



Cost Cutter

Nuts give us a nutritional boost, but they are high in calories and can be expensive. Keep serving sizes small. Use small amounts of chopped nuts to top fruit or vegetable salads, cereal and yogurt. Add chopped nuts to casseroles, stir-fries, and rice dishes.

You can find nuts in several places in the grocery store. Chopped nuts are in the baking aisle, salted nuts are with snack foods, and whole nuts with shells are in the produce section. Whole nuts are the least expensive and have no added salt. Plus, the time-consuming process of cracking the shell will keep you from eating too many, too fast.

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

1-877-219-4646

Nuts for Nutrition

Can a handful of nuts a day keep you healthy? Many studies are showing that people who eat nuts regularly can reduce their risk of heart disease, lower elevated blood cholesterol levels, and lower risk of Type 2 diabetes.



Nuts are a high-calorie, high-fat food, but most of the fat is heart-healthy, unsaturated fat. Most nuts have 160-190 calories and 1-1½ tablespoons of fat per ounce. They are among the best plant sources of protein. Nuts don't have cholesterol and naturally contain just a trace of sodium. One ounce of shelled nuts contains as much fiber as two slices of whole wheat bread.

Here is a sampling of nuts that have been in the news for their contribution to a healthy diet:

Walnuts- One ounce of walnuts (about 14 shelled walnut halves) meets your daily recommendation for omega-3 fatty acids.

Almonds- One ounce of almonds (about 20-24 shelled whole almonds) provides 35 percent of your daily need for vitamin E.

Peanuts- One ounce of roasted peanuts provides about 10 percent of your daily need for folate and 20 percent of your requirement for niacin. Peanuts are actually a legume, not a true nut.

Remember- don't go nuts about nuts. An ounce or two a day will do. On average, a 1.5 ounce serving is about 1/3 cup of nuts. According to the food guide pyramid, 1/3 cup of nuts or 2 tablespoons of peanut butter is equivalent to one ounce of meat in the meat and meat alternates food group.

SENIOR SENSE

NUTS about Magnesium

Recent research has uncovered good reasons to eat magnesium-rich foods. Magnesium does hundreds of important jobs in the body including: energy production; heart, nerve and muscle function; bone formation; and blood clotting. Studies have found people with diets rich in magnesium have a lower risk of heart disease, stroke and diabetes.



Few Americans are deficient in magnesium, but many consume less than the recommended levels (310 to 420 milligrams a day).

As we age, our bodies absorb and retain less magnesium so it is very important to eat foods that are nutrient-rich. Some of the most nutrient-rich foods are also rich sources of magnesium – nuts, beans, seeds, whole-grains, fish, avocados and leafy green vegetables.

One ounce of sunflower seeds contains 100 milligrams of magnesium, one ounce of almonds contains 85 milligrams, and one ounce of cashews contains 75 milligrams. You'll also get a fair amount of magnesium from hard drinking water (versus soft water).

NUTTY FACTS

The nut highest in fat

- ☛ Macadamia

Not a true nut, but a legume

- ☛ Peanuts

The only low-fat nut, also rich in fiber

- ☛ Chestnut

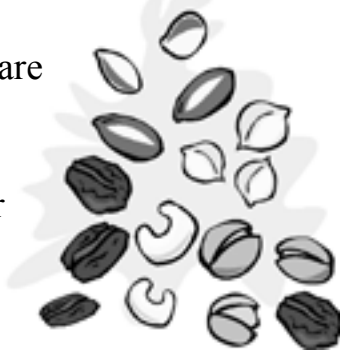
The nut rich in calcium

- ☛ Almond

Dry-roasted nuts have about the same calories and fat as oil-roasted nuts.

Smooth, chunky, and crunchy peanut butters are nutritionally equal.

Toasting nuts a few minutes intensifies their taste so you can use fewer to get the same amount of flavor.



Toasting nuts in the Microwave

Spread nuts evenly in a single layer in a microwave-safe dish. Add a small amount of soft margarine or oil and stir to coat. Microwave on high for 1 minute. Check often as they can burn quickly. Cook longer as necessary, stirring after each minute. Thin nuts could be finished in 2 minutes, larger nuts may take up to 4 minutes. Cooking time also varies with microwave ovens. Nuts will be lightly browned and smell fragrant when done.

Store in an airtight container in the refrigerator for 1-2 weeks or freeze for 1-3 months.





Fun Food Facts

Nuts are among the world's oldest foods. They were first gathered from the wild. They were cultivated in ancient Greece as early as 300 B.C.

Why are pistachios dyed red?

People used to buy cashews, peanuts and pistachios from vending machines. Competition was fierce and so pistachio sellers played a little shell game and dyed their product bright red to get attention.

The average American household consumes 6 pounds of peanut butter every year. That's 570 million pounds!

Almonds belong to the same family as roses, apricots, cherries, peaches and plums. An ounce of almonds contains 75 mg. of calcium, 3.3 grams of fiber, 6 grams of protein, and no cholesterol.

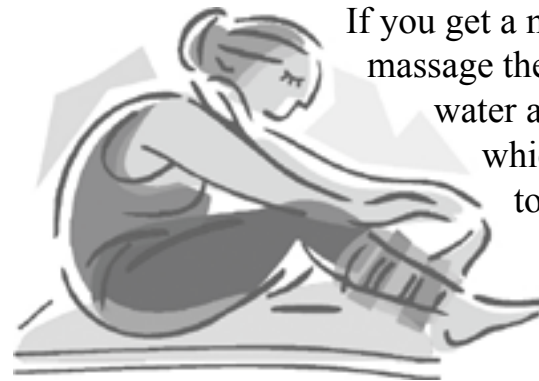
Europeans first encountered macadamia nuts in 1857 in the subtropical rainforest of Queensland, Australia. These nuts have the hardest shell and highest fat content of any nut.

DON'T CRAMP YOUR STYLE!

Muscle cramps can really cramp your game! Though they have been researched for decades, why muscle cramps occur is still a mystery. The tendency to have muscle cramps may be genetic. Lack of conditioning may also be a factor. A popular theory is that an imbalance of electrolytes due to excessive sweating is to blame, but recent studies don't support this.



What can be done to prevent muscle cramps? Drink plenty of water before and during exercise, especially in hot weather. Don't overdo it. Gradually increase the intensity of your workouts and remember to stretch regularly.



If you get a muscle cramp, stretch and massage the muscle. Drink plenty of water and apply ice packs or heat, whichever works best for you, to help relax the muscle.

Kid's Corner

CRUNCHY APPLES

- 1 medium apple
- ½ cup peanut butter
- 1 cup crushed whole-grain cereal

Have an adult cut an apple into wedges. Spread peanut butter on the cut sides of the apple and then roll in the cereal.

ENJOY THE CRUNCH!



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.

“We received trail mix with our quarterly commodity distribution. My educator taught me how to make granola for my family for breakfast. I experimented and made the CNP granola bars. My kids loved them and I am glad they have a healthy snack.”

Cent\$ible Nutrition Program Graduate

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

Albany	721.2571	Hot Springs	864.3421	Park	527.8560	Weston	746.3531
Big Horn	765.2868	Johnson	684.7522	Platte	322.3667	Wind River Reservation	
Campbell	682.7281	Laramie	633.4383	Sheridan	674.2980	• Ft. Washakie	332.0470
Carbon	328.2642	Lincoln		Sublette	367.4380	• Arapahoe	856.3807
Converse	358.2417	• Afton	885.3132	Sweetwater	352.6775	En Español	1.877.356.6675
Crook	283.1192	• Kemmerer	877.9056x410	Teton	733.3087	State Office	1.877.219.4646
Fremont	332.1030	Natrona	235.9400	Uinta	783.0579		
Goshen	532.2436	Niobrara	334.3534	Washakie	347.4567		

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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