

Better Living For Texans

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Hello, this issue of the BLT newsletter will be dedicated to healthy beginnings. Every healthy beginning starts with breakfast, getting more fruits and veggies, whole grains, and of course, exercise in our daily lives.

The many Benefits of Breakfast

The right breakfast foods can help you concentrate, give you strength – even help you maintain a healthy weight. Your mother was right: Breakfast really is the most important meal of the day. Not only does it give you energy to start a new day but breakfast is linked to many health benefits, including weight control and improved performance.

Studies show that eating a healthy breakfast (as opposed to the kind containing doughnuts) can help give you:

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance in the classroom or the boardroom
- More strength and endurance to engage in physical activity
- Lower cholesterol levels

Eating breakfast is important for everyone, but is especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination.

Breakfast Benefit: Weight Control

Many studies, in both adults and children, have shown that breakfast eaters tend to weigh less than breakfast skippers. Why? One theory suggests that eating a healthy breakfast can reduce hunger throughout the day, and help people make better food choices at other meals. While it might seem you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of breakfast-skippers, and they eat more at lunch and throughout the day.

Another theory behind the breakfast-weight control link implies that eating breakfast is part of a healthy lifestyle that includes making wise food choices and balancing calories with exercise.

Make Lean Protein Part of Your Breakfast

Adding a little lean protein to your breakfast may be just the boost you need to help keep you feeling full until lunchtime.

A traditional breakfast of eggs may be one of the best ways to get your morning protein. While eggs are not always associated with weight loss, they contain some of the highest-quality protein.

Choosing the Right Breakfast Foods

This just goes to show how important it is to choose the right foods for breakfast. A healthy breakfast meal should contain a variety of foods, including fruits, vegetables, whole grains, low- or non-fat dairy, and lean protein.

Even if you think you don't have time to eat breakfast, there are grab-and-go options that fill the bill. Some quick and healthy choices include:

- * A veggie omelet and a piece of whole-wheat toast
- * A whole-wheat English muffin with low-fat cheese, a scrambled egg, and slice of tomato or lean ham
- * Smoothie made with fruit and low-fat yogurt
- * Salmon on ½ whole-grain bagel with light cream cheese
- * Whole-grain cereal with fresh fruit and low-fat milk
- * Oatmeal made with skim milk, raisins and nuts, with 4 ounces of orange juice
- * Low-fat yogurt and a piece of fresh fruit
- * Yogurt smoothie and breakfast bar
- * Hard-boiled egg and a banana

Source:

www.webmd.com/diet/features/many-benefits-breakfast

Apples...



You've heard, "An apple a day will keep the doctor away." While it will certainly take more than a daily apple to keep you healthy, it is a step in the right direction. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are still very inexpensive.

Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease. The insoluble

fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.

It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. Most of an apple's fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor.

There are hundreds of varieties of apples on the market today, although most people have only tasted one or two of the most popular such as Red Delicious or Granny Smith. Apples can be sweet, tart, soft and smooth or crisp and crunchy, depending on the one you choose. There is an apple to suit almost everyone's taste, so why not choose one. Have an apple today!

Five Reasons To Eat An Apple Every Day



1. Your Diet - Apples are the perfect, portable snack: great tasting, energy-boosting, and free of fat.
2. Your Heart - Research confirms it! The antioxidant phytonutrients found in apples help fight the damaging effects of LDL (bad) cholesterol.
3. Your Digestion - Just one apple provides as much dietary fiber as a serving of bran cereal. (That's about one-fifth of the recommended daily intake of fiber.)
4. Your Lungs - An apple a day strengthens lung function and can lower the incidence of lung cancer.
5. Your Bones - Apples contain the essential trace element boron, which has been shown to strengthen bones - a good defense against osteoporosis.

DID YOU KNOW!!

Two pounds of apples make one 9-inch pie.

Apples are a great source of the fiber pectin. One apple has five grams of fiber.

Apples are a member of the rose family.

Most apples are still picked by hand in the fall.

The science of apple growing is called pomology.

Source:

www.urbanext.illinois.edu/apples/facts.cfm

More Matters: Fruits and Veggies

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

Busy lives can benefit from food that's nutritious, yet easy to eat, on-the-go like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

How many fruits and veggies do I need?

Based on sex, age, and activity level, everyone is different.

- Women need 1 ½ to 2 cups of fruits and 2 ½ to 3 cups of veggies a day.
- Men need 2 to 2 ½ cups of fruits and 3 ½ to 4 cups of Veggies a day.

What counts as a serving of fruits and veggies?

What does a serving of broccoli look like? How many baby carrots are in a cup? Even the most well-versed nutrition professionals don't have all these measurements memorized! So let's make it

easier: fill half your plate with fruits and vegetables at each meal or eating occasion.

Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day—and you won't have to do all the math!



So ... Keep It Simple: Fill half your plate with colorful fruits and vegetables at every meal!

Source:

www.fruitsandveggiesmorematters.org



Whole Grains

Health experts advise everyone – men and women, young and old – that grains are a healthy necessity in every diet, and that it's important to eat at least half our grains as "whole grains."

The medical evidence is clear that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. Few foods can offer such diverse benefits.

People who eat whole grains regularly have a lower risk of obesity, as measured by their body mass index and waist-to-hip ratios. They also have lower cholesterol levels.

Because of the phytochemicals and antioxidants, people who eat three daily servings of whole grains have been shown to reduce their risk of heart disease by 25-36%, stroke by 37%, Type II diabetes by 21-27%, digestive system cancers by 21-43%, and hormone-related cancers by 10-40%.

Is there any difference nutritionally between whole white wheat and "regular" whole wheat?

Experts consider these two kinds of whole wheat to be the same, nutritionally. Most of the nutrition differences among wheat varieties are driven by environmental conditions, such as weather and soil composition. For example, when crops are in a drought, the protein in wheat will be higher and may function differently.

Identifying Whole Grain Products



The Whole Grains Council has created an official packaging symbol called the Whole Grain Stamp that helps consumers find real whole grain products. The Stamp started to appear on store shelves in mid-2005 and is becoming more widespread every day.

What if I can not find the Stamp?

First, check the package label. Many whole grain products not yet using the Stamp will list the grams of whole grain somewhere on the package, or say something like "100% whole wheat." You can trust these statements. But be skeptical if you see the words "whole grain" without more details, such as "crackers made with whole grain." The product may contain only minuscule amounts of whole grains. Note that words like "wheat," "durum," and "multigrain" can (and do) appear on good whole grain foods, too. None of these words alone guarantees whether a product is whole grain or refined grain, so look for the word "whole" and follow the other advice here.

If it says....

- * whole grain [name of grain]
- * whole wheat
- * whole [other grain]
- * stoneground whole [grain]
- * brown rice
- * oats, oatmeal (including old-fashioned oatmeal, instant oatmeal)
- * wheatberries

Then it is "**Whole Grain**" !!

If it says.....

- * enriched flour
- * degerminated (or corn meal)
- * bran
- * wheat germ

Then it is **NOT** "Whole Grain" !!

Source:

www.wholegrainscouncil.org

How Much Physical exercise do I need?

- Adults-30-60 minutes a day depending on activity level.
- Kids-60 minutes or more a day, depending on activity level.

What is in season??

Fruits-grapes, avocado, figs, apples, and persimmons.

Veggies-summer squash/zucchini, mushrooms, celery, onions, cauliflower, chile pepper, cabbage, brussels sprouts, cauliflower, rhizomes - gingerroot, galangal, and tumeric.

Recipe!!!

Cranberry Apple Relish

Servings:

Serves 10. ½ Cup per serving.

12 ounces fresh or frozen cranberries
2 large apples, diced
1/4 cup dried minced onion
1 cup brown sugar
½ cup raisins
1 cup apple juice
dash cinnamon

Combine all ingredients in a saucepan. Bring to a boil then reduce to a simmer. Cook on low heat until the apples are tender, about 20 minutes. Serve hot or cold.

Total Preparation + Cooking Time: 20 min. (5 Prep, 15 Cook)

Nutrition Information

Calories 138, Total Fat 0.2g, Saturated Fat 0g,
Trans Fat 0g, Cholesterol 0mg, Sodium 10mg,
Carbohydrates 39g, Dietary Fiber 3.5g, Sugars 25.4g,
Protein 1.1g, Vitamin A 35.6iu (0%), Vitamin C 6.2mg (10%),
Calcium 37mg (3%), Iron 0.8mg (4%)

Until Next Time....



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Better Living for Texans

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