



# **Mission: Nutrition**

IBERVILLE • POINTE COUPEE • WEST BATON ROUGE

**February-  
March 2009**

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## **February is American Heart Month!**

With coronary heart disease being the #1 cause of death and stroke the #3 cause of death in the United States, it is important that you know the warning signs so you can respond quickly.

Since most heart attacks start slowly, with mild pain, or discomfort, you should become familiar with the Heart Attack Warning Signs:

- Chest discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs include: breaking out in a cold sweat, nausea, or lightheadedness.

According to the American Stroke Association, there are several warning signs you should also familiarize yourself with.

- Sudden numbness or weakness of the face, arm, leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known causes.

Minutes matter! Fast action can save lives- maybe your own.  
Don't wait to call 9-1-1.

Eating right is crucial to preventing heart disease as well as many other chronic diseases. The American Heart Association recommends a low-fat, low-cholesterol, and low-sodium diet for a "heart healthy" lifestyle. Avoid high-fat foods, such as fried foods, fatty meats and cheeses, and breakfast pastries. Cholesterol can be found in animal products, like meat, poultry, fish, eggs, butter, cheese, and whole milk. A low-sodium diet is associated with low blood pressure, so avoid processed foods, deli meats and cheeses, and foods prepared with salt to reduce your risk. Limiting alcohol and avoiding caffeine are also part of the "heart healthy" diet.



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Try these vegetables to keep your heart healthy:

Parsnips- Good source of Vitamin C, fiber, and folate

Spinach, Turnip Greens, Mustard Greens, and Collard Greens- Good sources of Vitamin C and phytochemicals. Spinach is also a great source of folate.

Tomatoes- Excellent source of Vitamin C, potassium, phytochemicals, and more.

It's important to remember that all vegetables are good for you and that you should consume a variety of them each day.

*Sources: American Heart Association and LSU AgCenter & SU AgCenter Nutrition News*

## **March is National Nutrition Month**

The American Dietetic Association celebrates the month of March with nutrition education and an information campaign. Their 2009 theme "Eat Right" focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Consuming a variety of nutrient-rich foods gives your body the nutrition it needs every day to help protect against illness and reduce the risk of chronic disease. It is never too late to start taking steps to create healthy habits. According to the American Dietetic Association, "one of the most important steps you can take is to choose a variety of nutrient-rich food everyday". Try following these tips to help incorporate nutrient-rich foods into your diet:

**Start your day with a healthy breakfast.** Total nutrient intake for the day is usually higher for children and adults who eat breakfast.

**Swap whole grains for refined grains.** Whole grain breads, brown rice, and whole grain cereal can help enhance fiber intake while providing protective antioxidants. Make sure you read the ingredients on the nutrition facts label to make sure the food contains a whole grain.

**Trouble-free veggies.** Color your plate with a variety of vegetables- red, orange, green, and yellow- to get key vitamins and minerals.

**Choose fresh, whole fruit.** For a convenient on-the-go snack or a naturally sweet dessert, try fresh fruit.

**Sneak in some beans.** All beans provide fiber, folate, and flavonoids (Scientists believe they may help reduce the risk of cancer, heart disease, and other serious health problems.) which are important to maintaining overall health. Try beans in salads, soups, burritos, or mixed with rice or pasta.



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Drink to your health! Just by starting your day with a glass of 100% orange juice each morning, you can have a lifetime of better health. This simple habit can help your body fight the following long-term diseases:

**Heart Health-** 100% orange juice is a good source of potassium. Diets rich in potassium and low in sodium may help reduce the risk of high blood pressure and stroke.

**Cancer-** In some studies, the consumption of higher levels of citrus fruits and juices has been associated with a lower risk of certain types of cancer.

**Inflammation-** The compounds found in 100% orange juice, such as Vitamin C and flavonoids, may help your body fight inflammation which could affect the development of arthritis, cardiovascular disease, and cognitive impairment.

**Bone Health-** 100% orange juice is a good source of potassium which may help your body fight osteoporosis by helping to neutralize acidity that could lead to loss of calcium from bone.

**Birth Defects-** Consuming 100% orange juice may help lower the risk of giving birth to a baby with certain types of birth defects to the brain or spine.

*Source: Nutrition Fact Sheet, American Dietetic Association*

## **Let's Celebrate One of America's Favorite Foods: PEANUTS**

Also in March, we celebrate National Peanut Month. Did you know that one serving of peanuts is a good source of protein, Vitamin E, niacin, folate, phosphorous, and magnesium? They are cholesterol- free and low in saturated fat.

Peanuts are not nuts at all. They are legumes, like beans, peas, and lentils and a terrific protein source. Each year, Americans eat 3 pounds of peanut butter. That's about 700 million pounds or enough to coat the floor of the Grand Canyon! Just one acre of peanuts will make 30,000 peanut butter sandwiches.

A one ounce serving of dry roasted, salted peanuts has 166 calories, 6.79 grams of protein, 6.1 grams total carbohydrates, and 2.3 grams of dietary fiber. One ounce of peanuts also provides 16% of the daily need of Vitamin E- which has been shown to act as an antioxidant which may reduce the risk of coronary heart disease. One serving or 2 tablespoons of peanut butter has 188 calories, 8 grams of protein, 6.3 total carbohydrates, and 1.9 grams of dietary fiber.

*Sources: Peanut Butter Lovers and Peanut Institute*



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## **“New Year, New You!”**

Probably by now you have thought about and maybe even made New Year’s Resolutions. If you are like most people, you have probably already broken them. Getting fit and staying fit is one New Year’s Resolution that you should keep. With Louisiana currently ranked 50<sup>th</sup> in the healthiest states in America, what more motivation could you ask for?

You may have over done it during the holidays and now you are starting to consider weight loss and eating healthier. So, why not include physical fitness in your daily routine? Physical activity is anything that gets your body moving.

Did you know that physical activity helps:

Reduce high blood pressure

Reduce the risk for type 2 diabetes, heart attack, stroke, and several forms of cancer

Reduce arthritis pain and associated disability

Reduce the risk of osteoporosis and falls

Reduce symptoms of depression and anxiety

Boost energy during the day and may aid in sleep at night

Improve self- esteem

Build healthy bones, muscles, and joints

Increase your strength, movement, balance, and flexibility

The key to weight loss is using up more calories than you consume. Evidence shows that regular physical activity is necessary to lose weight or to maintain a healthy weight. Daily physical activity for all ages is important for a healthy lifestyle. A healthy lifestyle is made up of lots of small choices. Below are ways you can increase your physical activity by choosing to do things just slightly differently:

-Take a 2 to 3 minute walking break at work a few times a day

-Put away the TV remote and get up and change the channel

-March in place during TV commercials

-Take the stairs instead of the elevator

-Stand or walk, rather than sit, while talking on the phone

-Play with your family-children, grandchildren, nieces or nephews

-Walk to your co-worker’s office rather than use the phone or email

-Park further away when shopping

-Take the dog for a walk

-Carry a shopping basket rather than use a shopping cart



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According to the 2005 Dietary Guidelines, Americans need to include two types of physical activity in their routines- aerobic and muscle strengthening. Adults should perform at least 30 minutes of moderate-intensity physical activity most days a week. If you are looking to lose weight, you may consider increasing your physical activity to 60-90 minutes.

Children, on the other hand, should be active for at least 60 minutes most or all days of the week which should include bone strengthening activities like jumping and running for at least three days per week. For the older adult, regular physical activity is extremely important for optimal health. Physical activity can prevent many of the health problems that come with age.

To help you maintain an active lifestyle try these suggestions:

**Set Goals-** Set both short-term and long-term goals. A short term goal may be to walk 5 to 10 minutes, 5 days a week while a long term goal might be to do at least 30 minutes of moderate –intensity physical activity on most days of the week.

**Set Rewards-** You deserve some recognition for your physical efforts. You might reward yourself with a new motivation CD, new exercise shoes, or new outfit.

**Get Support-** Encourage your family and friends to be physically active with you. Not only will the exercise be more fun but you can also motivate each other.

**Track Progress-** Try keeping a log or journal of your physical activity. This is a great way to monitor your progression.

**Build Up To It-** Doing any movement even if for a short time can make you healthy and is better than none. If you cannot do an activity, do not be hard on yourself. Feel good about what you can do. Start where you can and gradually increase the amount. It is okay to spread you activity out during the week and break it into smaller amounts during the day. However, it is important that you realize that the activity should be moderate or vigorous for at least 10 minutes at a time.

**Have Fun!** - By picking physical activities you enjoy and that match your abilities, you will be more likely to “stick” with the new routine. You can do many activities in your home. However, other places to be active include: health clubs, recreational centers, or outdoors.

Good luck to incorporating physical fitness during 2009!

*Sources: Nutrition News, Centers for Disease Control and Prevention, National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services*



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## **The Ultimate Comfort Food: The Noodle**

When you think about noodles you might think about mom's chicken noodle soup or tuna casserole. Noodles are a feel-good food. Did you know that the consumption of noodles increase by 20% in January, February, and March? Legend has it that noodles were first made by 13<sup>th</sup> century German bakers who fashioned dough into symbolic shapes, such as words, birds, and stars. These "nudels" were then baked and served as bread.

Noodle consumption increases during the colder months as well as during Lent, when countless people prepare meatless meals. Egg noodles by weight contain eggs while almost all other dry pasta do not. A half-cup serving of cooked noodles contains just one gram of fat, 106 calories, five milligrams of sodium, and important nutrients including B-vitamins, iron, and protein.

*Source: I Love Pasta*

## **Don't Ignore Expiration Dates**

*Warning regarding pancake mixes and other box mixes.*

Always check the expiration dates on packages such as pancake and cake mixes. These contain yeast which over time develop spores. The mold that forms from these spores can be toxic. Throw away all outdated pancake mix and box mixes you have in your home.

For more information go to: <http://www.snopes.com/medical/toxins/pancake.asp>



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Try this delicious salad. It is sure to jazz up any ordinary green salad.

## Apple Cranberry Salad Toss

Serving Size: 1/8 of recipe

Yield: 8

### Ingredients:

- 1 head each of lettuce (about 10 cups)
- 2 medium each sliced apples
- 1/2 cup chopped walnuts
- 1 cup dried cranberries
- 1/2 cup sliced green onions
- 3/4 cup vinaigrette dressing

### Instructions:

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

### Cost:

Per Recipe: \$ 4.01674

Per Serving: \$ 0.5

### Source:

Adapted from:  
 Creative Recipes for Less Familiar USDA Commodities Used by Household Programs  
 Food Distribution Service

**USDA Food and Nutrition Service**

Nutrition Facts			
Serving Size 1/8 of recipe (155g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 140</b>	<b>Calories from Fat 45</b>		
	% Daily Value*		
<b>Total Fat 5g</b>	<b>8%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 10mg</b>	<b>0%</b>		
<b>Total Carbohydrate 24g</b>	<b>8%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 18g			
<b>Protein 2g</b>			
<b>Vitamin A 8%</b>	• <b>Vitamin C 8%</b>		
<b>Calcium 2%</b>	• <b>Iron 4%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

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Visit our Web site:  
[www.lsuagcenter.com](http://www.lsuagcenter.com)

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