



# 4-H FAX



## Healthy Living

LSU AgCenter



December Supplement

### Yummy Oatmeal



Serving Size: 1

#### INGREDIENTS:

- 1 cup water
- ½ cup rolled oats
- Dash of salt
- ¼ cup applesauce
- 1/8 teaspoon cinnamon
- 2 teaspoons brown sugar

#### DIRECTIONS:

1. Place the water, oats and salt into a medium-size pot on the stove.
2. Heat on medium until it boils then reduce the heat

to low.

3. Using a wooden spoon, stir in the applesauce and cinnamon.
4. Cook on low heat and continue to stir the mixture for 5 minutes.
5. Pour the oatmeal into a bowl and sprinkle the brown sugar on top.
6. Allow to cool for a minute before eating.

#### HELPFUL HINTS:

Mix it up a little by adding 1 tablespoon of dried cranberries, blueberries or raisins.

You can use other spices, too, like apple pie spice.

Substitute maple syrup or honey for the brown sugar.



#### THE FUNNY BOX!

**What did the salt say to the pepper?**

*Season's Greetings!*

**What do you have in December that you don't have in any other month?**

*The letter "D"!*

**Where did the mistletoe go to get rich and famous?**

*HOLLY-wood!*

## AGFACTS

### All about OATS!

#### Did you know?

- Ancient Greek were probably the first to make cereal from oats.
- The natural soothing and cleansing properties of oatmeal make it a popular ingredient in some cosmetics and soaps.
- During WWI, most of the U.S. wheat supply was sent to soldiers abroad. In response to the depleting wheat supplies, the U.S. Food Administration urged Americans to eat oatmeal to show their patriotism.
- After reports found that oats can help lower cholesterol, an "oat bran craze" swept the U.S. in the late 1980s.
- Eighty percent of U.S. households have oatmeal in their cupboard.
- Oatmeal's high content of complex carbohydrates and water-soluble fiber encourages slow digestion and stable blood-glucose levels.
- "Instant" oatmeal is pre-cooked and dried cut oats, usually with sweetener and flavor additives.
- Vermont has highest rate of consumption in the United States

### Nature's Christmas Tree

Looking for something fun to do when it is cold outside? How about decorating an outdoor tree for the birds! You can hang apples or pinecones rolled in peanut butter.

#### You will need:

- A large open pinecone
- Peanut butter (creamy)
- Rolled Oats (uncooked oatmeal)
- Birdseed
- String, fishing line or twine
- Optional: dried fruit, chopped nuts, unsalted sunflower seeds or millet

#### Instructions:

1. Tie string around the wider, stem end of the pinecone.
2. Mix peanut butter and rolled oats together in a small mixing bowl.
3. Spread mixture over pinecone, making sure to get it down into the spaces between the scales.
4. Roll pinecone in birdseed until coated. Optional: add dried fruit, nuts, seed or millet.

5. Hang from limb of tree making sure birds have a perch nearby.

Then take some time to make yourself an apple and peanut butter snack, too. The combination give you fiber, protein, carbohydrates, vitamins and minerals, but most importantly it tastes GREAT!



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**Food Safety Crossword**  
 Source from: <http://www.foodreference.com/>

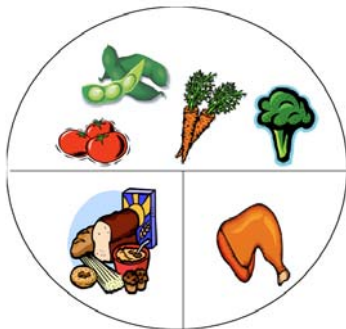
# Grab a high-fiber snack!

P R E T Z E L S M X P F K P G J T T C R  
 R E O P D C A Q X O B H N I C V I I E I  
 Y C M B S E U R P S Q Z L N A E D U L C  
 O A T M E A L C O O K I E T B S S R E E  
 C M O V C A O Q V D C I I J F C T F R C  
 Q Q G L S R N I M W I P F B V H U D Y A  
 A Z E P N V I W B E T M J Y V X E E S K  
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 Q E Y C J L V C M X P T H D G E A D C J  
 R W E F J J O E C J S O V O E L T F K Y  
 X G P L S P J W H N V B I Z F S Z I S M  
 H C I W D N A S R E T T U B T U N A E P  
 E S E E H C D N A S R E K C A R C J T B  
 S T O R R A C O T A T O P D E K A B P N

## WORD LIST

- Baked Potato
- Bean Wrap
- Carrots
- Celery Sticks
- Crackers and Cheese
- Dried Fruit
- Oatmeal Cookie
- Peanut Butter Sandwich
- Pocket Pita
- Popcorn
- Pretzels
- Rice Cake
- Yogurt-Cereal Parfait

## What is fiber?



**Three quarters of your diet should include foods that are high in fiber. Choose from whole grains and be sure to get five servings of fresh fruits and vegetables each day.**

Fiber is a special type of carbohydrate that is virtually indigestible and found mainly in the outer layers of plants. When eaten, fiber passes through the digestive system without being broken down into nutrients like other foods.

You've probably heard a lot about the need to eat more fiber, but few of us understand the importance of dietary fiber - or where to get it.

Fiber is important because it helps the digestion process from start to finish:

- Fiber takes longer to chew so it slows down the eating process and gives you a full feeling, which in turn can help prevent overeating.
  - Fiber makes food more satisfying, probably because the contents of the stomach are bulkier and stay there longer.
  - Fiber slows digestion and absorption so that glucose (sugar) in food enters the bloodstream more slowly, which keeps blood sugar on a more even level.
  - Fiber is broken down in the colon (the main part of the large intestine) by bacteria (a process called fermentation), and the simple organic acids produced by this breakdown helps to nourish the lining of the colon.
- You'll find plenty of fiber in foods such as:
- All-natural cereals
  - Whole-grain breads
  - Beans
  - Fruits
  - Vegetables
  - Nuts

Provided by LSU AgCenter Community Nutrition Programs

This institution is an equal opportunity provider. This material was funded partially by USDA's Supplemental Nutrition Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. **To find out how to apply, call 1-888-LAHELPU or visit [www.dss.state.la.us](http://www.dss.state.la.us) to download an application for SNAP.**

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