

Family Issues

May/June 2008

Information for Southwest
Idaho Area Families & Consumers



A Healthy Diet:

- Emphasizes fruit, vegetables, whole grains and fat-free or low fat milk and milk products
- Includes lean meats, poultry beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol salt and added sugars

MyPyramid.gov has new features that are helpful in providing information about your diet quality, physical activity status and links to nutrient and physical activity information.

Assess your food intake -

The online dietary assessment provides information on your diet. You provide a day's worth of dietary information and you will receive an overall evaluation that compares the amount of food eaten to current guidelines. You can track your diet up to a year.

Assess your physical activity -

The activity assessment evaluates your physical activity and provides related energy expenditure information. Imputing a day's worth of activity information will result in an overall score for your physical activities. The type and duration of each activity are compared to health recommendations. You can look at multiple days of physical activity up to a year to get a better picture of your activity level.

Reaching and maintaining a healthier weight is important for your overall health and well being. If you are significantly over weight, you have a greater risk of developing many diseases including high blood pressure, Type 2 diabetes, stroke and some forms of cancer.

Reaching a healthier weight is a balancing act. The secret is learning how to balance your "energy in" and "energy out" over the long run. "Energy in" are calories from the foods and beverages you have each day. "Energy out" is the calories you burn for basic body functions and physical activity.

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Family Issues is published six times a year. This newsletter provides current information in the areas of family development, leadership skills, nutrition, food safety, money and time management.

Take Control when ordering out.

Here are two tips that you can remember.

1. Think about what you are eating the rest of the day so you can plan well and not blow your entire “calorie budget”.
2. Have it your way. Restaurants are in business to serve customers. Don’t be afraid to ask for food prepared the way you want it prepared.

Tips on Ordering

- Order regular portion sizes instead of jumbo sizes, now so common. Try an appetizer, half an entree, or share a meal and order a side salad.
- Order each item separately so you get only the food you want.
- Learn what dishes are made with, such as lower calorie cooking methods.
- Ask how dishes are prepared and can they do it your way. For example grill the chicken, steam the veggies, order dressing and sauces on the side.
- Limit alcohol. Alcohol is high in calories and has few nutrients.

Source: 2007 American Cancer Society, Inc.

Green For Less Green\$\$\$\$

Not so long ago, environmentally friendly appliances and equipment cost more than their energy-using peers, and often quality suffered. Today a larger market for “green” items has encouraged the development of high-quality moderately priced products. Some affordable options to use in your home:



Compact fluorescent light bulbs – Today’s models offer bright consistent light for just a fraction of the cost of incandescent bulbs. Don’t let the purchase price fool you. Fluorescents will last up to 10 times longer and use 75% less energy.

Energy-efficient appliances – Old appliances are inefficient, using excessive energy that drains resources. You could be throwing away money each month. If you’re in the market for a new washer, dryer, dishwasher, refrigerator, freezer or air conditioner make sure you get one that’s earned the Environmental Protection Agency’s Energy Star. The energy label will show you how much that appliance costs to operate each year, and chances are it is far less than what you’re paying now for an old appliance.

Electronics with a conscience – You already know to turn off computers or put them to sleep at night and unplug charges for your phone and MP3 player. Even when electronics are turned off they still consume energy to run clocks and remote controls. If you have electronics you don’t use often unplug them. The average American household owns two TV’s, a VCR, a DVD player and three telephones – all sucking up energy 24 hours a day.

If you are afraid that little changes won’t make a difference, here’s good news: The Environmental Protection Agency estimates that if every American home replaced their five most frequently used light fixtures or the bulbs in them with ENERGY STAR approved fixtures and fluorescent bulbs, we would save close to \$8 billion each year in energy costs and prevent greenhouse gases equivalent to the emissions from nearly 10 million cars.

Source: Common Sense, Money Saving Articles

Because You Asked:

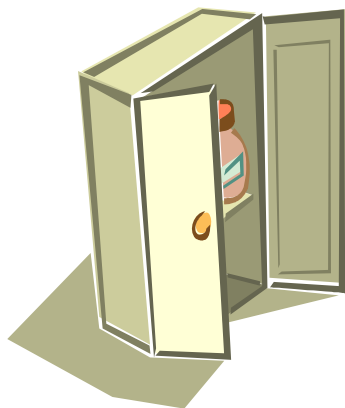
Q. How do I rid my pantry of stored-food pests?

Three keys to reducing problems with stored-food pests is proper buying – proper storage and good housekeeping.

Discovering “signs of life” in stored dry food products is frustrating. A large amount of food is wasted because of insect damage during storage. Most damage can be prevented through proper buying, careful attention to storage conditions and timely rotation of stored foods.

Protection of kitchen and pantry areas.

1. Remove all dishes and foods before cleaning and treating a storage area for insect control.
2. Remove shelf covering for cleaning
3. Use a vacuum cleaner to clean debris from crocks and corners of storage areas. Discard the vacuum bag when finished.
4. Scrub storage space and vicinity with VERY hot water and strong detergent solution. Rinse well. Allow to dry.
5. Spray the cupboards and shelves with one of the household pressurized sprays containing tetramethrin, sumitarin or pyrethrum.
6. Ventilate room and allow two hours of drying and airing time.
7. Wash flat surfaces of cupboards again with clean water to remove extra residue and odor.



Source: Controlling Stored – Food Pests in the Home
University of Idaho CIS 850 (revised)

Brush-up on Your Culinary Lingo

Braise, broil, poach, sauté. Are these unfamiliar words when you are reading a recipe or watching a cooking show?

- Braise – simmer over low heat in liquid in a covered pot.
- Broil – cook with direct heat, usually under a heating element in the oven.
- Poach – cook gently in liquid, just below boiling.
- Sauté - cook quickly in a small amount of fat, stirring so the food browns evenly.
- Stir fry – cook small pieces of meat or vegetables in a small amount of oil over very high heat, stirring.

Next time you cook try one of these techniques.



GO NUTS FOR NUTS!

For a long time nuts were considered to be a high-fat snack and not to be eaten if you were watching your weight. Research has shown that nuts can play an important role in a healthy, balanced diet.

Nuts have a unique mix of fiber and healthy fats that helps keep you nourished and satisfied. Plus, there is an array of vitamins and minerals with B vitamins, vitamin E, zinc, magnesium and others. They are high in calories as they are high in heart-healthy fats, so you should limit yourself to one ounce or two tablespoons of nuts per day.

Nuts are all delicious and raw nuts that have not been salted do not have any added fats are a good choice. If you eat salted nuts make sure you check the sodium content as many are loaded with salt.

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Tea Time

Tea is one of the commonly consumed beverages worldwide, second to water. A cup of tea contains no calories (if you don't add extras) is rich in anti-inflammatory agents, immune boosters and antioxidants called flavones and tannins. Green and white tea contain flavanols called catechins; black tea is rich in tannins called theaflavins and thearabigins. These compounds keep you healthy by:

- Three or more cups of black tea daily has been shown to cut your risk for heart disease and stroke.
- Green teas seem to reduce damage to cells that can lead to cancer, curbs uncontrolled cell growth, kills cancer cells and strengthens the immune system.
- Green tea also protects against cognitive decline. To increase disease fighting powers of your teas add a tablespoon of fruit juice or lemon juice.

What's Inside

- ❖ A Healthy Diet
- ❖ Green for Less Green\$
- ❖ Because You Asked Pantry Pests
- ❖ Brush up on Your Culinary Lingo
- ❖ Tea Time