nutrition News

Helping Families Eat Better for Less

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## Cost Cutter

Granola can be expensive, here is a simple recipe you can make at home.

- 6 c. old-fashioned rolled oats
- 2 c. wheat bran
- 1 c. wheat germ
- ½ c. chopped almonds
- ½ c. flaked coconut (optional)
- ¼ c. sesame /sunflower seeds
- ½ c. canola oil
- 1 c. honey
- 1 T. vanilla
- 1 cup dried fruit (optional)

Combine dry ingredients, in large bowl. Combine and heat oil, honey, and vanilla in saucepan. Pour oil mixture over dry mixture; mix thoroughly until well coated.

Transfer to baking pan, or pans. Bake at 300° stirring every 10 to 15 minutes until lightly toasted. After toasted, fold in dried fruit. Cool and store in airtight container.

Source: CNP Cookbook

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

**1-877-219-4646**

## GET THAT BODY MOVING!

The holiday season is over. Now is the time to commit to good health. Eating well and getting enough exercise are essential to your well-being. The US Surgeon General recommends 30 minutes of moderate-intensity, physical activity most, if not every day. But how can you make a commitment that you can live with? Easy – make it something you enjoy, set goals, and reward yourself. Start with simple goals that are realistic and achievable so you won't get frustrated and give up.

### Find activities that you consider fun and fit your lifestyle.

- Dance – Take dance classes, dance while cleaning
- Join a team – Try bowling, volleyball, or softball
- Roller skating – Join the kids, indoors or outside
- Walk the dog – Walk like you are late to a meeting so you both get a workout.



### Include aerobics, strength training, and stretching.

- Start slowly and think short term.
- Be flexible and alternate between different activities.
- Track your progress toward your long-term goal.



### Rewards help keep you motivated.

- Develop an internal reward system that comes from the good feelings that physical activity gives you.
- Use external rewards when you achieve a long-term goal. Put a quarter in a jar every time you are physically active treat yourself to something new.

You are most likely to stick to a physical activity plan if you are having fun. If you are not enjoying your workout, try something different. A healthy change today will enhance your quality of life now and in the future.

# SENIOR SENSE

As we age, exercise becomes even more important. Daily, moderate exercise can reverse the effects of aging. It's not just about living longer...but living better... you'll be able to do more of the things you enjoy, with fewer aches and pains, even if you have arthritis. It's really that simple. The sooner you start the more you'll benefit. Remember...you are NEVER too old to start.

What should you do for the best results? A balanced combination of aerobics, strength, and flexibility exercises is important for physical functioning and mental functioning (increases blood flow to your brain cells).



**Aerobic exercises:** Try to get at least 30 minutes 3 times per week. Some great ideas include walking, dancing, cycling, swimming, and using the stairs whenever possible.

**Strengthening exercises:** Try for 30 minutes 3 times per week, alternate with aerobic exercise. Some ideas include lifting weights (3 sets of 8-12 repetitions, with 30 seconds to 1 minute rest between sets), resistance exercises, resistance tubes, and bands.

**Stretching/Flexibility:** Before and after every workout. Here are a few tips: Gently stretch each of your major muscle groups, including arms, legs, back, shoulders, and trunk, for about 30 seconds, with three or four repetitions for each major muscle group. Don't bounce and don't stretch until it hurts.

Source: [www.a-guide-for-seniors.com](http://www.a-guide-for-seniors.com)

## Food of the Month

### High Performance Foods to Grab-n-Go!

Carbohydrates rule as fuel. These high-carbohydrate foods are quick to fix for snacks at home, practice, or pre-event. Keep foods cold with ice packs, coolers, or insulated bottles.

Yogurt

Pretzels

Popcorn

Trail mix

Fresh fruit

Dried fruit

Smoothies

Baby carrots

String cheese

Cherry tomatoes

100% fruit juices

Whole grain bagels

Low fat granola bars

Peanut butter and crackers

Whole-grain breakfast cereals



Source: Western Dairy Council *The Basics*

## Peanut Butter Yogurt Dip

1 cup nonfat plain yogurt

1 tsp. vanilla

$\frac{3}{4}$  cup peanut butter

Slice your favorite fruits or vegetables (apples, pears, peaches, celery, carrots)

1. In a bowl, combine yogurt, vanilla, and peanut butter. Mix well.

2. Serve with slices of fruits or vegetables.

Keep leftover dip refrigerated.

Source: CNP Cookbook

## YOUR PHYSICAL ACTIVITY CHECK-UP

### Fun Food Facts

- ◆ You can survive for a month without food, but only a few days without water
- ◆ There is the same amount of water on Earth now as there was when Earth was formed.
- ◆ 75% of the human brain is water and so is 75% of a living tree.
- ◆ Water expands 9% when it freezes and frozen water is lighter which is why ice cubes float.
- ◆ When you sweat, you lose water that needs to be replaced.
- ◆ If you workout for 90 minutes or longer at one time, you may benefit from a sports drink.
- ◆ In addition to water, sports drinks provide electrolytes and carbohydrates.
- ◆ The most effective sports drinks contain 15 to 18 grams of carbohydrates in every 8 ounces of fluid.

Activity	Often	Some	None
Take the stairs instead of the elevator.			
Enjoy leisure activities. (golf, bowling)			
Participate in aerobic activity (bike, swim)			
Take a brisk walk to start my day.			
Limit TV watching to 1 or 2 hours a day.			
Walk/bike to run errands.			
Enjoy recreational sports.			
Walk before lunch or after dinner.			
Stretch and strengthen my muscles.			
Park far away or get off bus a stop ahead.			
My total of x's			
Multiply by:	x3	x2	x1
My subtotal is:			
My total check up score is:			

**SCORE**

- =24-30 I lead a physically active lifestyle! I plan to continue it.
- = 17-23 I need to boost my activity just a bit. I'll try this check-up again in a month to see how I measures up then.
- = 10-16 I need to find more ways to include activity in my lifestyle! I'll try this check-up again in a month to see if I can improve.

Source: ADA/F 1999

### Kid's Corner

#### Marty says mooove...

“Children should get 60 minutes of physical activity every day.”

*National Association for Sports and Physical Education*



**So should adults! Kids, get your families moving!**

Shut off the TV and the computer after half an hour and head for the hills.

Don't forget to play every day. Ride your bike, play ball with friends, or let your dog take you for a walk.

Play games like charades, tag, or take a walk together. Your mom and dad need to move, too!

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.

After taking the Cent\$ible Nutrition lessons with my mom and sisters, I have started including exercise daily, and found that I like lifting weights. After participating in the label reading class I learned how to make healthy, wise choices for snacks.

*Big Horn 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.

*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.*

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#### *Cent\$ible Nutrition*

Sundays at 1:30 on Wyoming PBS

January 4 –

“The Long & Short of It”

January 11 -

“Feeding Baby Cent\$ibly”

January 18 -

“Snacking: America’s Real Pastime”