

& FITNESS



March, 2009

Dear Risk Reducer:

Thinking Green replaces the “wearing of the green” in March (and all the rest of the months). Smart nutrition shopping strategies can help you be a “greener” consumer at the same time they save you money. Careful planning means you will throw away less uneaten food. Buying in bulk and in larger sized containers means less packaging to throw away. This can actually be a win-win for your health and the environment.

Ditch disposables, throttle the bottle, and lug a mug. In our throwaway culture, disposable dishes and utensils are the norm. Green consumers are turning the tide with simple steps, like just saying “no” to plastic forks when getting takeout food. Millions of thrifty water drinkers are returning to tap water. Reusable water bottles and coffee cups save you money (some coffee shops give discounts if you bring your own). Reducing the amount of plastic and paper in your life also helps save our earth – every day. Reuse grocery bags – big (canvas, mesh or cloth) and small (plastic for produce) – for one of the simplest, most effective ways to go green while shopping. Many people have bags, but forget to bring them to the store. A good way to help you remember is to keep a bag in the car and don’t forget to take it into the store with you. Keep these go green tips in mind:

- Re-think before you toss it
- Re-invent it for a totally new purpose
- Re-pair it for a longer life
- Re- gift it to someone who can use it.

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Webster, Greene, Tama, Marshall, Hardin,
Hamilton, Wright, and Humboldt Counties.

Spend Smart. Eat Smart.

Want tips for saving money on food? Visit the new ISU Extension Website –

www.extension.iastate.edu/foodsavings

Want recipes ideas? Visit the recipe of the week archive files available through this website.

www.extension.iastate.edu/healthnutrition/foodpreparation/recipe_archive.htm

Check Your \$-saving skills

1. The cheapest way to get “3 a day” of dairy foods is by buying:
 - a. Cottage cheese
 - b. Whole milk
 - c. Yogurt
 - d. Skim milk
 - e. Nonfat dry milk powder
2. The most economical source of protein is:
 - a. Eggs
 - b. Ground beef
 - c. Dried beans
 - d. Canned beans
 - e. Peanut butter
 - f. Walnuts
3. Which of the following is the smart buy?
 - a. 1-pound bag of baby carrots @ \$1.19
 - b. 2-pound bag of baby carrots @ \$1.98
 - c. 2-pound bag of large carrots @ \$1.68
4. Which of the following is the smartest buy for a sack lunch?
 - a. A 4-lb. bag of apples @ \$3.89 (11 apples)
 - b. 4 pounds of apples @ \$.99 per pound (8 apples)
 - c. Snack pack of fruit @ \$1.66 (4 4-ounce containers)

Check answers on the back.

Eat Smart ... Practice Portion Control

Cooking more than a 2 to 3-ounce portion of meat per person encourages us to eat more than we need for good health. Since meat is often the most expensive part of the meal, filling up on meat can challenge your food budget. The amount to buy for your family depends on the amount of bone or fat.

One pound serves 4 if it has no bones or fat – ground beef, stew meat, cubed steak, boneless ham, fish fillets, luncheon meat

One pound serves 3 if it has some bone and fat – pork chops, chuck roast, picnic ham, turkey parts, bone-in fish

One pound serves 2 when it has many bones or more fat - whole chickens and turkeys, spare ribs, ham hocks.

Reduce Sodium, Increase Potassium

Potassium counteracts the effect of sodium/salt on blood pressure and may decrease the risk of developing kidney stones and bone loss that occurs with age. The Dietary Reference Intake of potassium for adolescents and adults is 4,700 mg/day.

These foods provide potassium:

Leafy green vegetables beet greens and spinach
Fruits, such as tomatoes, prunes, bananas, peaches, apricots, cantaloupe, and honeydew

Root vegetables (sweet potatoes, potatoes, and carrots)

Fish (clams, halibut, yellow fin tuna, Pacific rockfish, Pacific cod, and Rainbow trout)

Potassium is also found in meat, milk and cereal products, but it is less readily available for absorption.

March is National Nutrition Month ®

Eat right is the theme for National Nutrition Month®. Eating right doesn't have to be complicated. These are some suggestions:

Make your calories count. Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients.

Focus on variety. Vary your choices within each food group. Include more dark green and orange vegetables and eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

Know your fats. Look for food low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated fats. Check the nutrition label.

Set a goal to be physically active at least 30 minutes every day.

Special Nutrient Needs for Older Adults

Older adults need more vitamin D and Calcium to help maintain bone health. Calcium supplements should contain vitamin D.

Many people over 50 years old do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12.

More fiber-rich foods are needed to help stay regular. Choose whole grain breads and cereals and include more beans and peas.

Increasing potassium intake along with reducing sodium (salt) may lower risk of high blood pressure.

Answers to quiz: d, c, c, a