



Family Focus

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March is National Nutrition Month®

The slogan for this year's event is "Get a Taste for Nutrition." See how well you can do on the National Nutrition Month® quiz.

- If you want a snack, which of the following foods has the fewest calories per serving?
 - 1 medium apple
 - 1 slice bread
 - 1 ½ ounce cheddar cheese
 - 4 large California ripe olives
- One of the reasons for the trend to heavier weights may be that Americans tend to underestimate the amount of food they eat by what percent?
 - 25%
 - 40%
 - 50%
 - 75%
- Whole grain foods provide more nutrients as well as fiber. How many servings of whole-grain foods should we consume daily?
 - 2
 - 3
 - 4
 - 5
- Omega-3 fatty acids appear to protect the heart against deadly rhythm disturbances. In addition to walnuts, which of the following is a rich source of omega-3 fatty acids?
 - peanuts
 - flaxseed
 - apple
 - broccoli
- How do you choose the foods you eat? According to consumer research, which factor tops nutrition as the number one reason why consumers buy one food over another?
 - packaging
 - preparation time
 - taste
 - cost

Quiz answers: 1-d, 2-c, 3-b, 4-b, 5-c

Want to reduce acid reflux?

According to research conducted in Stockholm, two lifestyle habits, smoking and salt intake, contributed to a likelihood of developing acid reflux. Researchers concluded the more years a person smoked, the more likely they were to develop acid reflux. Likewise, individuals who regularly shook extra salt on their meals were more likely to develop acid reflux.

Lifestyle habits that seemed to reduce the risk of developing acid reflux were eating whole grain breads high in dietary fiber and getting regular exercise.

Source: Tufts Health & Nutrition Letter, Volume 22, Number 12

Find your personal balance between food and physical activity

If you eat just 100 calories a day more than you burn you will gain about one pound a month. Becoming healthier is about the balance of the food you eat and the activity you get.

Recommendations from the newly released 2005 *Dietary Guidelines for Americans* suggest the following over and above your regular activity:

- Be active for at least 30 minutes most days of the week to reduce the risk of chronic disease.
- About 60 minutes of almost daily activity may be needed to prevent weight gain. (Previously overweight individuals may need 60 to 90 minutes of almost daily activity to maintain weight loss.)
- Children and teenagers should be physically active for 60 minutes every day, or almost every day.