

# Helpline



**March 2017**  
**Newsletter**

## National Nutrition Month® 2017

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



The theme for 2017 is “Put Your Best Fork Forward,” which

acts as a reminder that each bite counts. Making small shifts in our food choices can add up over time. This year’s theme inspires us to start with small changes in our eating habits - one forkful at a time. So whether you are planning meals to prepare at home or making selections when eating out, Put Your Best Fork Forward to help find your healthy eating style.

The Academy strives to communicate healthful eating messages that emphasize balancing food and beverages within an individual’s energy needs, rather than focusing on any one specific food or meal. It is the Academy’s position that improving overall well-being requires a lifelong commitment to healthful lifestyle behaviors, emphasizing lasting and enjoyable eating practices and daily physical activity.

Remember, eating healthier doesn’t mean changing your entire eating pattern overnight. Small changes, made over time, can add up. For National Nutrition Month® 2017, the Academy of Nutrition and Dietetics urges everyone to start small - one forkful at a time, and “Put Your Best Fork Forward.”

### Key Messages:

- ◆ Create an eating style that includes a variety of your favorite, healthful foods.
- ◆ Practice cooking more at home and experiment with healthier ingredi-

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- ◆ How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
- ◆ Find activities that you may enjoy and be physically active most days of the week.
- ◆ Manage your weight or lower your health risks consulting a registered dietitian nutritionist.

## Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

### 17 Health Tips for 2017

Dedicate yourself to a healthy lifestyle in 2017 with these food, nutrition and physical activity tips.

#### 1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

#### 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

#### 3. Watch Portion Sizes

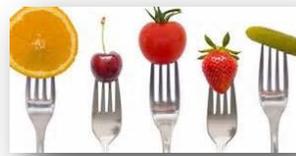
Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

#### 4. Be Active

Regular physical activity has so many health

benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

#### 5. Fix Healthy Snacks



Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

#### 6. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

#### 7. Consult an RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

#### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth. Learn more about home food safety at [www.homefoodsafety.org](http://www.homefoodsafety.org)

## 9. **Get Cooking**

Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of How do I...videos at [www.eatright.org/howdoi](http://www.eatright.org/howdoi) will get you started.

## 10. **Dine Out without Ditching Your Goals**

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

## 11. **Enact Family Meal Time**

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

## 12. **Banish Brown Bag Boredom**

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

## 13. **Drink More Water**

Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adults.

## 14. **Explore New Foods and Flavors**

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit vegetable or whole grain that's new to you or your

family. Try different versions of familiar foods like purple asparagus. Honey crisp apples, broccoli flower or quinoa.

## 15. **Eat Seafood Twice a Week**

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

## 16. **Cut Back on Added Sugars**

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

## 17. **Experiment with more plant-based meals**

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.

For a referral to a registered dietitian nutritionist and for an additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).

Eat  
Right

The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research, education and advocacy.





## What are Added Sugars?

Here's what you need to know...

Added sugars are any kind of sugars and syrups that are added to foods and beverages during cooking or processing or added at the table.

Naturally occurring sugars are found in a food as it grows, such as fruit (fructose) and milk (lactose), as well as vitamins and minerals.

The major food and beverage sources of added sugars for Americans are:

- Regular soft drinks, energy drinks, and sports drinks
- Candy
- Cakes
- Cookies
- Pies and cobblers
- Sweet rolls, pastries, and donuts
- Fruit drinks, such as fruit punch
- Dairy desserts, such as ice cream, sweetened yogurt and sweetened milk

According to Dietary Guidelines for Americans, "Eating and drink too many foods and beverages with added sugars isn't good for your health. They add calories, but don't add any essential nutrients.

Most people eat roughly 32 teaspoons of added sugar. That's too much for good health! The recommended daily amount of added sugar is 12 teaspoons for a 2,000 calorie diet.

## How Does Too Much Sugar Affect Health?

- ◆ Increase the risk of dying from heart disease
- ◆ Raises your bad cholesterol
- ◆ Raises your triglyceride levels
- ◆ Increases your Blood Pressure
- ◆ Increases inflammation of the heart
- ◆ Contributes to obesity.

## How to Cut Down on Added Sugars

Choosing a healthy eating pattern low in added sugars can have important health benefits. Shift to food that are low in added sugars whenever you can.

Try drinking water instead of sugary drinks.

Learn to read Nutrition Facts labels and ingredients lists. Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- Anhydrous dextrose
- Brown sugar
- Confectioner's powdered sugar
- Corn syrup
- Corn syrup solids
- Dextrose
- Fructose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltose

- Maple syrup
- Molasses
- Nectars (e.g., peach, nectar, pear nectar)
- Pancake syrup
- Raw sugar
- Sucrose
- Sugar
- White granulated sugar

You may also see other names used for added sugars, but these are not recognized by the FDA as an ingredient name. These include cane juice, evaporated corn sweetener, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.

## Nutrition & Physical Activity Tips for 2017 How to Eat Healthier and Lose Weight



### *Eating Tips for the New Year*

Many people believe they know the best ways to manage their weight. Do you fall in that category or are you not sure? Find out by testing your knowledge of successful weight loss habits with a quiz! The questions are based on the National Weight Control Registry (NWCR). See the end of this article for answers and statistics.

1. Which of the following is true? The NWCR found that people who lost weight and kept it off:
  - a. Exercised at least 75 minutes every day of the week.
  - b. Cut their carbohydrates in half and increased their protein intake.
  - c. Ate breakfast every day.
  - d. Stopped eating all sweets.

2. True or False: The NWRC found that people who kept the weight off used “special occasions” to treat themselves by eating more than they usually would.

Despite billions spent on weight loss plans, why can't we seem to lose it and keep it off? The truth is: we may just be eating too much. The “2000 calories per day average diet” is actually too much for many women and older adults. And if you eat more calories than you burn, you won't be able to escape weight gain.

### *How many calories do you need?*

Most people don't know how many calories they need in a day, which makes it difficult to create a plan that will promote weight loss. To estimate your individual calorie needs, go to the MyPlate SuperTracker. To estimate your BMI and determine a healthy weight range click on the BMI calculator.

For weight loss, a safe start is to cut 300-500 calories per day or increase your exercise to burn 300-500 calories (or some of both). As a “rule of thumb”: most middle age and older adults need 13-14 calories per pound per day to maintain their weight. Most middle age and older adults need 9-12 calories per day to lose weight. So: a 140 pound person needs 1800-2000 calories per day to maintain, and 1200-1700 calories to lose weight. A 200 pound person needs 2600-2800 calories per day to maintain, and 1800-2400 calories to lose weight. If you have cut some calories and haven't lost weight, you may need to cut more.

### ***Make calorie cutting easy...***

by switching to foods lower in “calorie density.” Calorie density refers to the calories of a food compared to its weight. A calorie dense food is high in calories for what seems like a small amount of food, while a food with low calorie density weighs a lot compared to the number of calories it contains. High calorie density foods may contain a lot of fat or refined carbohydrates, like sugar and flour. It is easy to over-eat these foods because they don’t fill you up. Don’t be fooled by marketing - just because the label says “low fat” does not mean you can eat all you want! Surprisingly, many low-fat, fat-free, or sugar-free baked goods, desserts, and other processed foods have high calories density, and these foods can sabotage your weight loss efforts if you don’t pay attention to portion sizes. Low calorie density foods often contain a lot of water and fiber. Non-starchy vegetables and fruits, like spinach and oranges, are the lowest calorie density foods. For example, a “100 calorie snack” such as a tiny portion of mini Oreo crackers is equivalent in calories to **4 cups** of fresh veggies, or **3 cups** plain popcorn (a whole grain). Which snack is more likely to fill you up? Also, fruits and veggies are loaded with heart-healthy antioxidants that reduce the risk of cancer and fiber to lower cholesterol levels as well as promote control of blood sugar levels!



### **Consume mindfully**



Mindless eating can get you into trouble when you want to manage your weight, because you may be consuming hundreds more calories than you realize. Late-night hours are typically the worst for mindless snacking which means you may need to

set some times that your kitchen is off-limits. If you can’t live without your late-night ice cream or chips, get a serving ready early in the day when you are thinking more clearly and remember to account for this snack when you think about your other food choices during the day. Healthy eating does not have to leave you feeling deprived. Small, simple changes can make a big difference that will help you set nutritional goals you’ll actually be able to keep.

### **Let’s get moving!**



Even the healthiest, most well-rounded diet won’t keep the weight off if you don’t exercise. For weight loss, 45-60 minutes of aerobic exercise is needed most days of the week; you don’t have to train for a marathon, but moseying around the grocery store isn’t enough, either - get the heart rate up a little! Fast walking works well. But even if you’re thin or happy with your weight, you’re not off the hook. The Surgeon General says that living a sedentary lifestyle is as detrimental as smoking two packs of cigarettes per day. You do not need a gym membership to get moving: climb a few extra sets of stairs each day, dance to the radio, check out an exercise video at your public library, use books or canned foods for weights. Ask a friend to join or support you. Success is much greater when you’ve got someone else who is aiming for the same goal. So enjoy healthy food, stick with your physical activity, and reap the benefits of a stronger, healthier you!

### **Quiz Answers**

1. C
2. False



The National Weight Control Registry has found that people who lose weight and keep it off generally have these habits:

- 98% of Registry participants report decreasing calories to lose weight and keep it off (1400 calories/d)
- 94% of Registry participants increased their physical activity, with walking the most common activity, and 90% exercise, on average, 1 hour per day.
- 78% eat breakfast every day.
- 75% weigh themselves at least once a week.
- 62% watch less than 10 hours of TV per week.
- Most rarely use “special occasions” as excuses to eat more than they should.

### Herb Roasted Florida Chicken



#### Ingredients:

- 8 pieces bone-in Florida chicken (legs, thighs, breast and wing), around 3 pounds total
- 1 lemon, juiced
- 1/4 cup olive oil
- 1 tablespoon fresh rosemary, chopped, or 1 teaspoon dried
- 1 tablespoon fresh thyme, chopped, or 1 teaspoon dried
- 1 tablespoon your favorite seasoning blend
- 5 cloves garlic, minced
- Sea salt and fresh ground pepper to taste

#### Directions:

1. Preheat oven to 375 degrees.
2. In a large mixing bowl, combine lemon juice, herbs, seasoning, garlic and olive oil.
3. Do not rinse chicken.
4. Add the chicken pieces to the herb mixture and toss to coat.
5. Arrange the coated chicken on a sheet pan and season lightly with salt and pepper.
6. Place the chicken in the oven and cook for 25 to 40 minutes until the internal temperature reads 165 degrees on a kitchen thermometer.
7. Remove from oven and let rest for 5 minutes before serving.

\*Chef’s note: The different pieces of chicken will cook at different times, so always check the internal temperature of each piece.

### Florida Grape Tomato and Orzo Pasta Salad



#### Ingredients:

- 1 pound orzo pasta, cooked according to directions on package and cooled completely
- 2 clamshells Florida grape tomatoes, rinsed and cut in half
- 1 cup fresh basil, chopped fine
- 1 whole lemon, juiced
- 1 cup Parmesan cheese, grated
- 2 tablespoons olive oil, plus more if desired
- Sea salt and fresh ground pepper to taste

#### Directions:

1. Add all ingredients to a large-sized mixing bowl
2. Stir to combine ingredients
3. Taste and adjust seasoning with salt and pepper
4. Serve at room temperature.

Source: [www.freshfromflorida.com](http://www.freshfromflorida.com)