

# Family Issues

July/August 2011

## Food Pyramid Moves to My Plate



The USDA recently launched **My Plate** to replace the food pyramid which has been around in various forms since 1992. **My Plate** is the new healthy eating symbol that aims to show that nutrition doesn't have to be complicated. **My Plate** is simply a circle divided into

quadrants that contain fruits, vegetables, protein and grains, with dairy on the side. The new symbol illustrates what your plate should look like when you sit down to eat.

The new dietary guidelines focus on the following three areas:

- **Balance Calories** –
  - Enjoy your food, but eat less
  - Avoid oversized portions
- **Foods to Increase** -
  - Make half your plate fruits and vegetables
  - Make at least half your grains whole grains
  - Switch to fat-free or low-fat (1%) milk.
- **Foods to Reduce** –
  - Compare sodium in foods like soup, breads and frozen meals – and choose the foods with lower numbers
  - Drink water instead of sugary drinks.

Additional information on **My Plate** is available on the USDA website at [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov) Use **My Plate** to plan healthy and enjoyable meals.

*Marsha Lockard*

Marsha Lockard, Owyhee County Extension Educator

### District II Extension Educators Family and Consumer Sciences

Barbara Abo	◆	Ada
Beverly Healy	◆	Ada
Linda Gossett	◆	EFNEP
Joey Peutz	◆	Payette
Marsha Lockard	◆	Owyhee

### County Extension Offices

Ada.....	287-5900
EFNEP .....	287-5920
Adams .....	253-4279
Canyon.....	459-6003
Elmore.....	587-2136
Gem/Boise.....	365-6363
Owyhee .....	896-4104
Payette.....	642-6022
Valley .....	382-7190
Washington.....	414-0415

Family Issues is published six times a year. This newsletter provides current information in the areas of family development, leadership skills, nutrition, food safety, money and time management.

## Boosting Metabolism to Lose Weight



Metabolism refers to the way the body uses energy (measured in calories). The body uses calories in 3 ways:

1. To sustain vital body functions like breathing, heart rate, waste removal, cell growth and cell repair, even when at rest (which account for 75% of the calories you burn each day).
2. For physical activity (15%)
3. For digestion and absorption of foods (which uses about 10% of your daily calories)

To boost your metabolism and assist with weight loss, try these important tips:

- **Do 30 minutes or more of aerobic activity at least four to five times per week.** Try brisk walking, biking or dancing to burn calories and get your heart pumping.
- **Strength-train three times a week** to increase your lean muscle and the rate at which your body burns calories. Strength training slows the muscle loss of aging which helps boost metabolism.
- **Don't wait more than five hours between meals** (except at night). Skipping meals can slow your metabolism and deprive you of needed energy.
- **Eat breakfast** to wake up your metabolism after a night's sleep. Having breakfast gives you energy and helps prevent overeating at your next meal.
- **Get at least seven to eight hours of sleep each night.** Sleeping only four to five hours per night alters the amount of appetite regulating hormones, leading to an increased appetite. These hormonal changes combined with having more awake time to eat and feeling too tired to exercise all contribute to weight gain.

Source: The Newsletter of Food, Nutrition and Health, Volume 33.

## Because You Asked:

**Q. I read that there are new guidelines for daily sodium consumption?**

**A. Yes,** the American Heart Association (AHA) has issued a "call to action" for all Americans to reduce their dietary sodium intake to 1,500 milligrams (mg) per day to improve cardiovascular health and reduce the number of deaths caused by cardiovascular disease and stroke. Excess dietary sodium can damage the heart, kidneys, and blood vessels, in addition to raising blood pressure.



**Q. What is casein?**

**A.** Casein is a protein found in milk. It is also used as a binding agent in many food products and medications. If you are lactose intolerant or allergic to milk, it is important to read the ingredient labels on products before consuming them. Even a product that is labeled "lactose free" may contain casein. For example, some imitation cheese products made from soy contain casein.



Source: Cornell University Center for Women's Health

## Four Quick, Healthy Breakfasts Under 400 Calories



Many people think the key to weight loss is to eat less, but it turns out that skipping breakfast can actually hinder your weight loss efforts.

Studies have found that people who eat breakfast are actually slimmer than those who skip this important meal. Breakfast should be about nutritious food that is filling. For a healthy breakfast incorporate a good protein with fruit and/or vegetables and whole grains. Avoid breakfast fast foods that are high in sugar and fat (such as doughnuts and pastries).

Some simple planning will go a long way toward keeping your breakfasts quick and nutritious. Be sure to put breakfast foods – fruits, low-fat milk, whole-grain bread or cereal, yogurt and eggs – on your grocery list so you have everything you need on hand. If you find yourself rushing in the morning, prepare your meals ahead of time. For example make a four-egg omelet instead of a two-egg omelet and put half in the fridge for later in the week. Pre-slice fruit, like melons or apples, or buy pre-sliced fruits or vegetables from the super-market. Keep foods in easily accessible locations in your pantry and fridge so you don't have to hunt for them.

Taking simple steps like replacing white bread with whole-grain bread, switching to low-fat or nonfat milk and avoiding high-fat foods like bacon and sausage are all great ways to kick start your weight loss.

Try these four quick and healthy breakfasts, all less than 400 calories that you can eat daily to boost your metabolism and help lower your daily calorie intake.

### Omelet Breakfast

2 whole eggs  
 ½ cup spinach  
 ½ cup red peppers  
 1 slice whole-grain toast



Calories 221	Protein 16 g	Fat 10 g
Saturated Fat 3 g	Carbohydrates 17 g	Sodium 249 g

### Yogurt Breakfast

8 oz. plain, low-fat yogurt  
 10 grapes  
 1 oz almonds (about 24)



Calories 340	Protein 18 g	Fat 18 g
Saturated Fat 3 g	Carbohydrates 31 g	Sodium 160 g

### Cereal Breakfast

1 cup whole-grain cereal\*  
 1 cup low-fat milk  
 1 banana

Calories 390	Protein 14 g	Fat 4 g
Saturated Fat 2 g	Carbohydrates 83 g	Sodium 118 g

\*Cereal with no added sugar & at least 3 g fiber

### Bread and Fruit Breakfast

1 slice whole-grain bread  
 1 apple  
 1 Tbs almond butter

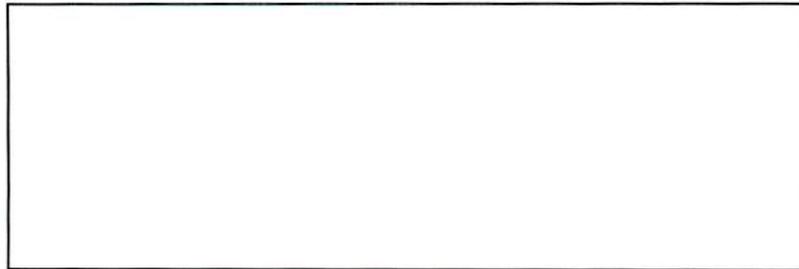


Calories 262	Protein 7 g	Fat 10 g
Saturated Fat 1 g	Carbohydrates 39 g	Sodium 112 g

University of Idaho  
Cooperative Extension System  
Valley County Extension  
108 W. Pine Street  
PO Box 510  
Cascade, ID 83611  
(208) 382-7190

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## Protect Your Nonstick Cookware



To protect your nonstick cookware and to limit chemical exposure:

- Do not heat an empty pan and do not overheat the pan while cooking
- Don't put nonstick cookware in an oven over 500 degrees
- Use plastic or wooden utensils to avoid scratching your pans
- Maintain your cookware surfaces with gentle cleansing
- Dispose of chipped cookware

## What's Inside...

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# Harvest Food Preservation Classes

## Limited Seating

Take one class or take them all!



### Home Canning Made Easy, Wed. Aug. 31, 7-9:30 pm

Learn safe home canning techniques including altitude adjustments, acidifying tomatoes and other helpful tips. Lecture/demo only. (L/D)

### Jams, Jellies, & Fruit Spreads, Wed. Sept 7, 7-9:30 pm

Learn how to make and process jams, jellies, and conserves. Adjusting firmness will also be explained. (L/D)

### Pickling Basics, Thurs. Sept. 8, 7 to 9:30 (L/D)

Learn about different types of pickled foods. Problems and solutions will also be addressed.

### Canning Basics, Wed. Sept 14, 7 to 9:30 pm (L/D)

Basics of canning including safe methods for using boiling water-bath canners & pressure canners.

### Tomato Products & Salsa, Tues. Sept. 20, 7 to 9:30 pm (L/D)

Learn about preserving tomato products and the importance of proper acidity. Learn how to make salsa from tested recipes that can be processed safely in a boiling water canner.

### Hands-on Pressure Canning, Wed. Sept 21, 6-9:30 pm

Learn why low-acid foods must be canned in a pressure canner. Learn how to identify low-acid foods and learn safe, up-to-date procedures for using and caring for your pressure canner.

### Dehydration: Drying fruits and Vegetables - Tentative date week of 26th.

Check below if you are interested and you will be contacted.

Cost: \$10.00 all classes except *Hands-on Pressure Canning*—\$35.00 See form below.

University of Idaho  
Extension  
Ada County

All classes are at the UI Extension Office in Ada County, 5880 Glenwood St.,  
Boise, ID FOR MORE INFORMATION CALL 287-5900

Seating is limited. Enroll today by filling out the form below and sending  
with your check payable to Bursar, UI, 5880 Glenwood Street, Boise, ID 83714

✂✂✂ Clip and mail with your check. Deadline to register is one week before class. ✂✂✂

- |  |   |
|--|---|
| <input type="checkbox"/> Home Canning Made Easy - August 31, \$10.00   | <input type="checkbox"/> Jams, Jellies and Conserves - September 7, \$10.00 |
| <input type="checkbox"/> Pickling Basics - September 8, \$10.00  | <input type="checkbox"/> Canning Basics - September 14, \$10.00             |
| <input type="checkbox"/> Tomato/Salsa - September 20, \$10.00  | <input type="checkbox"/> Hands-on Pressure Canning - September 21, \$35.00  |
| <input type="checkbox"/> Dehydration: Drying Fruits & Vegetables - tentative week of 26th. ✓ for additional information when dates are confirmed |   |

Name \_\_\_\_\_ Phone \_\_\_\_\_

P O Box or Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email address: \_\_\_\_\_

Please list all people and their complete addresses so they will get a reminder postcard. Use back of form for additional people. Keep top of form for your information.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations  
need to contact Ada County Extension Office two weeks prior to the event at 287-5900.

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# Secure Your Future Estate Planning



Classes Offered in Boise and Nampa 7-9:30 PM both venues  
October 11 & 18 in Boise, Ada County Courthouse, 200 Front Street, Boise  
October 13 & 20 - Nampa, Nampa Civic Center, 311 3rd Street South

Cost: \$15.00 for the two sessions or \$25.00 couple. Includes one set of materials for a couple

**Secure Your Future** will help you take major steps to safeguard your family's inheritance.

Class 1: Organize Your Important Papers & Advance Directives

Class 2: Prepare: Advice from an Attorney (Wills, Trust, Probate, Titling Property)

Website: <http://extension.ag.uidaho.edu/ada>

University of Idaho

**There will be no sales or marketing of products or services.**

**Co-Sponsors: Canyon/Owyhee Financial Literacy Coalition, Idaho End-of-Life Coalition, and the University of Idaho**

✂ ✂ Clip and mail the form below with your check made payable to **Bursar, U of I** to 5880 Glenwood Street, Boise, ID 83714 ✂ ✂  
**Registration Deadline for Secure Your Future is October 4, 2011.**

Fill out completely. We will send a reminder postcard before your class. Call 287-5900 for more information.

\_\_\_\_ Sign me up for **Boise**, Oct 11 & 18, Tuesdays      \_\_\_\_ Sign me up for **Nampa**, Oct 13 & 20, Thursdays

Name: \_\_\_\_\_ Day phone \_\_\_\_\_

Street Address or P O Box

City

State

Zip

Email: \_\_\_\_\_

## Strong Women, Stay Young

**Strong Women** is a national fitness and nutrition program for women. The **Strong Women** program will help you increase your strength, bone density, balance and energy and you will look and feel better. Staying physically active and being properly nourished are two of the most important things you can do to stay healthy for life. The **Strong Women** program has shown scientifically proven benefits for middle-aged and older women.

Enrollment is limited, to pre-register for the **Strong Women** classes starting in mid- September and running through November, contact the local Extension Offices in Ada (287-5900), or Owyhee (896-4104) counties.

Classes are held Monday and Wednesday evenings (5:30 pm) in Boise and Tuesday and Thursday mornings (9:30 am) in Marsing. Class fee is \$25.00 for the series of classes. Classes are 1 hour in length and include weight training exercises and nutrition topics.

STRONG WOMEN TO BETTER HEALTH



STRONGWOMEN

For more information about the Strong Women program, please contact:  
Marsha Lockard, Owyhee County Extension Office.  
1-208-896-4104 or [mlockard@uidaho.edu](mailto:mlockard@uidaho.edu)

In compliance with the Americans with Disabilities Act of 1990, those requesting reasonable accommodations need to contact Ada County five days before the class at 287-5900.

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