

To Your Health

November 2009

Stay Well During Flu Season

Last month, this newsletter featured information on handwashing - a vital tool for battling the flu.

There are, however, other smart things you can do to keep yourself and family members as healthy as possible.

Eat plenty of fruits and vegetables. Produce is packed with nutrients your immune system needs to fight viruses and bacteria of all types. Go for all types of brightly colored fruits and vegetables. They will have more of the disease-fighting antioxidants, like vitamin C and beta-carotene. Fresh, frozen, dried, canned (in juice for fruits), and 100% juice - all offer health benefits.

Drink plenty of fluids. Water is always a refreshing choice. Tea, especially antioxidant-rich green tea, can be way to warm up and stay hydrated. 100% orange juice or other

juice is also good, but don't overdo it. A small glass a day is plenty. Drinking enough fluids (6 to 8 cups a day) will help keep your mucous membranes moist and able to fight off germs.

Choose nutrient-rich snacks. During flu season, your body needs every drop of nutrition it can get, so don't waste your calories on 'empty' snacks. Skip the chips, cookies, and colas. Feed your body well with a variety of tasty nutrient-rich items. In addition to fruits and vegetables, go for sunflower seeds, nuts (almonds, walnuts, cashews, etc.), low-fat yogurt, and beef jerky.

Source of information: *Eat Right Montana* monthly newsletter - a coalition promoting healthy eating and active lifestyles.

New at MyPyramid.gov

Take a look at the web site www.MyPyramid.gov.

New information has been added.

- MyFoodAPedia.gov - gives quick access to food information - food groups, calories, comparisons.
- MyPyramid for Moms - helps moms-to-be start out right.
- MyPyramid for Kids and MyPyramid for Preschoolers have been added.

You'll also find:

- Rate What You Ate
- MyPyramid Menu Planner

Take a Few Minutes - Fuel Up with Breakfast

Skipping breakfast to shave precious morning minutes is not a good habit. Try these "lightening-fast" ideas to propel you and family members throughout the morning.

A little on the lunch side: Turkey and low-fat Swiss cheese on whole-wheat bread plus 100% orange juice and low-fat or fat-free milk.

If you need breakfast "to go," try -

Peachy Plus: A container with $\frac{1}{2}$ to 1 cup low-fat cottage cheese and diced peaches. Add a bag with a serving of whole grain crackers.

Smooth and Crunchy: A bottled yogurt smoothie, small bag of whole-grain cereal, and a banana.

After all, who says that you have to eat breakfast the minute you get up - especially if you're not hungry yet? Take breakfast with you; eat it within the first few hours of your day to feed your body and mind.

Source of information: Midwest Dairy Council and International Food Information Council Foundation

Healthy Eating On the Run

People are looking for fast, easy and good-tasting foods to fit their busy lifestyles. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere.

Think ahead and plan where you will eat. Consider meal options available. Look for restaurants or carry-out with a wide range of menu items.

Read menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.

Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

At a sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or lowfat spreads. And don't forget the vegetable toppings.

Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has

more than twice the fat and calories of the regular size.

Grabbing dinner at the grocery store deli? Select rotisserie chicken, salad-in-a-bag and freshly baked whole grain bread. Or, try sliced lean roast beef, potato salad, and fresh fruit.

Source of information: American Dietetic Association

Comfort Food

Remember this combination when you want a hot, quick breakfast or snack, or as part of lunch. The fruit and raisins add sweetness and texture. Be adventurous and experiment with other combinations, such as rye bread, Swiss cheese, and sliced tomato.

Grilled Cheese and Fruit Sandwich

Makes 4 servings

- 8 slices cinnamon raisin or whole wheat bread
 - 2 tablespoons soft margarine spread
 - 4 slices processed American cheese food
 - 2 small apples or pears, thinly sliced
1. Wash hands.
 2. Spread one side of each bread slice lightly with margarine.
 3. Place four slices of bread, margarine side down in skillet or on griddle. Top each with one cheese slice. Arrange fruit slices over the cheese.
 4. Top with remaining bread slices, margarine side up.
 5. Grill in skillet or on griddle over medium heat. Cook 2 to 3 minutes, turn and cook 2 to 3 minutes more or until golden and cheese is melted.

Nutrition Facts per serving: 400 calories, 140 calories from fat; 16g total fat, 4.5g saturated fat, 1g trans fat; 15mg cholesterol; 910mg sodium; 57g total carbohydrate, 9g dietary fiber, 16g sugars; 12g protein.

Source: www.extension.iastate.edu/foodsavings