

Helpline



Helpline March 2015 Newsletter

National Nutrition Month® 2015

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics

Initiated in 1973 as a week long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition.

The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Each March and throughout the year, the Academy encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise.

This year’s theme “Bite into a Healthy Lifestyle,” focuses on helping people

create a healthy eating pattern and physical activity plan.

By adopting these goals, this year’s theme strives to help people manage their weight successfully and reduce their risk of chronic disease while promoting general health.

Take a Bite

How can you bite into a healthy lifestyle?

Remember to Exercise!

When you exercise regularly, you reduce your risk of chronic diseases like diabetes and heart disease while increasing your chances of sleeping better and living longer.

Plus, physical activity can help you manage your weight.

If you haven’t been exercising at all, talk with your doctor about ways to start slow. Go for a walk with a friend or try a beginner exercise class.

Inside this issue:

National Nutrition Month® 2015	1
Take a Bite	1-2
Research You Can Use!	2-3
Miami-Dade County Resource Directory	3
Free Tax Preparation for Qualified Households	3
IRS Consumers to Stay on Guard Against Scams During Tax Season	3-4

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Nutrition Month-A Reminder to Eat Healthy	4-5
Nutrition Month Recipes	5-6
National Health-Related Month of Observances-2015	7-8

Monica Dawkins
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The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

Amelia Earhart Park
 401 East 65th Street
 Hialeah, FL 33013
 Phone: 305-769-4050
 Fax: 305-769-4052

If you start slowly and keep going, you'll reap health benefits and reduce your risk of injury or burnout.

Find ways to make exercise fun. Meet up with a friend, join a gym class, or find new places to explore. The possibilities are endless! What works for you?

Its' Time to Mix Things Up!

It's National Nutrition Month®! The theme this year is "Bite Into a Healthy Lifestyle". Feeling inspired but not sure where to start? Here are a few great ways to build a healthy lifestyle. . .

- **Make Smart Choices.** Do you know what's really in your food? How many calories? How many nutrients? The more you know, the wiser your decision can be. If you're shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart. If you're dining out, look up the menu online.
- **Eat and Drink Fewer Calories.** Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains. These are all keys to a healthful and balanced diet that's rich in nutrients.

Source: <http://foodandhealth.com>

Research You Can Use!

- **Eating More Fruit Cuts Heart Disease Risk -** According to a new research study, eating fruit every day can lower the risk of heart disease by up to 40%. The researches found that compared to people who never eat fruit, those who eat fruit everyday cut their heart disease risk by 25% to 40%. Those who ate the most amount of fruit also had much lower blood pressure compared to the participants who never ate fruit.
 - **Heart Disease Linked to Dementia in Women—** According to the Journal of the American Heart Association, older women with a history of heart disease and heart-related issues were more likely to develop dementia as well as thinking and memory problems than those with out heart disease.
 - Female heart attack victims are twice as likely to see declines in their thinking and memory skills.
 - Regardless of whether women had heart disease, those with high blood pressure and diabetes had a higher risk of cognitive decline.
 - **Oral Health and Heart Health—**Columbia University reported that brushing, flossing and regular dental visits slow the progression of atherosclerosis (narrowing of the arteries) to a significant degree.
 - The American Heart Association found that people who have their teeth cleaned regularly have a 24 percent lower risk of heart attack and a 13 percent lower risk of stroke. Keeping the teeth and gums clean reduces the growth of bacteria that can lead to systemic inflammation.
 - **Exercising More, Sitting Less Helps Men Prevent Heart Failure—**Sitting for long periods increase regularly, according to a new research study.
 - The study found that outside the work environment, men who spent five hours or more sitting were 34 percent more likely to develop heart failure than men who spent no more than two hours a day sitting, despite how much they exercised.
 - Men also more than doubled the risk of heart failure if they sat five hours a day and got little exercise versus men who were very active and sat for two hours or less a day.
 - **Exercise is a natural inflammation fighter.** Heart disease is associated with inflammation in the body. When you move, your muscles send out anti-inflammatory chemicals.
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- **Sugar and Your Heart**—In a recent study researchers found that as sugar intake increases, the risk for heart disease increases. Adults who got at least 25% of their calories from added sugar were almost three times more likely to die of heart problems than those who consumed 10% or less. It turns out that added sugar is really bad for your heart. It raises your bad cholesterol levels, triglycerides and blood pressure. Added sugars also might increase the types of inflammations that are linked to heart problems.

Miami-Dade County Resource Directory

Alliance for Aging, Inc.
 760 NW 107 Avenue, suite 214
 Miami, FL 33172
 305-671-6325

Department of Children's Families
 401 NW 2nd Avenue
 Miami, FL 33128

Internal Revenue Service
 51 SW 1st avenue
 Miami, FL 33130
 305-982-5077

National Call Center for
 Homeless Veterans
 1-877-424-3838

Social Security
 www.ssa.gov
 1-800-772-1213

Transit Information and
 Golden Passport
 Stephen P. Clark Center
 111 NW 1st Street, 1st Floor
 Main Lobby
 305-770-3131

Free Tax Preparation for Qualified Households

Free help with tax preparation by IRS Certified VITA/TCE volunteer preparers for households making less than \$58,000 a year.

- Refund goes to your bank account
- Convenient hours, by appointment only
- Call 305-688-3551
- Visit www.mainfinancialstability.org

IRS Want Consumers to Stay on Guard Against Scams During Tax Season

The Internal Revenue Service (RS) has issued an advisory warning consumers about telephone calls or emails from people pretending to be from the agency. The cons are typically an attempt to get you to send money or persuade you to give out personal details in an identity theft scam.

The FTC, reports that tax-related identity theft was the most common form of fraud reported to the agency last year. Typically the goal of the scammer is to get your Social Security number so he or she can file a fraudulent tax return to get a refund.

Phishing made this year’s Dirty Dozen list of IRS tax scams. The scams are sent by email. The goal of these messages, which can look very convincing, is to steal your personal information. Armed with that information, someone can open up credit cards in your name or tap into your existing accounts.

Protect yourself by not talking to or believing any unsolicited communication from strangers. Don’t click on any links in email that you are not expecting.

Follow the following tips from the IRS to help avoid being a victim of tax scams:

- * The IRS will not initiate contact with you by phone or email to ask for your personal or financial information. The IRS will write you first. If you are unsure about a tax bill, call the IRS at 800-829-1040.
- * The IRS will not give you an ultimatum to pay up immediately, You will get a bill. The agency won’t call to congratulate you for getting a refund, another twist on the scam.

- * The IRS will not dictate how you pay your bill by requiring, for example, that you send a prepare debit card.

You can help stem this crime by forwarding any suspicious email to phishing@irs.gov. Also report any suspected scam to the FTC. Go to ftc.gov and click on the link that says “Consumer Complaint?”

Nutrition Month—A Reminder to Eat Healthy

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.

Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

**10 satisfy your sweet tooth in a healthy way**

Indulge in a naturally sweet dessert dish—fruit!

Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Source: Go to www.ChooseMyPlate.gov for more information.

Nutrition Month Recipes**Peach Mousse**

Serves 4 | Serving Size: 3/4 cup

Total Time: 10 min | Prep: 10 min | Cook: 0 min

No one will believe you made this delectable peach mousse in a minute.

Ingredients:

1 box (12 oz) firm silken light tofu

1 15-ounce can light peaches in juice, drain and reserve the juice

1/4 teaspoon almond extract

2 tablespoons sugar

Directions:

Place the tofu, peaches (without juice), almond extract, and sugar into a blender or food processor. Blend until smooth, adding a little of the juice as needed to obtain a pudding consistency.

Pour into serving dishes. If you are using as a dip for fresh fruits, pour into a large serving bowl.

Refrigerate until ready to serve.

Chef's Tips:

Serving suggestion: This mousse looks very elegant if you garnish the top of it with fresh fruit and a dollop of nonfat vanilla-flavored yogurt.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Batch 4

Amount Per Serving

Calories 163 Calories from Fat 28

% Daily Value *

Total Fat 3g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0

Sodium 8mg 0%

Total Carbohydrate 30g 10%

Dietary Fiber 0g 0%

Sugars 8g

Protein 6g 12%

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ratatouille

Serves 4 | Serving Size: 2 cups

Total Time: 100 min | Prep: 10 min | Cook: 90 min



This vegetable-packed dish can also be served cold.

This vegetable-packed dish can also be served cold.

Ingredients:

2 tablespoons olive oil
1 onion, chopped
1 shallot, minced
2 cloves garlic, minced
1 tablespoon Italian seasoning
pinch rosemary
1 bay leaf
black pepper to taste

2 small eggplant, diced large
1 yellow squash, diced large
1 zucchini, diced large
1 cup mushrooms, quartered
1 red or green bell pepper, diced large
2 cans no-salt-added diced tomatoes
1 cup water or low-sodium broth
garnish: 1 teaspoon parsley

Directions:

Preheat oven to 350°F.

Sauté the olive oil, onion, shallot, and garlic until translucent, about 3 minutes.

Add the rest of the ingredients, except the parsley, and bring to a boil. Transfer into an oven-proof dish and bake for 1.5 hours, covered.

Chef's Tips:

You can also cook in a slow cooker for 2 hours on high. You can roast along with spaghetti squash and yams for a nice roasted vegetarian meal.

If you don't have shallots just use a little more onion or omit them all together.

Nutrition Facts

Serving Size 2 cups
Servings Per Batch 4

Amount Per Serving

Calories 196 Calories from Fat 74

% Daily Value *

Total Fat 8g 12%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0

Sodium 55mg 2%

Total Carbohydrate 29g 9%

Dietary Fiber 10g 40%

Sugars 15g

Protein 7g 14%

Vitamin A 34% • Vitamin C 158%

Calcium 12% • Iron 22%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

National Health-Related Month of Observances — 2015

Below is a selected listing of health-related observances for spring of 2015. Consider opportunities to tie healthy behaviors to holidays and outdoor family recreation.



March

Dates	Observances	Website
March 1–31	National Nutrition Month	www.cdc.gov/nutrition
March 10–16	World Salt Awareness Week (2015 theme: Salt and Children)	www.cdc.gov/salt www.worldactiononsalt.com/awarenessweek/World%20Salt%20Awareness%20Week%202015/1421
March 12	World Kidney Day	www.worldkidneyday.org
March 18	National Kick Butts Day	www.cdc.gov/tobacco
March 24	American Diabetes Alert Day	www.cdc.gov/diabetes

April

Dates	Observances	Website
April 1–30	Minority Health Month	www.cdc.gov/MinorityHealth minorityhealth.hhs.gov
April 1	National Walking Day	www.startwalkingnow.org/about_start_walking_day.jsp
April 6–12	National Public Health Week (2015 theme: Healthiest Nation 2030)	www.nphw.org
April 7	World Health Day (2015 theme: Food Safety)	www.who.int/world-health-day/en
April 18–25	National Parks Week	www.nps.gov/npweek www.nationalparkweek.org
April 19–25	Every Kid Healthy Week	www.actionforhealthykids.org

May

Dates	Observances	Website
May 1–31	Stroke Awareness Month	www.cdc.gov/dhdsp millionhearts.hhs.gov www.stroke.org
May 1–31	National High Blood Pressure Education Month	www.cdc.gov/dhdsp millionhearts.hhs.gov www.nhlbi.nih.gov
May 1–31	National Physical Fitness and Sports Month	www.fitness.gov
May 6	National Bike to School Day	http://www.walkbiketoschool.org/
May 10–16	National Women’s Health Week	www.cdc.gov/women http://womenshealth.gov/NWHW
May 11–15	National Bike to Work Week	www.bikeleague.org/content/bike-month-dates-events-0
May 15	National Bike to Work Day	www.bikeleague.org/content/bike-month-dates-events-0
May 27	National Senior Health and Fitness Day	www.fitnessday.com
May 31	World No Tobacco Day	www.cdc.gov/tobacco