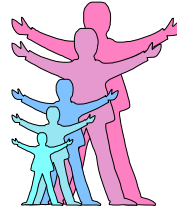


Helpline



March 2011
 Newsletter

National Nutrition Month® 2011

National Nutrition Month® is a nutrition education and information campaign created by the American Dietetic Association (ADA). Each March, ADA focuses attention on returning to the basics of healthy eating, and developing sound eating and physical activity habits.

Initiated in March 1973 as a week long event, “National Nutrition Week” became a month long observance in 1980 in response to growing public interest in nutrition. Additionally, to commemorate the dedication of RDs (registered dietitians) as advocates for advancing the nutritional status of Americans and people around the world, the second Wednesday of March has been dedicated “Registered Dietitian Day”.

The theme for March 2011 “Eat Right with Color,” encourages consumers to remember to include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day. ADA President Judith C. Rodriguez states that “National Nutrition Month offers a great opportunity to focus people’s attention on a universal theme that cuts through the

clutter of information and gets back to the principles of a healthful diet.” She encourages all Americans to take time during National Nutrition Month to look at their eating patterns and begin to make small improvements that, over time, add up to significant health benefits.

Let Color Be Your Guide to Nutritious Meals and Eat Right with Color During National Nutrition Month



“Adding a splash of colorful seasonal foods to your plate makes more than just a festive meal. A rainbow of foods create a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan”, says registered dietitian and ADA spokesperson Karen Ansel.

According to Ansel, “healthy eating includes more than counting calories alone. Food variety supplies different nutrients, so to maximize the nutritional value of your meal, include healthful choices in a variety of colors”.

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Kathie Roberts 4-H Extension Faculty Family & Consumer Sciences

Use this color guide to brighten up your plate in every season:

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks

- *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks

- *Fruits:* banana, brown pear, dates and white peaches
- *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

Choose a variety of colors when shopping for seasonal fruits and vegetables. “And for additional options in the color palette, choose frozen or dried fruits and vegetables available throughout the year.”



Source: www.eatright.org

What You Should Know about the Dietary Guidelines for Americans, 2010

Every 5 years an amazing body of scientist convene to review scientific literature and set guidelines for the most optimal diet based on science for Americans. These guidelines are called Dietary Guidelines for Americans.

The recently released (as of January 31, 2011) 2010 Dietary Guidelines for Americans recommend an increased focus on a plant-based diet. This combined with including lean meats, fish poultry and low-fat milk and dairy products will provide the foundation for a healthful eating plan.

Key Lessons: Dietary Guidelines



DECREASE:

- Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg if you are 51 and older and if you are African American or have hypertension, diabetes, or chronic kidney disease.
- Consume less than 10 percent of calories from saturated fatty acids.
- Consume less than 300 mg per day of dietary cholesterol.
- Keep trans-fatty acid consumption as low as possible.

- Reduce the intake of SOFAS: calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- Alcohol in moderation: one drink per day for women and two drinks per day for men—and only by adults of legal

- Dark-green and red and orange vegetables and beans and peas.
- Whole grains
- Fat-free or low-fat milk
- *Variety* of protein foods
- Foods with more potassium, fiber, calcium and vitamin D

REPLACE:

- high fat proteins with learner choices
 - Solid fats with oils
- For more information: see dietaryguidelines.gov

INCREASE:

- Increase vegetable and fruits.

Source: communicatingfoodforhealth.com

Eat Right with the Colors of MyPyramid During National Nutrition Month and All Year long



During National Nutrition Month, one of the ways to incorporate color into your healthful eating plan is to include the colors of MyPyramid. Developed by the United States Department of Agriculture, MyPyramid is part of an overall food guidance system that emphasizes the need for an individual approach to improving diet and lifestyle.

Each color of the MyPyramid symbol represents the recommended proportion of foods from group and focuses on the importance of making smart food choices in every food group, every day. MyPyramid is a great tool for consumers to use to help them incorporate recommendations from the Dietary Guidelines for Americans into their daily eating plans.

Tips to make sure all the colors of MyPyramid are part of your healthful eating plan:

Grains (Orange)

It's important to make at least half of your daily grains whole grains. Even better, try to get at least three 1-ounce servings of whole grains every day. Easy ways to do this include:

- Use whole-grain or oat bread for sandwiches.
- Opt for oat or whole-wheat cereal for breakfast.
- Substitute brown rice for white rice in favorite recipes.
- Add whole barley to soups and stews or bulgur wheat to salads and casseroles.

When looking for whole-grain choices, make sure the label says "100 percent whole grain" and the ingredient label says "whole" before the grain listed.

Vegetables (Green)

Vegetables are a great source of vitamins and other nutrients, which is why it is recommended adults get at least 2 1/2 cups of vegetables each day.

- Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.

- Top a baked potato with beans and salsa or broccoli and low-fat or fat-free cheese.
- Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with a low-fat dressing.
- Stuff an omelet with vegetables. Try any combination of chopped tomatoes, onions, green pepper, spinach or mushrooms plus some low-fat or fat-free cheese.

No matter what form they come in, any vegetable or 100-percent vegetable juice counts as a member of the vegetable group, including fresh, frozen, canned, raw or cooked.

Fruits (Red)

Fruit not only makes for a great snack, but it can also satisfy a sweet-tooth craving. And because of its versatility, getting the recommended 2 cups every day can be easy.

- Start your day by adding sliced fruit to your cereal or on top of whole-grain waffles or pancakes.
- Add fruit to salads. This boosts nutrition and adds texture and taste. Add orange slices or strawberries to spinach salads or toss grapes into a mixed green salad.
- For dessert, add sliced bananas, berries or peaches to non-fat yogurt or as a topper on angel food cake.
- Dried fruit makes a handy snack and can be equally as nutritious as fresh. However, be mindful of serving sizes.

Juices can count toward your recommended daily amount of fruits, but check the package labels to be sure it says 100-percent fruit juice to make sure you aren't drinking additives like sugar and flavorings.

Oils (Yellow)

Used in cooking and baking as well as for flavor, oils are fats that are liquid at room temperature. There are a variety of oils that come from many different plants. Common types include canola corn, olive, peanut, safflower, soybean, sunflower, walnut and sesame oils.

Besides their essential fatty acids, oils are the major source of vitamin E for most Americans. However, oils do contain about 120 calories per tablespoon, so keep portions in mind.

Milk (Blue)

We need calcium for bone health, and many dairy foods also are good sources of protein, phosphorus, potassium, vitamin A and vitamin D. Milk isn't your only source of calcium-rich, low-fat dairy foods though. You have lots of options.

- Low-fat cheese in a sandwich
- Yogurt dips with vegetables
- Low-fat shredded cheese on soups and salads
- Evaporated low-fat or fat-free milk in recipes that call for cream.

Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not considered a part of this group. Most milk choices should be fat-free or low-fat.

Meat and Beans (Purple)

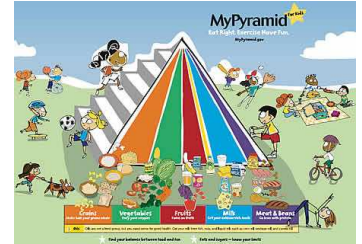
This is the protein group and includes a wide variety of foods, including those made from meat, poultry, fish, dry beans or peas, eggs, nuts and seeds.

- Choose lean cuts of meat. Look for words like loin or round in the description.
- To prepare lean cuts of meat, try broiling, grilling, roasting, panbroiling, braising, stewing or stir-frying.
- Choose fish like salmon, tuna and mackerel that are rich in omega-3 fatty acids, which help reduce your risk of heart disease and may help reduce the inflammation of rheumatoid arthritis.

Generally, if you regularly eat meat, poultry and fish you can count beans in the vegetable group. Those who seldom eat meat, poultry or fish, such as vegetarians, should count some of the beans they eat in the meat and beans group.

Celebrate National Nutrition Month by Helping Your Kids Eat Right with Color

When it comes to food and nutrition, even the most knowledgeable parents can use help making sure their children are eating healthy meals. Each March, the American Dietetic Association celebrates National Nutrition Month, and this year's theme, "Eat Right with Color," encourages parents to take time to make sure their children are getting all of the nutrients they need to grow and thrive. The good news is that shopping, cooking and eating healthfully have just gotten easier with assistance from www.kidseatright.org, a new website from ADA. Also go to USDA's www.mypyramid.gov, and click on mypyramid for kids.



The 2010 Dietary Guidelines Advisory Committee recently reported that children, teens and adults have diets deficient in dietary fiber, vitamin D, calcium and potassium, and the Kids Eat Right campaign calls for increased attention to the alarming nutrient deficiencies in children's diets.

Weight is not the only measure of good nutrition and health. Any child—whether they are of normal weight, overweight or obese—can be undernourished, states the American Dietetic Association Foundation. Quality nutrition requires a total diet approach that goes beyond calorie counting alone, to focus on including those nutrients critical for a child's healthy growth and development. This year's National Nutrition Month theme is a great reminder for parents to focus on that total diet approach by including a variety of foods and colors in every meal, every day.

Here are some guidance for helping your kids "Eat Right with Color".

- Give kids whole –grain cereals for breakfast, kid-friendly "white" whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.

- Eat more fruits and vegetables at every meal. At breakfast, enjoy banana slices and fresh or frozen berries on cereal, slices of melon or a glass of 100 percent orange juice; at lunch, serve baby carrots or sliced apples, for dinner, put brightly colored vegetables at the center of every plate.
- Most young people in America are not getting enough calcium or potassium. Fortunately, it's easy to consume the three daily dairy servings children and teens need. Try an 8-ounce glass of low-fat milk with breakfast, lunch and dinner, yogurt parfaits for breakfast or an after-school snack, or string cheese for an on-the-go energy snack.
- Getting enough protein at every meal and snack helps kids feel satisfied after eating. Start their day with egg or bean burritos. For snacks, provide peanut butter or sliced deli meat.

- **Fruits and Vegetables Can Protect Your Health**
Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.



- **Whole Foods or Supplements?**
Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases.

For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need. A fortified food contains a nutrient in an amount greater than what is typically found in that food.

- **Fruits and Vegetables and Weight Management**
Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy. Read more on CDC's page [How to Use Fruits and Vegetables to Help Manage Your Weight](#).



- **Fruits and Vegetables on the Go!**
Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

Designed around a SHOP, COOK and EAT theme, the Kids Eat Right website provides parents with practical tips, articles, videos and recipes from registered dietitians to help families shop smart, cook healthy and eat right. Interactive kids games for National Nutrition Month will be available including



- Sudoku: Tackle these popular puzzles using food rather than numbers.
- Word Search: Find the words that represent the bold and vibrant colors associated with eating right!
- Rate Your Plate Quiz: Find out how you rate when it comes to making daily meal choices.

Fruit & Vegetable Benefits

- **Almost Everyone Needs to Eat More Fruits and Vegetables**
A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day. Go to MyPyramid.gov



The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.



Nutrient Information of Fruits and Vegetables

Fruits and vegetables are sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other foods. Eating a balanced diet and making other lifestyle changes are key to maintaining your body's good health.

Fiber	
Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease.	Excellent vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
Folate*	
Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	Excellent vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus
Potassium	
Diets rich in potassium may help to maintain a healthy blood pressure.	Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice, bananas
Vitamin A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections.	Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
Vitamin C	
Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.	Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

Good sources: These foods contain 10 to 19 percent of the Daily Value per reference amount.

Excellent sources: These foods contain 20 percent or more of the Daily Value per reference amount.

*The Institute of Medicine recommends that women of childbearing age who may become pregnant consume 400 micrograms of synthetic folic acid per day to supplement the folate they receive from a varied diet. Synthetic folic acid can be obtained from eating fortified foods or taking a supplement.

Snacks

Use these easy, fun tips to help you eat a colorful variety of fruits and vegetables every day!



Try hummus and whole wheat pitas.

Snack on vegetables like bell pepper strips, carrot sticks and broccoli with a low-fat or fat-free ranch dip.

Try baked tortilla chips with black bean and corn salsa.

Stash bags of dried fruit at your desk for a convenient snack.

Keep a bowl of fruit on your desk or counter.

Drink a fruit smoothie made with whole fruit, ice cubes, and low-fat or fat-free yogurt.

Top a cup of fat-free or low-fat yogurt with sliced fresh fruit.

For quick and easy snacks, stock up on fresh, dried, frozen, and canned fruits and vegetables.

Pick up ready-packed salad greens from the produce shelf for a quick salad any time, or cut your own to economize.

Encourage your child to choose his or her own fruit when shopping.

Recipes



Sweet Potato Fries

1. Preheat oven to 425° F.
2. Cut uncooked sweet potatoes into thin slices.
3. Dip slices in a mixture of egg substitute and nutmeg.
4. Spray a baking pan lightly with a non-stick cooking spray. Arrange the slices in a single layer on the baking pan.
5. Bake for 20 minutes or until slices are tender.

Bean Quesadillas

1. Spread low-fat cheese and low-fat or fat-free refried beans between two tortillas.
2. Brown on both sides in a pan until cheese melts.



The Blossoming Sunflowers 4-H Club



The Blossoming Sunflowers 4-H Club made these quilt squares that showcase different educational aspects of the overall Extension program.

This quilt will be donated to Extension to honor the first annual Open House.

The Sunflowers meet at Golden Glades Condo on 165 St and NW 5 Ave

Leader: Artivia Johnson

Membership: 23 members

Members pictured are, from left to right: Unique Curry, Kamariah Williams, Diamond Curry, Janae Byrd, Janiya Byrd, Amaiya Roundtree

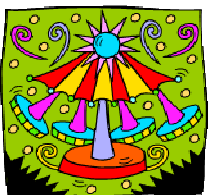
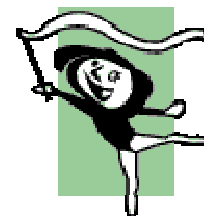
4-H Members at Large and members of clubs, "The Eco Clovers," "The 4-H Eagles," and "The Pacesetters" promote 4-H at the Homestead Rodeo Parade



On a mild, sunny day on Saturday, January 29, 2011, 4-H members and their families marched in the Homestead Rodeo Parade, wearing 4-H themed outfits and cowboy hats. They handed out candy and promotional items to the people watching the parade. Two trucks decorated with 4-H clovers and banners carried parent volunteers who cheered and waved to the crowd. After the parade, the 4-Hers met at a local park for lunch and a County Council meeting.

County Council Reporter, Amarilys Milian

4-H Day at The Fair



4-H started the county Fair over 50 years ago. The first Saturday of The Fair has been designated "4-H Day at the Fair". The 4-H members invite you to attend 4-H Day at the Fair on Saturday, March 19, 2011 at 12:30 P.M. 4-H members, ages 5 through 18 will be giving talks and demonstrations on nutrition and health. Some members will be modeling clothes they constructed.

Come, sit and enjoy the wonderful talent. Whether you like singing, dance, or great storytelling, you will have fun and be entertained. The Fair is located at 10901 Coral Way. For more information about the Free, Fun, 4-H program for all children, check out our website: <http://miami-dade.ifas.ufl.edu>.