

Fall 2011

MyPlate - American Guidelines for Eating

Every 5 years, the Dietary Guidelines for Americans is revised. From that, recommendations are made to help Americans of all ages make food choices which will meet nutrition requirements for disease prevention and improve overall health and wellness.

The current guidelines were released in January 2011. In June 2011, the graphic to depict the guidelines was unveiled. The new graphic is MyPlate graphic replacing MyPyramid which has been used for 10 years. MyPlate serves as a reminder of the five food groups which we should eat daily. It also is suggestive of the proportions of each food group to other groups with emphasis on increasing whole grains, fruits and vegetables each day.

The action steps for Americans are:

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half of grains from whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Choose foods with less sodium
- Choose water rather than sugary beverages



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Boost Your Child's Nutrition

The current Dietary Guidelines emphasize more fruits, vegetables and whole grains. While you want to provide healthy choices for your children, will they eat it? Well, sometimes, you just have to be sneaky!

Everyone likes smoothies, but rather than using fruit juice and ice, sneak in more nutrition. Substitute fresh, frozen or canned fruit for the juice (increases fiber) and use low-fat or fat free yogurt, ice cream and/or milk.

Use whole grain products when making spaghetti, macaroni, or other pasta dishes. You may want to mix some whole grain and some regular pasta at first until your children get used to the whole grain texture. For sandwiches, use white whole wheat bread. When selecting any grain product, look for the grams of fiber under carbohydrates on the Nutrition Facts label. Select products which have 3 or more grams of fiber per serving.

Add pureed or chopped veggies. Pureed vegetables can be added to most soups, sauces, or ground meat dishes and even the pickiest of eaters won't notice. When making tuna, chicken, or even potato salad, add finely chopped celery, zucchini, or other veggies, and decrease the mayonnaise or other high-fat dressing.

Raising a Child Cost Increases

A child born in 2010 will cost a family \$226,920 over the next 17 years. This is a 2% increase over the cost from 2009. The largest increases were for education, child care, health care and transportation. A full report is available at www.cnpp.usda.gov.



Discard Old Cribs

Any baby crib made before July 23, 2010 is prohibited from being sold or donated for any cause. Any crib made after June 28, 2011 must meet new safety standards issued by the U.S. Consumer Product Safety Commission (CPSC). A crib made between July 23, 2010 and June 28, 2011 must have a certificate of compliance to show it meets new federal regulations.

The new standards ban drop sides which have resulted in deaths of infants when the head gets caught by sides accidentally dropping. New cribs must also have stronger mattress supports, more durable hardware, and pass more rigorous testing. Full information on crib regulations is at www.cpsc.gov. Scroll down to the crib picture under Safety Information.



2011 MetLife Educator Training

Colorado State University Extension will provide educator trainings through Colorado this fall using the *Food, Culture and Reading* 4-H curriculum. This nutrition education curriculum utilizes reading as a way to learn about food and healthy living while also learning about different cultures. Teachers will participate in experiential activities they can use with students. Educators completing the training will be able to check out kits from local Extension offices to use in their classrooms.

Trainings will be in Northeast Colorado at Sterling on October 14 and at Brush on November 12. Colorado licensed teachers receive 6.5 continuing ed units. Training registration is \$15 which includes materials and lunch.

Measuring Your Energy Usage

CSU Extension offices in Northeast Colorado have Kill-a-Watt™ meters available for loan to measure your electricity usage. Meters are plugged into an outlet and appliances are then plugged into the meter. The meter records the appliance's electrical usage. It can also project energy cost and use data over a period of time from 1 hour up to a year.

The meter can help make decisions about appliance usage and evaluate the overall cost savings of purchasing more energy efficient appliances. *Contact your local Extension office to check out a Kill-a-Watt™ meter.*



FDIC Consumer News

The Federal Deposit Insurance Corporation publishes quarterly issues of *FDIC Consumer News*. This publication provides practical guidance on how to be a smarter and safer user of financial services. Each issue offers hints, tips, and strategies to help consumers protect and stretch their dollars. The latest issue featured information on choosing different types of mortgages, how to reduce or eliminate costs of checking accounts, shopping for credit cards, and much more.

This free publication is on the FDIC website at www.fdic.gov/consumers/consumer/news. You can also get a free mailed copy by emailing your information to publicinfo@fdic.gov, or calling 1-877-275-3342, or writing FDIC Public Information Center, 3501 North Fairfax Drive, Room C-1002, Arlington, VA 22226.

Why We Need Cash

While it seems like we've gone to a cashless society, it is important to have some cash on hand. The recent weather disasters have shut down businesses, disrupted travel, and cut electricity to various areas of our country. Would you be prepared to cover basic needs if you couldn't get to a bank, use your credit or debit card, or the ATM machine wasn't working.

With some cash in hand, you will be better able to cover immediate expenses such as food, water, shelter, medications, gas or other necessities. How much do you need to keep on hand for emergencies?

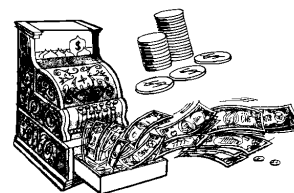
That depends on:

1. the number of members of in your household,
2. any special needs you or others have,
3. the amount you feel comfortable losing if it would be lost or stolen,
4. the severity of an emergency.

A couple hundred dollars could be enough to bridge the gap until basic services are restored.

The key to having the emergency fund ready when you need it is to put it in a safe place where you aren't tempted to use and then forget to replace. A good place to stash the cash is in a water and fireproof area where you should also store essential records that could otherwise be destroyed in the event of a disaster.

Source: Carol Young, K-State Research and Extension Financial Management Specialist



Money Talk

Women often have unique financial needs. 85% of all women will be financially on their own at some time in their life.

Some never marry; some will see marriages end in divorce; others will outlive their husbands. Of the elderly poor in America, more than 70 percent are women.

Because women usually live longer than men, their money needs to last longer. Women often earn less than men and may have gaps in employment which affect retirement benefits.

Some women rely on a spouse for income and are at risk for becoming a “displaced homemaker” if the relationship ends. Some women lack financial experience because their culture belief may be “the man is supposed to handle the money.”



Money Talk: A Financial Guide For Women was developed just for women to address these financial issues.

Participants work through action steps to become an informed money manager. Money Talk educates and empowers women to take control of their financial lives.

The next Money Talk 5-week series in Northeast Colorado begins Tuesday, October 4 in Akron. Participants receive a Money Talk manual for a resource. Guest speakers will present financial information and be available to answer questions.

Contact Washington County Extension for details on enrolling in this program.

If you are interested in attending a Money Talk program in other Northeast counties, contact the Extension Office in your county.

Using Coupons Wisely

Using coupons for purchases is becoming more popular, thanks to reality TV.

Companies will promote purchases with coupons as a way to keep the product name constantly in front of the consumer; or as a way to promote a new, or newer version of a product.



While coupons can offer savings on products you regularly purchase, they may not always guarantee the best price or value. If the coupon is for a product also available as a store or a generic brand, always compare the net price of all options with using a coupon. Generics and store brands are often from the same food processor as national brands. Yet, the national brand may sell for 40 to 50% more. One way to save with coupons is use them when products are on sale, and especially at stores which offer double or triple coupon value.

If you use a coupon to try a "new" product, make sure it is something you or your family will use. Products often get purchased because of a coupon and then stay in the cupboard or pantry until out of date.

Managing in Tough Times

This workshop will be September 13 and in Holyoke on September 14, both from 5 to 8 p.m. It is for agricultural families to learn about strategies they can take during tough, as well as good, economic times to decrease financial, human and production risks.

Workshop topics include business and strategic planning, feasibility analysis, alternative crop and farming options, debt management and restructuring, stress management, decision making and family communication. Register at the Washington County Extension Office.

Preserving Food Safely

The renewed interest in self-sufficiency has energized families to start a garden and grow their own food. Many have even planted enough to preserve extra to enjoy during the coming year. Food preservation can be as simple as freezing or as complex as making brined pickles. Whatever your choice, be sure to do it correctly using current research-based procedures so the food will be safe to eat.

If you learned food preservation by watching your mother, aunt, or grandmother - be aware recommendations have changed quite a bit in the past 15 years. In the mid-1990s, extensive research was conducted on all methods of food preservation with all types of foods. From that research, many formerly accepted methods of preservation are now considered unsafe and methods for processing have been updated.

If you are not using a current food preservation resource, it's time to pitch the old and get current recommendations and/or resources. Here are some options.

* Contact the Extension Office in your county to visit with a Family & Consumer Agent. for current recommendations.

* *CSU Extension Fact Sheets* on all types of food preservation available at Extension offices or website: ext.colostate.edu/pubs/pubs.html

* *Ball Blue Book Guide to Preserving* may be ordered from www.freshpreserving.com; also check at Extension Offices for copies at reduced price due to bulk ordering.

* *So Easy to Preserve*, National Center for Home Food Preservation at University of Georgia, www.uga.edu/nchfp OR from retail book stores.

* *USDA Complete Guide to Home Canning* can be ordered through Purdue University or printed as a pdf file on www.uga.edu/nchfp

Microwaves and Food Safety

No one wants to give up the convenience of their microwave oven. But, many cooks are cutting corners when they cook or reheat food in their microwave which could result in a case of food borne illness.



Even a microwave with 1000 watts or more and a turntable to rotate foods may not adequately heat food. Because of how microwaves function, they cannot heat food evenly throughout the dish, so food must be stirred or the dish turned several times during the cooking time.

And, a food thermometer **MUST** be used to check temperatures to ensure the food has been heated enough to kill pathogens which can cause food borne illness. Just looking at a food or guessing it's hot enough because it feels warm or you see steam is not adequate. Any food cooked or reheated in a microwave oven **MUST** reach 165 degrees to be safe.

Eat Local - But Eat Safe

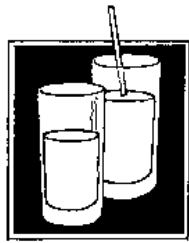
With emphasis on local foods, we're seeing individuals raising their own eggs and even milking their own cow or goat. While using local foods can help you be self-sufficient, it can also lead to serious food borne illness. There have been recent cases of illness due to eating undercooked or raw eggs and consuming raw, unpasteurized milk.

If you are producing your own food which can harbor harmful pathogens, it is recommended eggs be cooked to 165 degrees to destroy salmonella pathogens. To pasteurize milk, it can be heated to 145 degrees for 30 minutes; or to 161 degrees for 15 seconds.

For any food safety questions, contact your county Extension Office.

Wise Beverage Choices

This has been a hot summer, and a cool beverage can help you stay cool and hydrated. BUT, depending on your choice of drinks, you may be consuming lots of extra calories - which can result in extra pounds.



Water is the beverage of choice. It's calorie-free, healthful, and readily available. Right out of the tap - it's even relatively free. If you purchase bottled water, read the label to see whether it has sugar or other sweeteners to make it tastier. If it has a caloric sweetener, remember the nutrition information on the label is usually for a serving of 8 ounces - not the entire bottle which might be 2-1/2 or 3 servings.

For those who may not like the taste of tap water, you can make your own flavored drink by adding a splash of lemon or orange juice. Another option is to add sliced oranges, limes, peaches or other fruit.

Coffee drinkers often like the iced varieties, but those drinks contain a lot of extra sugar and fat calories from the flavored syrups or whipped toppings. They can also be expensive, so you try making your own with some low-fat milk and less or no sweetener.

If you select fruit drinks, check the label to see how much juice it actually contains. Only those which have 100% juice can be called juice. If it contains less than 100% juice, it will be called a fruit drink, beverage, punch, cocktail, ade or similar name. Read the label to find out if you're getting real juice or flavored sugar water.

A word of caution. While 100% fruit juice provides healthy nutrients, too much might not be so good. Fruit does contain natural sugar and therefore calories. An 8 oz. glass of juice is all you need each day to provide necessary nutrients.

Nutrition and Cataract Prevention

Cataracts affect over 20 million Americans age 40 and older. By age 80, more than half of all Americans will have a cataract.

While aging is a primary factor for cataracts, other factors also play a role, including exposure to sun and nutrition. A recent study found people who had low levels of vitamin C in the blood had higher rates of developing cataracts.

Super sources of vitamin C include citrus fruits such as oranges. But, there are also many vegetables which are excellent sources of vitamin C. These include peppers, broccoli, sweet potatoes, carrots, melons, strawberries, tomatoes, and winter squash



Kid PHIT

Youth in kindergarten through fifth grade are invited to join this nutrition and physical activity program offered weekly this fall at the WRAC in Wray. Programs are held each Monday from September 19 through October 24 from 3:30 - 5 pm.

Contact Yuma County Extension for details on your child can become part of this activity.

Food Trends for 2011

Food choices change over time and here are some of the food trends we are currently seeing in the United States.

1. Food companies are looking at differences in generations (boomers, Gen-Yers, etc.) and are targeting them with different foods, flavors, and marketing messages.
2. Cooking food at home has seen a revival, partly due to interest in better health, but also due to reduced income available for eating out.
3. The popularity of eating locally grown foods has risen. 87% of fine dining, 63% of casual, and 59% of family dining establishments offer locally produced food on their menus.
4. 67% of consumers consider themselves knowledgeable and interested in food.
5. Natural ingredients ranked 3rd on the list of most looked for items on ingredient labels. Marketers of processed foods report using more "fresh" ingredients.
6. Focus is on natural functionality of food rather than fortification of foods when considering nutritional benefit.
7. Despite increased interest in healthy choices, consumers are still eating dessert.
8. The number of adults which reported eating 3 meals a day has increased to 44%, up 6% from 2009.
9. Adults report they select certain foods as a way to address health issues.
10. 67% of consumers report spending more time at home with family, and 44% entertained at home rather than going out.

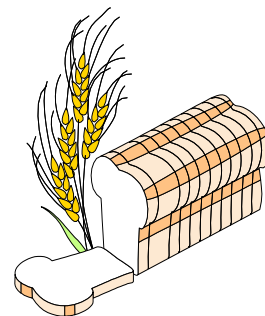
Source: Institute of Food Technologists

Work and Obesity

Part of the reason Americans have gained weight and we've seen an increase in obesity is that our jobs have changed over the past 50 years and we have grown more sedentary. While the obesity epidemic has largely been blamed on the amount and type of foods eaten, this latest report shows food consumption is not the entire reason.

The US Bureau of Labor Statistics and the National Health and Nutrition Examination Survey analyzed data comparing energy expenditure at work from the early 1960s to current times. In the early 60s, 48% of the jobs in private industry required at least moderate physical activity. Today, it has dropped to 20%. As a result, men today are burning an average of 140 fewer calories each day on the job. For women, they are using 124 fewer calories a day.

The weight effects of these changes in calories required at work closely match the actual increases in the weight of Americans over the same time period.



Fiber

Extensive data over a 9 year period of nearly 400,000 in a National Institute of Health -AARP Diet and Health Study

found those who had the highest fiber intake also were less likely to die from cardiovascular, respiratory, or infectious diseases.

People with the highest fiber intake - 30 grams a day for men and 25 grams for women - were 22% less likely to die than those who ate less fiber. The 2010 Dietary Guidelines recommend 14 grams of fiber per 1000 calories consumed.

Source: Tufts Health and Nutrition Letter, July 2011; Archives of Internal Medicine

Healthy Aging

Extension offers several programs targeted at helping older adults maintain good health and active lives as they age. Classes will be offered in Northeast counties this fall. Check the schedule on the calendar page or call your county office for dates. Consider registering for one or both of the following opportunities.

A Matter of Balance Fall Prevention

Falls are a major cause of injury and death among older adults. And, the cost of treating and care afterward is substantial - \$19 billion in 2000 and expected to reach \$55 billion by 2020. A Matter of Balance fall prevention program focuses on reducing the fear of falling in older adults and improving their activity level to continue living independently.

A Matter of Balance is 8, two-hour classes presented by trained coaches program. The classes use strategies to reduce the fear of falling and help participants diminish their risk of falling. Classes include group discussions, problem solving, home safety evaluation, and exercises for strength, balance, and flexibility.

Strong People Stay Healthy

This program, also designed for older adults, uses strength exercises using hand and ankle weights to increase leg and arm muscle strength, maintain or improve bone density, and develop better balance and flexibility.

Classes meet 2 or 3 times each week for 12 weeks. Strength exercises and weights used are based on the individual's health and fitness assessment. A doctor's approval is required for this program.



Bed Bugs

Bed bugs have been on the increase in many living situations in Colorado and throughout the United States. Bed bugs were nearly eradicated from the United States following World War II, but are now being found in many living situations, especially in apartments, rental properties and temporary lodging such as motels and hotels.

Bed bugs can be accidentally carried on furniture (especially mattresses and overstuffed chairs or couches), luggage, and other materials. Whitney Cranshaw, CSU Extension Entomology Specialist, says it is the only insect in Colorado which is adapted to living entirely with humans.

Bed bugs aren't usually seen until you're on a search for them because someone has been bit. Bed bugs will lay eggs along folds in a mattress, joints of furniture, and behind molding. Eggs hatch in 6-10 days with nymphs immediately seeking "food". However, bed bugs are resistant to starvation and can survive for considerable time without feeding. Under ideal conditions, bed bugs can reproduce 3 or 4 generations annually. This can make eradication fairly difficult; therefore you have to be persistent.

While commonly found in sleeping areas, other parts of the home should be inspected. They can move through holes in walls such as for electrical wiring or plumbing. This can be a problem area in multi-unit dwellings.

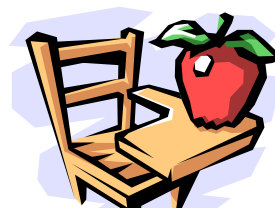
Treatment involves using effective insecticides, and may include disassembling furniture and even disposing of infested items. Full details on bed bugs and treatment is in the CSU Fact Sheet 5.574 at your local Extension office or the extension website at www.ext.colostate.edu/pubs/pubs.html.

Mark Your Calendars

For details on any event listed, contact the Extension Office in the county where the event will occur. Office contact information is listed on the first page of this newsletter.

September --

- 5 Extension Offices Closed, Labor Day Holiday
- 7 Basic Food Preservation, 6:00 pm, Idalia
- 9 Supplements - Facts & Fiction, 12 noon - 1 p.m., Fort Morgan
- 10 Food Preservation 101, 9 am - 12 noon, Akron
- 12 Strong People Stay Healthy begins, 9 - 10 am Monday & Friday, Akron
- 13 Strong People Stay Healthy begins, Time TBA, Tuesday & Thursday, Yuma
- 13 Strong People Stay Healthy begins, 4:30 - 5:30 pm, Tuesday & Thursday, Otis
- 13 Managing Tough Times, 5:00 - 8:00 pm, Akron
- 14 Managing Tough Times, 5:00 - 8:00 pm, Holyoke
- 19 Kid PHIT begins, 3:30 - 5 pm, Wray
- 21 Spanish ServSafe Food Handler Training, 1:00 - 6:00 p.m., Fort Morgan
- 21 Hands-On Food Preservation, 6:00 pm, Idalia
- 23 Fall Prevention Awareness Day
- 24 Hands-On Food Preservation, 9 am - 12 noon, Idalia
- 26 Strong People Stay Healthy begins, 4:30-5:30 pm, Monday, Wednesday, & Friday, Akron



October --

- 3 A Matter of Balance 4-week class begins, 9-11 am, Ft. Morgan
- 3 Strong Women - Healthy Hearts 12-week class begins, 5:30-6:30 pm, Akron
- 4 Money Talk 5-week series begins, 6:00 - 8:00 pm, Akron
- 14 Diabetes Success monthly program, 12 noon, Fort Morgan
- 14 MetLife Educator Training, 8:30 am - 4:30 pm, Sterling
- 19 Registration Due for November ServSafe Food Handler Training



November --

- 2 ServSafe for Food Handlers, 9am - 3 pm, Sterling
- 11 Diabetes Success monthly program, 12 noon, Fort Morgan
- 12 MetLife Educator Training, 8:30 am - 4:30 pm, Brush

If you received this newsletter in the mail, BUT would like to receive future issues by email or access it on the Extension website, contact the Extension Office in your county with your email address (see page 1 to contact each office).