



January, 2009

Dear Risk Reducer:

Snow, ice and blizzard are just some of the stresses that come your way during this time of year. The word to help you deal with this and other stresses the New Year holds is Attitude. These thoughts may help you cope.

It is our view toward life that will determine life's attitude toward us. Your mind can hold only one thought at a time. Since there is nothing to be gained by holding negative thoughts, hold successful, positive ones.

Part of a good attitude is to look for the best in new ideas and look for good ideas everywhere.

We are interdependent. It is impossible to succeed without others, and it is our attitude toward others which will determine their attitude toward us.

Radiate the attitude of well being, of a person of confidence, of a person who knows where he is going. You'll find good things will start happening right away.

Success or failure in coping is caused more by the Mental Attitude than by mental capacities.

Healthily Yours,

Barbara Anderson  
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## Food for Thought

When sitting and watching a movie, most individuals only burn about 76 calories per hour. Yet it is interesting that at this time they can probably consume about 400-600 calories per package from the "movie size" snack packages.

So when you choose your "portion controlled snack packages", check the calorie amounts.

## Quick to Fix and Eat Breakfasts Meet Nutrition Needs

Breakfast doesn't have to be an egg over-easy with a side of bacon and toast. A breakfast of string cheese and an apple take less than a minute to prepare and can be eaten on the go. Peanut butter on a toasted whole wheat English muffin with a glass of milk takes a few seconds longer to prepare, but still provides necessary nutrients to get a body off to a good start.

It's important to start the day with a source of protein. Dairy products are great choices for protein, and for getting the first of 3 daily servings of dairy. Adding a fruit, vegetable or whole grain also adds fiber to the meal.

Most people know that it's important to "break" their overnight "fast" with a morning meal. In fact, 92 percent of people say that eating breakfast is important – but only 46 percent take time or make time to have breakfast. In addition, recent studies show that lack of breakfast thwarts weight loss attempts because we tend to eat more later.

## **Cook Once, Serve Twice**

Roast a chicken. Serve roasted chicken breast the first day along with potatoes and steamed veggies. The next day, pick the meat off the chicken and use the leftovers for a stir fry dish with fresh veggies and a little soy sauce over brown rice. Some can be saved for lunch time sandwiches and served with plenty of veggies served in a pita pocket.

## **Country-of-Origin Labeling**

Country-of-Origin Labeling, or COOL, is a new addition that you may see at the grocery store. It applies to a variety of foods at the store including meat, poultry and produce. As of September, 2008, these products should all bear a label that indicates which country they came from. This labeling does not apply to meats sold through the foodservice industry.

## **Many Benefits to Frequent Family Dinners**

According to the National Center on Addiction and Substance Abuse at Columbia University, the more often children and teens eat dinner with their families, the less likely they are to smoke, drink or use drugs. Compared to kids who have fewer than three family dinners per week, children and teens who have frequent family dinners are:

1. At 70 percent lower risk for substance abuse.
2. Half as likely to try cigarettes.
3. Half as likely to be cigarette smokers.
4. Half as likely to try marijuana.
5. One third as likely to try alcohol.
6. Half as likely to get drunk monthly.
7. Likelier to get better grades in school.
8. Less likely to have friends who drink alcohol and use marijuana.
9. Likelier to have parents who take responsibility for teen drug use.
10. Almost 40 percent likelier to say future drug use will never happen.

## **Help-The Power's Out: What to Do with Refrigerated, Frozen Food**

There's a winter storm and the electricity has been cut off. So what happens to all that food in the refrigerator and freezer? Iowa State University Extension food safety specialist Sam Beattie answers these questions:

*How long will the food in the refrigerator be safe with the power off?*

Refrigerated food should be safe as long as power is out no more than four hours. Keep the door closed as much as possible. Discard any perishable foods (such as meat, poultry, fish, eggs and leftovers) that have been above 40 degrees F for two hours. Never taste food to determine if it is safe. When in doubt, throw it out.

*May I refreeze the food in the freezer if it thawed or partially thawed?*

The food may be safely refrozen if the food still contains ice crystals or is at 40 degrees F or below. Be sure to discard any items in either the freezer or refrigerator that have come in contact with raw meat juices. Partial thawing and refreezing may reduce the quality of some food, but the food will remain safe to eat. Do not refreeze food that has thawed completely – especially meat, poultry and seafood.

## **Unique Nutrient Needs for Seniors**

People 50 years or older – and especially those 70 and older - need less food to maintain their weight, however, their need for vitamins and minerals may stay the same or even increase as is the case for calcium, vitamin D and vitamin B 12. Higher levels of calcium and vitamin D are needed to keep bones strong – nonfat or lowfat milk provides an excellent source of both. Because many older adults cannot efficiently use the vitamin B 12 that is found in animal foods, vitamin B 12 fortified foods such as breakfast cereals or supplements are better absorbed. Check with your physician or health care provider to find out if you need supplements.