

# To Your Health

## Dinner on a Dollar

You *can* prepare appealing and nutritious meals and stay within your budget. You *can* please your family and save money by planning meals, shopping carefully and using your basic food preparation skills.

First, look at your food habits.

- Do you eat on the run, stopping often at fast food restaurants or convenience stores?

- Do you purchase convenience foods regularly - such as frozen main meal dinners, single-serving products, frozen or prepared cakes or pastries, cooked whole chickens and deli foods?

- Do you eat out or order in often (pizza, for example)? Total your monthly spending on these items and you'll be surprised how much money you're spending on food. Even though convenience foods can make life a little easier by saving time, a 'dollar here and a dollar there' adds up quickly.

## Battle Hypertension

"Dairy does a body's blood pressure good" - as long as the dairy is low-fat (1% or nonfat in particular). That conclusion comes from a new analysis of data on almost 30,000 participants in the observational Women's Health Study. Researchers found that an increased intake of low-fat dairy products reduced women's risk of developing hypertension. Women with the greatest average low-fat dairy consumption were 11% less likely to develop high blood pressure than those consuming the least.

The latest US Dietary Guidelines recommend that all adults get 3 servings of low- or nonfat dairy products daily. Milk is a good beverage choice, along with yogurt, cottage cheese, cheeses made with skim milk, etc., in meals or for snacks.

Source: Tufts University *Health & Nutrition Letter*, May 2008

## Dairy's Health Benefits

Dairy foods help to build and maintain strong bones, control blood pressure and maintain a healthy weight. Dairy foods also have been shown to help reduce the risk of heart disease and stroke, osteoporosis and obesity. The health benefits of dairy foods are so significant that, according to a recent report, daily consumption (3 to 4 servings) by all Americans could lead to a reduction in healthcare costs of \$26 billion in the first year and more than \$200 billion over five years.

Source: Midwest Dairy Association, May 2008

## Milk Q & A

**Q:** Does skim milk contain the same amount of calcium as whole milk?

**A:** Yes, actually skim milk contains a small amount more calcium which occurs when the fat is removed from the milk and calcium becomes more concentrated.

## Hm-m, Hm-m, Good!

### Fruit Smoothies...

Serve fruit smoothies for breakfast - with whole wheat toast. Or serve them as a snack - with an oatmeal cookie for extra energy.

#### Fruit Smoothies

Makes 3 servings, 1 cup each

2 to 3 cups frozen or fresh fruit, such as banana, strawberries, peaches, and/or berries

1 6-to 8-ounce carton vanilla, plain, or fruit-flavored yogurt\*

$\frac{1}{4}$  cup milk\*

3 ice cubes

Wash hands.

Put all ingredients in a blender.

Blend on high until smooth.

Pour into glasses, and enjoy!

- Try this when you have overripe or extra fruit.
  - To freeze fresh fruit for future use, prepare as for eating, place in a sealable plastic bag and put in freezer.
  - Use low-fat yogurt for fewer calories and fat.\*
- \*Nutrition Facts based on using low-fat milk and yogurt.

**Nutrition Facts** per 1 cup serving: 150 calories, 15 calories from fat, 1.7g total fat, 0.9g saturated fat, 5.5mg cholesterol, 61.3mg sodium, 31.5g total carbohydrate, 2.8g dietary fiber, 22.6g sugars, 4.9g protein, vitamin A 2%, calcium 15%, vitamin C 68%, iron 2%

Source: *Food and Fun for Healthy Families*, 2008 Nutrition Calendar, May recipe, Iowa State University Extension, EFNEP 230

**HINT:** When making Fruit Smoothies, use fruit your family likes, and try a new fruit too. Kids will enjoy helping make this refreshing treat.

## A Good Reason to Get Moving!

Lace up those sneakers and hit the trail! A new study of more than 60,000 people suggests that **walking for 30 minutes five times a week or jogging for a half-hour three times a week can reduce your risk of stroke by at least 40%**. Steven Hooker, PhD, director of the Prevention Research Center at the University of South Carolina and the study's lead author says, "Stroke risk dropped dramatically at an aerobic fitness level that was actually very modest." He goes on to say that, "Fitness has a protective effect regardless of the presence or absence of other stroke risk factors, including family history of cardiovascular disease, diabetes, high blood pressure, elevated cholesterol levels and high body-mass index (BMI)."

The American Stroke Association reports that approximately 780,000 US adults will have a stroke each year. Strokes are the number-three cause of death and a leading cause of serious, long-term disability in the US. This study found that a low-to-moderate amount of aerobic fitness for men and women throughout their adult years would be enough to substantially reduce stroke risk.

Source: Tufts University *Health & Nutrition Letter*, May 2008

## Swing Your Arms When You Walk

When you walk, bend your arms at the elbow and pump from the shoulder. Swing your right arm forward as you step forward with your left leg. As you swing each arm forward, your wrist should be near the center of your chest. Keep your wrists straight, your hands unclenched, and your elbows close to your sides. Pumping your arms this way lets you walk faster, and provides upper body workout.