

# Cent\$ible Nutrition News

Helping Families Eat Better for Less

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## Cost Cutter

A new report suggests that consuming low-fat dairy products may help save big on medical bills over your lifetime. Research has found that non-fat or low-fat calcium-rich dairy foods may play a role in reducing the risk of obesity, hypertension, type 2 diabetes, coronary artery disease, stroke, kidney stones, osteoporosis, colorectal cancer, and pregnancy-related complications. With the rising cost of health care, make a difference by eating a healthy diet, including 3 servings of non-fat or low-fat dairy each day.



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

**1-877-219-4646**

## Think about what you're drinking

In warm weather, a cold drink can be very refreshing, but the calories, fat, added ingredients and cost could really make you sweat! New thirst quenchers are marketed every day. Use the nutrition facts and ingredients list to make the best choices.



### Here are some things to ponder:

Designer coffees and teas made with cream can contain over 500 calories and 20 grams of fat. Order your drink with fat-free milk. Plain iced tea and coffee contain no calories.

Smoothies made with ice cream or whole milk can also pack a calorie punch. Make your own with fat-free milk or low-fat yogurt.

Chocolate milkshake drinks can have up to 540 calories per container with 16 grams of fat. Fat-free chocolate milk is a better choice.

Energy drinks are usually sugary soft drinks with lots of caffeine. If caffeine makes you jittery, it may impair your performance, not help it. High caffeine beverages are not suitable for children. A 20-ounce bottle can have up to 300 calories.

Fitness waters or 'enhanced waters' can cost up to \$1.50 per bottle, and according to Tufts University Health and Nutrition Letter, the nutritional benefits are negligible. For many of the herbs added to enhanced waters, there is no credible evidence for their benefit. A 20-ounce bottle can contain 125 calories, unless artificially sweetened.

Research has shown that when people drink beverages with calories, particularly clear beverages, they don't cut back on calories from food. These "liquid calories" don't seem to make us feel full like solid food, so remember to eat less to compensate for liquid calories.



# SENIOR SENSE

Liquid 'meal replacers' were originally designed for people too sick or weak to manage solid food, as well as very obese people in doctor-supervised weight-loss programs. Now, these liquid meals are aggressively marketed to the general public, young and old.



There's nothing magic about these drinks. Most contain non-fat milk, sugars, vegetable oil, thickeners and flavoring agents, plus added vitamins and minerals. Let's look at some of the claims:

- **Energy drink:** Energy simply means calories - usually 250-300 per can.
- **High-protein:** A serving contains 10-20 grams of protein. Most Americans get more than enough protein and just consuming protein won't build muscle.
- **Complete nutrition:** A serving typically supplies 15-50% of most vitamins and minerals, but lacks beneficial substances in foods, such as carotenoids and fiber in fruits and vegetables.
- **Doctor-recommended:** Doctors may recommend these drinks for those who are ill and/or can't eat enough food, but rarely for other people.

Most people find the taste overly sweet and oily. As far as convenience, yogurt and fresh fruit are just as convenient with greater benefits and lower cost. By taking time to prepare simple foods, you can enjoy the flavors, benefit from the nutrients and fiber, and save money.

## SPRING REFRESHERS

- 1 cup fresh or frozen strawberries
- 1 cup non-fat or low-fat vanilla yogurt
- 1 cup grape juice

If using fresh strawberries, add ice cubes.  
Blend.

OR

- 1 cup canned fruit cocktail, chilled
- 1 cup non-fat or low-fat milk
- ¼ cup non-fat dry milk powder
- 3 ice cubes
- Dash of cinnamon

Blend.



## CREATE YOUR OWN SMOOTHIE!

- ✿ Start with non-fat or low-fat milk or yogurt.
- ✿ Add your favorite fruit (fresh, frozen, or canned):
  - ☐ bananas
  - ☐ strawberries and/or raspberries
  - ☐ sliced peaches
- ✿ Add a teaspoon of flavoring, for example:
  - ☐ vanilla or almond extract
  - ☐ nutmeg or cinnamon
  - ☐ malt powder
- ✿ Add a dash of sweetener (optional):
  - ☐ sugar and brown sugar
  - ☐ honey or maple syrup
  - ☐ fruit spread
- ✿ For extra protein, add:
  - ☐ powdered milk
  - ☐ non-fat or low-fat cottage cheese or yogurt
  - ☐ peanut butter



### Healthy drinks for kids:

- Under two years of age, offer whole milk. Babies and toddlers need the fat to grow properly.
- Starting at age two, switch to low-fat milk. It's a good idea for the whole family because it contains less saturated fat. Change slowly, try reduced-fat milk (2%), then low-fat (1%) or fat-free milk.
- 100% fruit juice provides vitamins A and C and carbohydrates, but because it's sweet and high in calories, it's easy to drink too much. For 1-6 year-olds,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of juice per day is enough.
- Offer milk with meals and water when thirsty.

### And for adults...

- Hard drinking water contains magnesium, calcium, fluoride and other minerals. A Finnish study showed where drinking water was the hardest, incidence of heart attacks was lowest.

## PHYSICAL ACTIVITY

The 2005 Dietary Guidelines provide new recommendations for physical activity for adults.



Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

- o To reduce the risk of chronic disease: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, on most days of the week. Greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- o To help manage body weight and prevent gradual, unhealthy weight gain: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.
- o To sustain weight loss: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.



### Kid's Corner

## Strawberry Milkshake

- 3-5 fresh strawberries
- $\frac{1}{2}$  large ripe banana, sliced
- 1 cup fat-free milk

Put all ingredients in a resealable plastic bag. Squish with your fingers until well mixed. Makes 2 servings.



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.

“My family and I have replaced the soda pop with fat-free milk, 100% juice, and water. We feel better and have more energy.”

*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		
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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