



Family Matters

May/June 2005

A Family Newsletter prepared by Iowa State University Extension Family Specialists

The New Food Guide Pyramid is Here!

The “new” food pyramid is called MyPyramid. MyPyramid was developed to carry the messages of the *2005 Dietary Guidelines for Americans*, which was released by USDA and HHS (Department of Health and Human Services) in January.



The MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity (symbolized by stair steps) is included to remind people to be active every day.

Each vertical bar represents a food group – Grains, Vegetables, Fruits, Milk, Meat & Beans and Oils. The messages that pertain to each food group include:

- **Make half your grains whole**
Eat 6 ounces every day with 3 of those ounces as whole-grain cereals, breads, rice or pasta. 1 ounce is about 1 slice of bread, 1 cup cereal or ½ cup pasta.
- **Vary your vegetables**
Eat 2 ½ cups every day. Eat a variety of colors of vegetables, especially more dark green and orange vegetables.
- **Focus on fruits**
Eat 2 cups of fruit every day. Make most of your choices be whole fruit instead of juice.

- **Get your calcium-rich foods**
Get 3 cups of low-fat milk, yogurt or other milk products every day.
- **Go lean with protein**
Eat 5 ½ ounces everyday of lean meats, poultry or other protein foods.
- **Know the limits on fats, sugars and sodium**
Keep saturated fats and trans fats low. Choose food and beverages low in added sugars. Keep sodium intake under 2300mg (about the amount in 1 tsp salt) daily.

Consumers can get more in-depth and personalized information from the new Web site, MyPyramid.gov. This site has interactive features that include:

- *MyPyramid Plan* – provides a quick estimate of what and how much food you should eat from the different food groups by entering your age, gender and activity level.
- *MyPyramid Tracker* – provides more detailed information on your diet quality and physical activity status. It’s tailored to your desire to maintain your current weight or to lose weight.
- *Inside MyPyramid* – provides in-depth information for every food group, including recommended daily amounts in commonly used measures, like cups and ounces, with examples and everyday tips.
- *Start Today* – provides tips and resources that include downloadable suggestions on all the food groups and physical activity, and a worksheet to track what you are eating.

Dealing with Rising Gasoline Costs

As fuel costs have risen in recent weeks, you may be feeling the result in your bank account. Here are some tips, from

www.fueleconomy.gov, a federal

government website devoted to reducing gasoline use and cost. You may be surprised at how much difference each small step can make!

Drive sensibly. Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer - you may save more than \$.

Fuel Economy Benefit: 5-33%

Equivalent Gasoline Savings: \$0.07-\$0.49/gallon

Observe the speed limit. Gas mileage decreases rapidly at speeds above 60 mph. Each 5 mph you drive over 60 mph is like paying an additional \$0.10 per gallon for gas.

Fuel Economy Benefit: 7-23%

Equivalent Gasoline Savings: \$0.10-\$0.34/gallon

Use cruise control. Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Use overdrive gears. When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.



Keep your engine properly tuned. Fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4.1 percent, though results vary based on the kind of

repair and how well it is done. If your car has a **faulty oxygen sensor**, your gas mileage may improve as much as 40 percent.

Fuel Economy Benefit: 4-40%

Equivalent Gasoline Savings: \$0.06-\$0.60/gallon

Check and replace air filters regularly. Replacing a clogged air filter can improve your car's gas

mileage by as much as 10 percent. Your car's air filter keeps impurities from damaging the inside of your engine. Replacing a dirty air filter also protects your engine.

Fuel Economy Benefit: up to 10%

Equivalent Gasoline Savings: up to \$0.15/gallon

Keep tires properly inflated. Improve your gas mileage by around 3.3 percent by keeping your tires inflated to the proper pressure. Under-inflated tires can lower gas mileage by 0.4 percent for every 1 psi drop in pressure of all four tires. Properly inflated tires are safer and last longer.

Fuel Economy Benefit: up to 3%

Equivalent Gasoline Savings: up to \$0.05/gallon

Use the recommended grade of motor oil. Also look for motor oil that says "Energy Conserving" on the API performance symbol to be sure it contains friction-reducing additives.

Fuel Economy Benefit: 1-2%

Equivalent Gasoline Savings: \$0.01-\$0.03/gallon

Kids' Summer Money School

School is out, but that doesn't mean that your children (or grandchildren) should stop learning! Summer is a great time for kids to build money skills. Learning by doing is a good motto. Give your kids a chance to practice, either on their own or by helping you. Involve them in financial choices during vacation or at the fair. A few ideas are below. Contact your Extension Resource Management Field Specialist for more ideas!

Ages 3-5: Practice identifying coins and dollar bills. Practice paying for purchases ("When we spend money, it's gone. We traded it for a thing.")

Ages 6-8: Count money. Deposit money into a savings account. Manage small allowances.

Ages 9-12: Count back change. Divide allowance between saving, spending and sharing. Compare prices when shopping.

Teens: Evaluate decisions based on more than one criteria (price is important, but so is quality, durability, style, nutritional value, etc). Write and record checks, and reconcile checking account.

Avoid the Great Escape When Traveling with Children

Alakazam! How did they do that? There were no strings attached, no magic black holes, yet no matter what you do, you can't seem to keep your child in the car seat. Your toddler has truly mastered the art of the great escape.

Try the following ideas for teaching your toddler to stay buckled up.

- Introduce your child to a new car seat with a short trip for fun.
- Make regular stops to stretch; sing songs together.
- Have some special books and soft toys for the car.
- Show your child that everyone else in the car is restrained.

If your child complains or climbs out of a car seat follow these steps.



Stop the car right away and put the child back in the car seat.

Tell the child the car will not start again until he or she is fastened in the child restraint seat.

Stay calm, be firm and don't make exceptions.

Remember, resistance is usually just a passing phase and most children can be taught to stay properly restrained in a few days or weeks.

Helping Children Apologize in a Meaningful Way

When children say, "I'm sorry" to parents, adults or to each other, it is often insincere and it doesn't achieve much. Having a child say, "I'm sorry" does very little to change behavior and may make a child even more resentful. It may also become the "easy way out." A better way to apologize is to have them use *three complete sentences*.



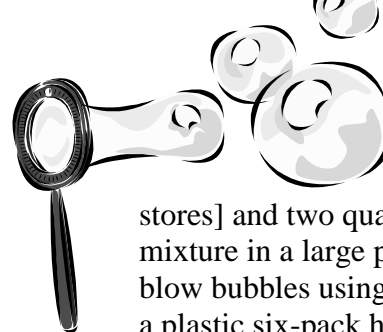
- The first sentence should describe what the child did or said that was wrong.
- The second sentence explains why it is wrong.
- The third sentence asks for forgiveness.

An example would be, "I said words to you that were mean and unkind. It was wrong because I hurt your feelings. Will you forgive me?"

Using the guideline of three sentences will help children think and express themselves better and is a lot more effective than a muttered, "I'm sorry."

Source: Family Information Services, Mpls., MN.

Summer Bubble Fun



Mix $\frac{3}{4}$ c. liquid soap,
 $\frac{1}{4}$ c. glycerin
[available at drug

stores] and two quarts warm water. Place mixture in a large pan and then let children blow bubbles using a funnel, straws, cans, a plastic six-pack holder, a wire hanger stretched into a circle and a paper cup with a hole in the bottom of it.