

Cent\$ible Nutrition News

Helping Families Eat Better for Less

March 2004 ❖ Cooperative Extension Service ❖ Family and Consumer Sciences ❖ Vol. 7 No. 3



Cost Cutter

Foods that are packed with nutrients give you the best nutritional buy for your money. Here are some foods that give you a big nutrition bang for your buck.

Fruits and Vegetables

Tomatoes, broccoli, oranges, bananas, spinach, carrots, grapes, blueberries, peppers, and sweet potatoes

Grains

Brown rice, oatmeal, whole grain cereals and breads, and crackers

Protein Sources

Dried beans and lentils, canned or fresh fish, lean cuts of pork and beef, and chicken and turkey without skin

Dairy

Non-fat or 1% milk, plain yogurt, string cheese, mozzarella cheese and cottage cheese

*If you want to eat better
for less, contact us
for more information.
1-877-219-4646*

March is...

National Nutrition Month®

“Eat Smart, Stay Healthy,” is the theme of National Nutrition Month® 2004. This theme encompasses the idea that nutrition is an essential ingredient of health. Physical activity is another important ingredient.

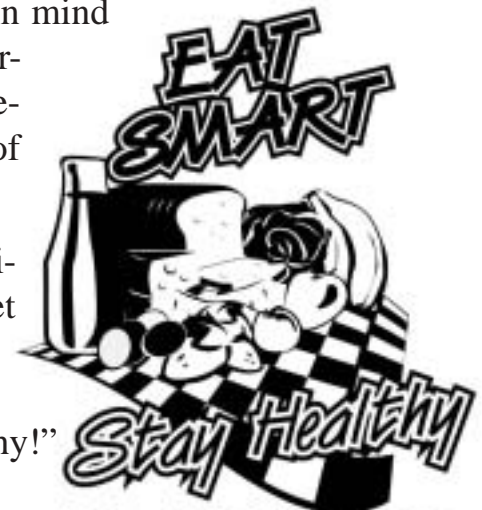
What can good nutrition do for you? Eating a healthy diet will help you get the most out of life. A healthy diet is a key part of an overall healthy lifestyle that will help you feel and look your best.

What do I need to do to eat right? Start with the USDA Food Guide Pyramid recommendations and then make your own choices about which foods from each food group to include in your healthy diet.

What about all those diets out there? Following the recommendations of the Food Guide Pyramid will help you get all the nutrients you need. Keep in mind the idea of moderation. Learn the correct serving sizes for foods. Also, remember that variety is the spice of life.

Is there anything else? Daily physical activity along with a healthy diet will help you be your best.

Remember “Eat Smart, Stay Healthy!”



SENIOR SENSE

Nutrition and Aging: Healthy Habits for Healthy Aging

With all the new “low-carb”, “low-fat”, diets out there, it may seem impossible to know how to eat healthfully. Seniors in particular may feel overwhelmed, but there are some very simple things seniors can do to eat well and that will help them age in a healthy way.

Eat a wide variety of plant foods. Eat plenty of vegetables and fruits, whole grain breads, cereals and crackers, dried or canned legumes (beans and lentils), and brown and wild rices. Eating a variety of these foods provides many of the nutrients in a healthy diet.

Drink plenty of water. Water is the most abundant “nutrient” in the body. Keeping well hydrated helps keep it well oiled. In general, try to drink six to eight 8-ounce glasses each day.

Be aware of fat, cholesterol, and sodium. While the body does need some fat to supply energy and help absorb vitamins, too much fat, especially saturated fat can raise the risk of certain diseases like heart disease. Remember that high amounts of cholesterol can also have a negative impact on the body and build up in arteries to cause major problems. To help limit sodium in the diet, avoid highly processed foods and ask for a low-sodium option when eating out.

Remember that eating should be a pleasurable experience and by following these tips it can be healthful too!

Source: MayoClinic.com

Food of the Month

Cruciferous Vegetables: Crunch with a Punch

Cruciferous (krew-SIH-fur-us), sounds like some sort of dinosaur, but in fact, it is the name for a group of vegetables that are full of phytochemicals that help protect against different cancers. Members of the cruciferous family include: broccoli, cabbage, Brussels sprouts, and cauliflower. Many people find the flavors of these vegetable too strong.

Here are some simple ways to help enhance their flavors:

- Serve cabbage with apples
- Toss Brussels sprouts with honey mustard
- Use lite soy sauce on broccoli
- Sprinkle cooked vegetables with Parmesan cheese



Crunchy Salad

- 2 packages ramen noodles (chicken or pork flavor)
- ½ head cabbage, shredded
- 1 apple, chopped
- 2 green onions, thinly sliced

Break up ramen noodles and combine with cabbage, apple, and onions. Mix well.

Dressing:

- ¼ cup vinegar
 - ¼ cup canola oil
 - 1 Tbsp. sugar
- Combine vinegar and oil. Add spice packets from ramen noodles and mix thoroughly. Add dressing to salad and toss.

Source: CNP Cookbook

Fun Food Facts

Most Popular Pizza Toppings (by country)

Squid (Japan)
Tuna and corn (England)
Mussels and clams (Chile)
Eggs (Australia)
Pickled ginger (India)
Fresh cream (France)
Green peas (Brazil)
Guava (Colombia)

Lemons contain more sugar than strawberries.

In France, people eat about 500,000,000 snails per year.

**Cream is lighter than milk.
(remember that fat floats)**

Top 10 Most Popular Flavors in Sweet Baked Goods

Vanilla
Lemon
Chocolate
Carrot
Butter
Cream
Raspberry
Blueberry
Apple
Coconut

Instant coffee has been around since the 1750s.

You're more likely to be hungry if you are cold.

Peanuts are used in making dynamite.

Sources: www.professionalchef.com
www.mns.on.ca

Activate Your Kids: Ideas for Parents

Remember what it was like living with a toddler? Keeping up with such a bundle of energy helped keep you in shape. Fortunately (for parents) as kids age, their energy level decreases. However, it is still important to make physical activity part of your children's daily routine. Here are a few ideas to help keep your children and family active:

Turn off the television. The average child spends 24 hours a week watching television. Limit the amount they spend in front of the TV to free up time for physical activity.



Be an active example. If you want to have physically active children, get physically active yourself. Participate in physical activities as a family.

Focus on activity, not exercise. Many people associate exercise with some sort of physical torture. Physical activities that can improve your quality of life include simple things like: walking, dancing, sledding, and gardening.

Encourage a lifelong love of activity. The ideal plan for including physical activity in the lives of adults and children must:



be fun, be accessible, be part of your daily routine, be flexible, include independent activities, and include aerobic activities like running or walking 4 or 5 times a week.

Source: MayoClinic.com

Kid's Corner

Banana on a Stick

2 bananas, cut in half
4 craft sticks or popsicle sticks
1 cup vanilla yogurt
½ cup crushed cookies or graham crackers

Push craft or popsicle stick into flat end of each banana half. Spread with yogurt and roll in cookie crumbs.



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 enjoyed the nutrition class very much. I used to think that there wasn’t anything important about nutrition that I really did need to know. I thought I knew everything about nutrition. I learned a great deal that really opened my eyes and made me think twice about what my kids are eating and drinking.”

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/centsible

Cent\$ible Nutrition

Sundays at 1:30 on Wyoming PBS

March 28 - Cooking 101