

VACATION, SCHOOL, NUTRITION NEWS

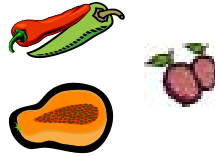
Food for Fitness and Fun - August 2004

Pick a **better** snack™ –

(how easy is that?)

AUGUST featured produce for the Pick a **better** snack™ – the **color** way campaign includes:

- Papaya
- Red Raspberries
- Honeydew Melon
- Hot Peppers
- Nectarines



To learn more about selection, storage and use – go to the Food for Fitness and Fun website at

www.extension.iastate.edu/food

PLAY CAR GAMES WITH CHILDREN

- I'm Going on Vacation – The leader says, "I'm going on vacation and I'm taking a _____ (something that begins with an A). The next person



- repeats the leader's item and says something that begins with a B and so on.
- Minute Madness – Choose a letter. Everyone has one minute to say as many words beginning with that letter as possible
- I Spy – Someone says "I spy with my little eye something _____ (a color)". Whoever guesses right gets to go next.
- How many? – Each person chooses an item to count outside the car. Give them one minute to count as many of these as they see. This can also be done with items of the same color or items with the same beginning sound of the alphabet.
- The Alphabet Game – Find the letters of the alphabet in order on signs & license plates.
- The Number Game – Try finding all the numbers to 100 on license plates & signs.
- I can't go to school today – Leader says, "I can't go to school today because _____ (list an excuse beginning with A)." Ex – There's an alligator in my locker. The next person says an excuse beginning with B and so on.

Source: Joan Donovan, Youth Development Specialist

MORE HEALTHFUL LUNCHES



It's that time of year again! With kids off to school they are again faced with the important question: what's for lunch? With childhood obesity on the rise, having a nutritious lunch is an important part of an overall

healthful diet. Since most kids consume one-third of their daily total calories at lunch, here are tips to help them eat more super-nutritious foods.

PACK IT YOURSELF:

- Plan ahead!! It helps to have all the right ingredients on hand for making the best lunch. You might even consider coming up with a weekly menu. Involve the kids in planning whenever possible.
- Avoid last-minute rushing by preparing all or part of lunch the night before.
- Make sure you include at least one fresh fruit or vegetable – both is even better!
- Best beverage bets include skim milk, water or 100% fruit juice.
- Remember food safety. It is best if you keep foods chilled in insulated lunch boxes with either an ice pack or frozen juice box. FMI visit www.fightbac.org

THE SCHOOL LUNCH LINE

- Obtain a school lunch menu and help your child make better decisions at home. Stress the importance of the basics:
 - Eating enough fruits and vegetables
 - Choosing items that are low in fat
 - Keeping sugary foods a treat, not a mainstay
 - Having a variety of grains, fruits and vegetables, low-fat protein and low-fat dairy items each day
- Practice making better choices everywhere you go so your child is better equipped at the lunch line.

Source: *Communicating Food for Health*, August 2004

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WHERE THE CALORIES COME FROM

An analysis in *The Journal of Food Composition and Analysis*, June-August '04, set out to describe the foods and food groups that contribute the most to population intake of calories or energy. Two representative surveys were examined, the Third National Examination Survey (NHANES III), conducted in 1988-'94, and the NHANES 1999-'00.



- The number-one contributor of energy intake in both time periods was soft drinks. It contributed 7.1% of energy intake in 1999-2000.
- Among food groups, "sweets, desserts" contributed the most to energy intake.
- Three nutrient-poor food groups, "sweets, desserts," "soft drinks" and "alcoholic beverages" contributed almost 25% of all energy consumed in the U.S. population.
- "Driving a car" was the number one contributor of energy expenditure (after sleeping) and counted for 10.9% of all energy expended.
- "Watching TV/movie" was number two.
- Leisure-time physical activities contributed only 5% to total energy expenditure.



Source: *Communicating Food for Health*, August 2004

WE GET QUESTIONS

Question: "On the Nutrition Facts label, white bread has less than 1 gram of fiber and whole-wheat bread has only 2 grams. The whole grain number seems so low."



Answer: A slice of bread usually weighs about 26 grams, or slightly less than one ounce. There are 3.6 grams of fiber per ounce of whole-wheat flour and .9 grams of fiber in white flour. This represents four times more fiber in the whole-grain flour, but that does not translate to bread because bread is made of water and flour. Whole-grain breads contain almost double the amount of fiber, and this amount, while small per slice, adds up over time. Margaret Pfeiffer, MS, RD, CD, advises, "I don't think you should get all your fiber from a cereal or couple slices of bread, but it all adds up when you choose plenty of whole grains, veggies and fruits."

Source: *Communicating Food for Health*, August 2004

NEW HOPE FOR OLD JOINTS

More than 20 million Americans are afflicted with the most common type of arthritis, which is called osteoarthritis (OA). OA results from the deterioration of the cartilage in the joints. OA often starts between ages 40-60 and is common in overweight people. The aging of the baby boomers, coupled with America's expanding waistlines, makes it likely that millions more Americans will develop OA in the next decade.

What promotes osteoarthritis? Trauma to the joint can lead to inflammation and more osteoarthritic damage. However, OA appears to be due in part to a chronic low level of inflammation in the joints, which contributes to the breakdown of cartilage even in the absence of severe joint trauma. Elevated levels of CRP (an inflammatory protein) are seen particularly in those with more serious OA.

One of the molecules the human body uses to make new cartilage and the fluid that lubricates the joints is called glucosamine. As people grow older, the production of this natural component of cartilage may not be adequate. Glucosamine can be extracted from shellfish as well as the cartilage of cattle. Two long-term clinical trials have shown that 1500 mg/day of glucosamine sulfate prevented the loss of cartilage in osteoarthritic joints and significantly reduced the pain associated with OA.

5 TIPS TO PREVENT OR TREAT OSTEOARTHRITIS

1. Adopt a healthful low-fat, high-fiber diet and lose as much excess body fat as possible.
2. Nontraumatic exercise won't hurt and may help, especially if it can help you control your weight. Nontraumatic exercise includes walking, low-impact aerobics, skating, swimming, riding a bike and resistance training (weights).
3. Taking 1,500 mg/day of glucosamine sulfate is definitely beneficial and a lot less risky than Nonsteroidal Anti-Inflammatory Drugs (e.g., aspirin, ibuprofen, acetaminophen, etc.).
4. High doses of vitamin C may make OA worse and should be discouraged. Eating a diet rich in vitamin C is a much better idea. Vitamin C is found in green peppers, citrus fruits and juices, strawberries, tomatoes, broccoli and greens.
5. Arthroscopic surgery for OA is ineffective.

Source: *Communicating Food for Health*, August 2004

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

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