The University of Georgia Cooperative Extension

Control your high blood pressure ....

Learning for Life

The ideal blood pressure is under 120/80!

- **Eat 8 or more fruits and vegetable per day.**
- **Lose 10-20 pounds if overweight.**
- **Do at least 30 minutes of physical activity every day.**
- **Drink very little. One drink or less for women and 2 drinks or less for men.**
- **Control stress.**

The University of Georgia Cooperative Extension

Contact your local office at

To get more fruits and vegetables:

At Breakfast:

Have a fruit or vegetable like a banana on cereal or an omelet with spinach and mushrooms.

For both Lunch and Dinner:

Have 2 vegetables like a salad and green beans and a fruit for dessert.

For Snacks: Have fruit or vegetables raw, in salads or in soups.

Publication # FDNS-E-89-89

Reviewed by Connie Crawley MS, RD, LD 2013

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Committed to a Diverse Work Force

Eat more foods lower in sodium

- Eat more fresh food and food frozen or canned without added salt.
- Eat out less often.
- Do not add salt to your food .
- Read Nutrition Facts Labels for the sodium content .
- Choose more foods with 5 % or less of the Daily Value for sodium.
- Cut back on salty snacks like crackers, pretzels and chips.
- Season your food with herbs and spices.
- Avoid cured meat, salty lunch meat, sausage and bacon.

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Compare These Two Soup Labels

Soup #1

Calories 90	Calories from Fat 0
Total Fat 0g	**0 %**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	**0%**
Cholesterol 0 mg	**0%**
Sodium 210 mg	**9%**

Soup #2

Calories 90	Calories from Fat 0
	% Daily Value
Total Fat 0g	**0 %**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	**0%**
Cholesterol 0 mg	**0%**
Sodium 820 mg	**34%**

Which one is the better choice if you are trying to consume less sodium?

Publication # FDNS-E-89-92

Reviewed by Connie Crawley June 2013

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Control your high cholesterol and triglycerides

Learning for Life

Be tested at least every 5 years.

The University of Georgia Cooperative Extension

Contact your local office at

- **Know your total cholesterol, HDL and LDL-cholesterol and triglycerides.**
- **Lose 10-20 pounds if overweight.**
- **Do at least 30-60 minutes of physical activity 5 or more days per week.**
- **Eat less saturated and trans fat and cholesterol.**
- **Consume less sugar and refined carbohydrate.**

Total cholesterol— less than 200

LDL– under 100

HDL– over 40 for men and 50 for women

Triglycerides—under 150

Publication # FDNS-E– 89-90

Reviewed by Connie Crawley MS, RD, LD 2013

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Just the facts

- Cholesterol is only in animal foods.
- Alcohol will raise triglycerides.
- Exercise raises HDL-cholesterol .
- Both saturated and trans fats raise cholesterol .
- Eat fiber rich foods like vegetables, fruits and whole grains more often.
- If you are a man, keep your waist under 40 inches.
- If you are a woman, keep your waist under 35 inches.
- Take drugs if needed daily.

The University of Georgia Cooperative Extension

Control Diabetes and Pre-Diabetes to protect your heart ....

Learning for Life

Know your ABCs!

- **Aim for an A1C under 7% or an estimated average glucose under 154 if you have diabetes.**
- **Get your blood pressure under 120/80.**
- **Keep the bad LDL-cholesterol under 100.**
- **Don't smoke.**
- **Lose weight if needed.**
- **Be active 30 minutes or more at least 5 days a week.**
- **Have your blood glucose checked often if you are at risk.**

The University of Georgia Cooperative Extension

Contact your local office at

How much to lose?

Lose 5-7% of your current weight to reduce risk for diabetes and to improve diabetes control.

Your current weight	5% loss in pounds	7% loss in pounds
150	7 1/2	10 1/2
175	9	12
200	10	14
225	11	16
250	12 1/2	17 1/2
275	14	19
300	15	21

What can count as activity?

Structured Exercise		Activity of Daily Living	
Biking	Elliptical machine	Mowing	Heavy yard work
Swimming	Weight lifting	Vacuuming	Washing windows
Brisk walking	Water aerobics	Washing the car or windows	
Dancing	Tennis	Cleaning the garage or basement	

Publication # FDNS-E-89-88

Reviewed by Connie Crawley MS, RD, LD 2013

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You are at higher risk for heart disease if you are ....

Learning for Life

Do something for your heart – Be Proactive!

- **Obese**
- **Have Diabetes**
- **Smoke**
- **Are inactive**
- **Have total cholesterol 200 or more**
- **Have blood pressure 120/80 or more**
- **Have a family history of heart disease**
- **Are a woman over 55 or a man over 45**

The University of Georgia Cooperative Extension

Contact your local office at

Consume *heart healthy* food and drinks such as…

- Vegetables
- Fruits
- Non-fat and low fat dairy foods
- Fish and skinless poultry
- Salt free nuts
- Water

Do 30-60 minutes daily of activities such as:

-walking

-chair aerobics

-strength training

-swimming

-biking

-dancing

Have regular check-ups

Publication # FDNS-E-89-83

Reviewed by C. Crawley June 2011 and 2013

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To Lose Weight to Reduce Heart Disease Risk ....

Learning for Life

Take Your Time and Do It Right!

- **Get your waist to 35 inches or less for a woman or 40 inches or less for a man.**
- **Plan a start date and make one change at a time.**
- **Switch to water and sugar free drinks.**
- **Have a fruit at every meal.**
- **Have 1 cup of vegetables at lunch <u>and</u> supper.**
- **Eat smaller portions of meat, poultry and fish.**
- **Say "YES" to physical activity.**

The University of Georgia Cooperative Extension

Contact your local office at

What will you change first?

Checkmark one of the behaviors below that you want to try first to help control your weight.

☐ **Drink water or sugar free drinks instead of sugary drinks.**

☐ **Eat 1 fruit at each meal.**

☐ **Eat a cup of green or yellow vegetables at lunch and supper.**

☐ **Keep my portion of meat, chicken or fish to the size of a deck of cards.**

☐ **Substitute beans for meat.**

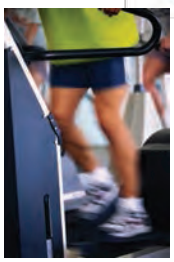
☐ **Use the nutrition label to choose lower fat, lower sugar and lower calorie food.**

☐ **Season my vegetables only with light margarine.**

☐ **Eat only a half baseball portion of pasta, potatoes or rice.**

☐ **Consume only non-fat or low dairy foods.**

☐ **Take a healthy dish to a family gathering.**



☐ **Eat a low cal snack to curb my hunger before meals.**

☐ **Work up to 30-60 minutes of physical activity 5 or more days a week.**

Publication # FDNS-E-89-87

Reviewed by Connie Crawley MS, RD, LD 2013

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Foods & Nutrition EDUCATION

The University of Georgia Cooperative Extension Service

Seven Ways to Control Your High Blood Pressure

If you have high blood pressure, there are seven things you can do to control it:

1. Eat more fruits, vegetables and low fat dairy products. The D.A.S.H. (Dietary Approaches to Stopping Hypertension) Diet is a proven way to lower your blood pressure. To follow it:

- slowly increase your intake of fruits and vegetables to eight servings per day (2 servings per meal and 2 snacks)
- have three servings of non-fat or reduced fat dairy foods per day (1 per meal)
- choose whole grain breads, cereals and grains instead of white bread, low fiber cereals and refined grains
- eat no more than 6 ounces of meat, fish or poultry per day (3 ounces or less per meal)
- have only 2-3 small servings per day of soft or liquid margarine and vegetable oils
- eat nuts, seeds and dried beans 4-5 times per week

2. Eat less sodium. The D.A.S.H. diet works even better if you cut back on sodium. Sodium is one of the chemicals in salt. Nutrition labels tell you how much sodium a food has. Eat less than 2300 milligrams per day. Getting used to less salt will take you about 2 - 3 weeks, but you can learn to like less.

- eat more fresh food and fewer convenience foods, canned vegetables and soups, salty snacks and cured meats
- use low sodium and salt-free foods
- eat out less often - restaurant food tends to be high in sodium
- take the salt shaker off the table
- slowly cut the salt added in cooking by at least half

3. Be active 30 minutes or more a day at least 5 days a week. You can even divide the 30 minutes into 10-15 minute periods. Add lively music and you'll enjoy the activity more and do it with more energy. Moderate activity includes:

brisk walking ❖ house cleaning ❖ lawn care ❖ gardening ❖ dancing

swimming ❖ cycling ❖ walking a golf course ❖ racket sports

4. Lose weight if you are overweight. If you follow the D.A.S.H. diet and become more active, you will likely lose weight. You will feel better and put less stress on your heart.

5. Limit alcohol. Drinking more than one drink per day seems to increase blood pressure. One drink equals 12 ounces of beer, 5 ounces of wine or 1 1/2 ounces of liquor.

6. Don't smoke. Each time you smoke your heart works harder and your blood pressure rises. If you follow the D.A.S.H. diet and become more active, you may not gain weight when you quit.

7. Take your blood pressure medicine. If your doctor prescribes blood pressure medicine, don't stop taking it! Report any side effects like dizziness, nausea or fatigue, to your doctor. There are many medicines to choose from, so you can always try another one. How you "feel" will not tell you how high your blood pressure is.With time, if you eat better and exercise more, you may be able to cut your medicine down, but only with your doctor's OK.

Questions to Ask Yourself

1.What fruits can I add to my diet? _____

2. What vegetables can I add? _____

3. What non-fat or reduced fat dairy foods can I add? _____

4. How can I lower my sodium intake this week? _____

5. How can I get more active today? _____

Publication # FDNS-NE-58a Reviewed by Connie Crawley MS, RD, LD 2013
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The University of Georgia Cooperative Extension

React Quickly to Heart Attack Signs ....

Learning for Life

Don't Ignore Symptoms!

The University of Georgia Cooperative Extension

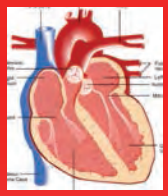
Contact your local office at

What is a Heart Attack?

Heart attacks are the leading cause of death for both men and women.

Blood flow blocked by plaque in coronary arteries.

Oxygen can't be pumped to the body.



Death of heart muscle due to blocked artery.

500,000 new cases of heart attacks occur each year.

Signs

Cold Sweat

Chest Discomfort

Shortness of Breath

Upper Body Discomfort

Signs

Lightheaded

Nausea

Arm Pain

Jaw Pain

Prevention:

Don't Smoke

Limit Drinking

Control your Cholesterol

Exercise Regularly

Maintain a Healthy Weight

Check Blood Pressure

Take Aspirin

Have Regular Medical Checkups

What to Eat:

Eat more Fruits and Vegetables

and Whole Grains

Eat Fish and Skinless Poultry and

Less Salt

You can reduce your risk for a heart attack. However, if you think you are having one, take an aspirin <u>and call 911</u>.

Publication # FDNS-E-89-84

Reviewed by Connie Crawley MS, RD, LD 2013

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My Emergency Card

Cut along dotted lines. Fold card in half and paste with a glue stick (Fold 1). Fold in half again to make your own personal wallet card (Fold 2).

My Emergency Card

Name: _____

Date of Birth: _____ Home Phone: _____

Emergency Contacts:

Name	Relationship	Phone

(FOLD 2)

(FOLD 1)

Do you have any of the following conditions?

Heart disease _____ ☐ Yes ☐ No

Previous heart attack _____ ☐ Yes ☐ No

High blood pressure _____ ☐ Yes ☐ No

High blood cholesterol _____ ☐ Yes ☐ No

Diabetes _____ ☐ Yes ☐ No

Other _____

Front

Emergency Numbers

Family Doctor: _____

Phone: _____

Local Clinic/Hospital: _____

Phone: _____

Fire Department: _____

Local Police Department: _____

Back

List current medications, known allergies, and any other information.

Current medications: _____

Known allergies: _____

Other information: _____

_____

_____

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Signs of Heart Attack Word Find

Find the words listed at the bottom of the page in the following puzzle. They may be backward, diagonal, horizontal or vertical.

T	R	O	F	M	O	C	S	I	D	T	S	E	H	C	A	M	O	S	E	S	T
P	E	B	R	A	T	S	H	L	E	O	M	S	L	O	S	W	P	U	R	R	I
E	N	M	A	D	E	D	O	L	U	B	O	S	V	L	S	Q	O	C	K	X	J
S	L	O	R	U	N	E	R	L	Z	R	K	I	W	D	A	U	S	O	T	C	O
L	T	A	L	I	G	H	T	H	E	A	D	E	D	S	T	I	K	D	W	A	T
I	A	M	D	S	L	C	N	E	O	N	J	Y	W	W	D	C	A	R	R	O	P
H	G	U	P	A	S	W	E	A	Z	I	N	O	D	E	L	R	S	Y	E	S	P
T	G	H	K	T	N	E	S	D	U	D	D	O	S	A	R	E	V	A	S	E	R
Y	E	S	M	E	H	C	S	S	D	S	A	J	W	T	O	H	S	R	T	A	E
H	O	N	T	M	S	I	O	E	N	R	E	W	O	P	V	B	H	O	S	K	B
V	Y	R	I	X	E	S	F	C	R	O	T	A	R	M	P	A	I	N	E	Y	E
J	A	O	X	A	O	N	B	B	T	E	S	S	P	L	G	P	A	J		C	H
Z	K	X	U	P	P	E	R	B	O	D	Y	D	I	S	C	O	M	F	O	R	T
N	P	T	E	Q	B	W	E	K	V	I	A	L	D	O	A	T	L	E	G	U	S
I	X	A	T	U	A	M	A	A	M	K	T	E	S	V	M	E	K	O	J	V	O
S	U	M	G	C	C	O	T	J	E	W	C	H	F	G	T	C	B	E	H	O	R
S	D	Y	S	A	N	P	H	N	A	T	H	O	V	Z	P	R	P	T	E	K	A
Y	H	A	W	Q	P	I	R	F	O	R	S	B	R	A	H	T	O	V	A	W	L

Cold Sweat Jaw Pain Chest Discomfort Lightheaded

Upper Body Discomfort Nausea Arm pain Shortness of Breath

Publication # FDNS-E-89-85 **Reviewed 2013**

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Answers to Signs of Heart Attack Word Find

T	R	O	F	M	O	C	S	I	D	T	S	E	H	C							
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							O							L							
							R							D							
			L	I	G	H	T	H	E	A	D	E	D	S							
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Signs of Heart Attack Word Find

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T	R	O	F	M	O	C	S	I	D	T	S	E	H	C	A	M	O	S	E	S	T
P	E	B	R	A	T	S	H	L	E	O	M	S	L	O	S	W	P	U	R	R	I
E	N	M	A	D	E	D	O	L	U	B	O	S	V	L	S	Q	O	C	K	X	J
S	L	O	R	U	N	E	R	L	Z	R	K	I	W	D	A	U	S	O	T	C	O
L	T	A	L	I	G	H	T	H	E	A	D	E	D	S	T	I	K	D	W	A	T
I	A	M	D	S	L	C	N	E	O	N	J	Y	W	W	D	C	A	R	R	O	P
H	G	U	P	A	S	W	E	A	Z	I	N	O	D	E	L	R	S	Y	E	S	P
T	G	H	K	T	N	E	S	D	U	D	D	O	S	A	R	E	V	A	S	E	R
Y	E	S	M	E	H	C	S	S	D	S	A	J	W	T	O	H	S	R	T	A	E
H	O	N	T	M	S	I	O	E	N	R	E	W	O	P	V	B	H	O	S	K	B
V	Y	R	I	X	E	S	F	C	R	O	T	A	R	M	P	A	I	N	E	Y	E
J	A	O	X	A	O	N	B	B	T	E	S	S	P	L	G	P	A	J		C	H
Z	K	X	U	P	P	E	R	B	O	D	Y	D	I	S	C	O	M	F	O	R	T
N	P	T	E	Q	B	W	E	K	V	I	A	L	D	O	A	T	L	E	G	U	S
I	X	A	T	U	A	M	A	A	M	K	T	E	S	V	M	E	K	O	J	V	O
S	U	M	G	C	C	O	T	J	E	W	C	H	F	G	T	C	B	E	H	O	R
S	D	Y	S	A	N	P	H	N	A	T	H	O	V	Z	P	R	P	T	E	K	A
Y	H	A	W	Q	P	I	R	F	O	R	S	B	R	A	H	T	O	V	A	W	L

Cold Sweat Jaw Pain Chest Discomfort Lightheaded

Upper Body Discomfort Nausea Arm pain Shortness of Breath

Publication # FDNS-E-89-85 **Reviewed** 2013

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Answers to Signs of Heart Attack Word Find

T	R	O	F	M	O	C	S	I	D	T	S	E	H	C							
							H							O							
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							R							D							
			L	I	G	H	T	H	E	A	D	E	D	S							
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			U	P	P	E	R	B	O	D	Y	D	I	S	C	O	M	F	O	R	T
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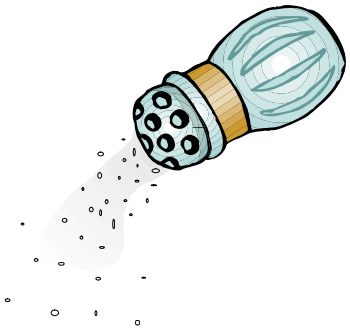
Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Unexpected Sources of Sodium

Where is it coming from?

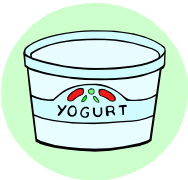
Sodium in the diet



Natural Sources 12%

Added salt & condiments 11%

Processed foods 77%



Recommended Amount

- Less then 2,300 milligrams per day

Average Intake in US

- 4,000 to 5,000 milligrams per day

Possible Negative Side Effects of Too Much Sodium

- High blood pressure
- Fluid retention
- Headaches and dizziness
- Stomach problems

Other Sodium Sources

- Sodium bicarbonate - Baking soda
- Sodium nitrite - preservative
- Sodium benzoate – preservative
- Sodium saccharin - sweetener
- Monosodium glutamate - MSG
- Some medications - antacids

Where do we get all that sodium???

- Canned and frozen vegetables
- Frozen dinners
- Soups – canned and dried
- Ready-to-eat cereals
- Garlic and celery **salt**
- Chips and other salty snacks
- Condiments/sauces – ketchup, mustard, soy sauce, steak sauce
- Canned tuna
- Club soda
- Cured meats – bacon and ham
- FAST FOOD!!!

Control Your Intake!

- Eat fresh, unprocessed foods
- Do not add salt to your food
- Use low-sodium products
- Limit condiment use
- Use salt substitute or herbs and spices instead

Low-Sodium alternatives

- Fresh vegetables
- Homemade soups
- Pepper, garlic powder, parsley
- Fresh lemons
- Oatmeal instead of cereal
- Other salt-free seasonings

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Bulletin # FDNS-E- 89-59 **Reviewed by Connie Crawley June 2011, 2013**

Foods & Nutrition EDUCATION

The University of Georgia Cooperative Extension Service

Building Bones to Last a Lifetime

Bones are like a bank account where you deposit calcium and other minerals to build strong bones. You also withdraw calcium from bones when your body needs it elsewhere. You withdraw more calcium from bones than you deposit when you are older. This leaves you with weaker bones that can fracture easily. This is a condition called osteoporosis.

Like you build a strong bank account with good investments over time, you have to deposit enough calcium during childhood and adolescence so withdrawals do not leave you with weak bones when you are older. You can count on these five recommendations to build strong bones for a lifetime.

1. Eat a healthy diet that includes milk and other dairy foods for calcium and vitamin D, and fruits and vegetables for other nutrients important for strong bones.
Calcium gives your bones strength and structure; vitamin D helps you absorb and get calcium to your bones. Milk is a rich source of both calcium and vitamin D. Feed your bones:

- 2 to 4 servings of milk or dairy foods daily; a serving equals 8 ounces of milk, yogurt, pudding or buttermilk; 1/2 cup ricotta cheese; 1 1/2 ounces hard cheese; or 2 ounces American cheese
- foods made with added calcium, like orange juice, soy drinks and breakfast cereals if you do not drink milk or eat other dairy foods
- beans, almonds, turnip greens and canned salmon with bones to boost calcium
- calcium and/or vitamin D supplements if diet does not supply enough
- five or more servings of vegetables and fruits daily for magnesium, potassium, vitamin K and vitamin C, nutrients also needed for strong bones

Calcium, Milk Group & Vitamin D Recommendations

Age	Calcium (mg/day)	Milk Group Servings	Vitamin D (IU/day)
1 – 3 yrs	500	2	200
4 – 8 yrs	800	3	200
9 – 18 yrs	1,300	4	200
19 – 50 yrs	1,000	3	200
51 – 70 yrs	1,200	4	400
71+ yrs	1,200	4	600

2. Get daily sun exposure so your skin can make vitamin D. Expose your arms or legs to sun for 15 minutes daily, without sunscreen. Apply sunscreen after the 15 minutes. Your skin makes less vitamin D after age 50 and your vitamin D needs increase. So, you have to get enough vitamin D from milk and/or a supplement.

3. Maintain an active lifestyle that includes regular weight-bearing exercises, strength-training exercises, and stretching.

- Weight-bearing exercises include walking, running, aerobics classes, stair climbing, tennis, basketball, soccer, and volleyball. Do any of these *at least* 30 minutes a day three times a week.
- Strength-training exercises are weight lifting with dumbbells or weight machines. Push-ups, stomach curls and leg lifts are some strengthening exercises done without machines. Do strengthening exercises 2 times a week.

- Stretching improves balance and flexibility and helps reduce risk of falling. Do stretching exercises at least 3 times a week.

4. Have bone mineral density testing at the right time in life and take appropriate medications to slow bone loss or build bones when necessary. Premenopausal women and men with risk factors, and women in menopause or past menopause should talk to their doctor about bone mineral density testing. These tests can help a doctor decide if medications are needed to prevent bone loss, slow bone loss or help rebuild bone.

5. Avoid habits that can cause bone loss to start too early. These habits include smoking, drinking excess alcohol and strict dieting that leads to an eating disorder. Consuming too little calcium and getting very little activity or exercise can also prevent you from building strong bones.

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Released by Marilyn Wright, MS RD, LD, December 2001
Publication Number: FDNS-E 73

The University of Georgia

Building Bones to Last a Lifetime

Prevent bone loss with the right food and exercise.

Learning for Life

The University of Georgia Cooperative Extension

Contact your local office at

- ***Consume dairy products and other foods rich in calcium and Vitamin D every day.***
- ***Take calcium and Vitamin D supplements if you cannot get enough from food.***
- ***Eat enough protein and 5 or more fruits and vegetables per day for magnesium, potassium, Vitamin K and Vitamin C.***
- ***Do weight-bearing exercise like walking, jogging, tennis, basketball, weight training or soccer.***

Calcium, Dairy Group and Vitamin D Recommendations			
Age	Calcium milligrams	Vitamin D I.U.	Dairy Group Servings
1-3 years	700	600	2-2 1/2 cups
4-8 years	1,000	600	2-2 1/2 cups
9-18 years	1,300	600	3 cups
19-70 year old men	1,000	600	3 cups
19-70 old women	1,200	600	3 cups
71 and up	1,200	800	3 cups

What Equals a Cup Serving?

- 1 cup milk, yogurt, pudding or buttermilk
- 1 1/2 ounces hard cheese or 1/3 cup shredded cheese or 2 ounces American cheese
- 2 cups cottage cheese
- 1/2 cup ricotta cheese

Other Sources of Calcium (Check Food Labels)

- Fortified soy milk, juices, rice milk, breakfast cereals
- Cooked dried beans and peas
- Turnip greens
- Canned salmon with bones
- Almonds

To preserve bone, do not smoke, drink alcohol excessively or diet too strictly.

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Date Revised By Connie Crawley MS, RD, LD
September 2011, 2013

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Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Cholesterol Definitions

Total Cholesterol

A fat-like substance that is made by the body and is in food made from animal substances. It is needed for body functions but high blood levels can increase heart disease risk.

LDL-Cholesterol

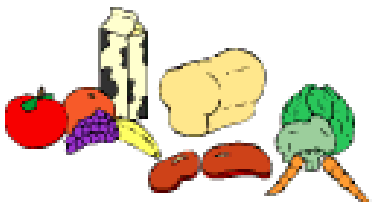
A form of cholesterol in the blood that transport cholesterol *to* the cells to be stored. High blood levels of LDL-cholesterol increase risk for coronary-artery disease.

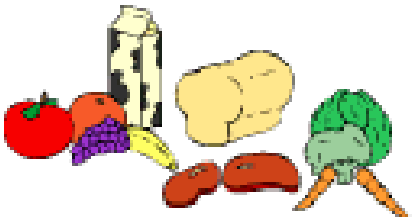
HDL-Cholesterol

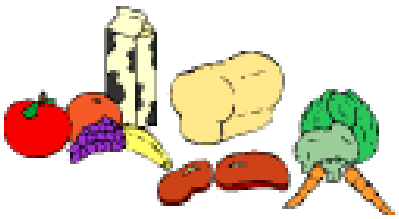
A form of cholesterol in the blood that transports cholesterol *away* from the cells for disposal out of the body. High blood levels of HDL-cholesterol protect the body from coronary-artery disease.

Triglycerides

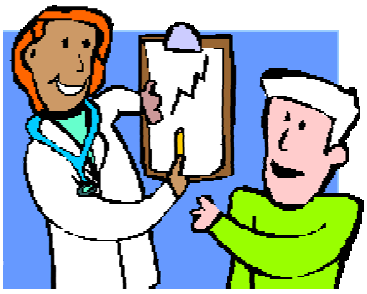
The form of fat found in the body and in food. When triglycerides are high in the blood, risk for coronary-artery disease seems to go up.





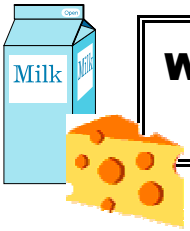


Do You Know What Your Cholesterol and Triglyceride Numbers Should Be????



The National Cholesterol Education Program Recommendations:

Total Cholesterol	Less than 200 mg/dl
LDL-Cholesterol	Less than 100 mg/dl
HDL-Cholesterol	Women: over 50 Men: over 50
Triglycerides	Under 150



Ways to Cut Back on Saturated Fat and Cholesterol

- Use 1/4 egg substitute or 2 egg whites for each whole egg
- Use non-stick vegetable sprays
- Use oil instead of shortening, butter or margarine
- Use reduced fat condensed cream soups
- Use low fat cheese
- Use skim or reduced fat milk, sour cream or yogurt
- Mix lite mayonnaise half and half with yogurt
- Trim fat from meat and poultry

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Publication # FDNS-E-89-2 **Reviewed by Connie Crawley MS, RD, LD 2013**

Foods & Nutrition EDUCATION

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Dealing with G.E.R.D.

What is G.E.R.D. ?

G.E.R.D. stands for Gastro-Esophageal Reflux Disease.

It occurs when the barrier between the stomach and tube from the throat (the esophagus) fails to close properly.

Common Symptoms

- Frequent Heartburn
- Stomach contents comes up into throat
- Chest Pain
- Swallowing problems
- Hoarseness
- Asthma
- Coughing
- Wheezing
- Vocal cords inflamed

Lifestyle Changes to Treat

- Lose weight
- Wear loose clothing
- Sit up after meals
- Go to bed 3-4 hours after meals
- 6-8 inch blocks under head of bed

Medical Treatment

- Various medicines
  - Antacids
  - Foams that coat the stomach
  - Medicines that reduce acid made by stomach
  - Medicines that speed up stomach emptying
- Surgery as last resort

WORK WITH YOUR DOCTOR TO FIND THE RIGHT TREATMENT FOR YOU!

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Foods & Nutrition EDUCATION

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Diverticular Disease

What is Diverticular Disease:

Diverticular disease is a common disease of aging. It is a disease of the colon where outpouchings or hernias form in the wall of the colon. In some people, these outpouchings can become inflamed and cause pain.

There are two forms of diverticular disease:

Diverticulosis

This disease occurs when constipation and the pressure caused by moving dry, hard bowel movements can create pouch-like projections in the outer wall of the colon called diverticula.

Diverticulitis

This disease causes more pain and is more severe than diverticulosis. It occurs when the diverticula become inflammed due to material that gets caught in the diverticula as it is moving through the intestines. The inflammation may lead to pain, infection and bleeding.

Symptoms of Diverticulitis

- Tenderness
- Cramps
- Abdominal pain
- Infection
- Fever
- Nausea, vomiting
- Blood in the stool

FACT:

Ten to 25% of people that suffer from diverticulosis will have an attack of diverticulitis at some point in their lives.

Get the Fiber You Need

Fiber is an important factor for intestinal health. It helps add bulk to the stool and move it smoothly through the intestines. It is recommended that women and men get 25-35 grams of fiber a day. When diagnosed with DiverticulOSIS it is important to eat a diet high in fiber to prevent complications with the disease. *If you experience the symptoms of DiverticulITIS, see your doctor first! A low fiber diet may be recommended.*

Foods that are good sources of fiber include fruits, vegetables, whole grain products, and legumes (beans). Listed below is the amount of fiber in foods that are good sources of fiber.

Food	Amount	Grams of Fiber
Figs, dried	3	10.5
Raspberries, fresh/frozen	½ cup	4.6
Pear, with skin	1 medium	4
Apple, with skin	1 medium	3.7
Banana	1 medium	2.7
Prunes	5	3
Baked potato, with skin	1 medium	4.8
Squash, winter, baked	¾ cup	3.5
Sweet potato with skin, baked	1 medium	3.4
Cabbage, cooked	1 cup	3
All Bran cereal	1/3 cup	6.6
Whole wheat bread	2 slices	4
Rolled oats	¾ cup cooked	3
Shredded wheat, spoon size	½ cup	4
Baked beans, canned	1 cup	16
Black beans, cooked	1 cup	15
Pinto beans, cooked	½ cup	7.3
Lima or butter beans	½ cup	7
Kidney beans	½ cup	6.5

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Bulletin # FDNSE 89- 45

Reviewed by Connie Crawley MS, RD, LD 2013

Foods & Nutrition EDUCATION

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Energy Density Activity

Compare the two labels to determine which cereal is lower in nutrient density. Use the calories per serving and the grams per serving to determine this.

Nutrition Facts - Oatmeal	
Serving size 1 cup (234 g) Servings per container 16	
Amount per serving	
Calories 145 **Calories from Fat 21**	
	% Daily Value
Total Fat 2.3 g	**3%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 2 mg	**0%**
Total Carbohydrate 25 g	**8%**
Dietary Fiber 4 g	**16%**
Sugar 0 g	
Protein 6.1 g	

Nutrition Facts – Low Fat Granola	
Serving size 2/3 cup (55 g) Servings per container 9	
Amount per serving	
Calories 220 **Calories from Fat 30**	
	% Daily Value
Total Fat 3 g	**5%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 150 mg	**6%**
Total Carbohydrate 45 g	**15%**
Dietary Fiber 3 g	11%
Sugar 19 g	
Protein 5 g	

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Food & Nutrition EDUCATION

University of Georgia Cooperative Extension

Food-Drug Interactions

What are food-drug interactions?

Food-drug interactions result from medicines reacting with foods or beverages in the diet.

Why should you be concerned?

Food-drug reactions can sometimes make the drugs less or more effective. They can also cause serious and dangerous health problems.

In what ways can foods and drugs interact?

- Food can speed up or slow down the action of the drug
- Some drugs can change the way the body uses nutrients
- Drugs may make you want to eat more food or suppress your appetite

What are some common food-drug interactions?

- **Grapefruit** with some medicines used to treat seizures, depression, high blood pressure, high cholesterol and pain
- **Alcohol** with some medicines used to treat asthma, bronchitis, and emphysema (bronchodilators), high blood pressure, allergies, and pain
- **Caffeine** with some medicines used to treat asthma, chronic bronchitis, emphysema (bronchodilators), bacterial and fungal infections (quinolones), depression and anxiety disorders, and to relieve pain and promote healing (histamine blockers)
- **Leafy greens** and other Vitamin K-rich foods with Coumadin and other blood thinners.

What should you do to reduce your risk?

- Know the facts about your medicines!
- Take medicines with water, not juice.
- Always ask your doctor and pharmacist about any possible food reactions for a new medicine (see list below for suggestions).
- If you experience any unusual symptoms, seek help immediately.
- Keep a list of all the medicines you take.

Questions to Consider Asking About Your Prescription.

Name of Medicine: _____Date:_____

How often do I need to take the medicine? _____

How much medicine do I take each time? _____

- **Should this medicine be taken:**
  - **with a meal?**
  - **on an empty stomach?**
- **Is it OK to drink regular coffee or tea while taking this medicine?**
  - **Yes**
  - **No**
- **Should I avoid alcohol (beer, wine, mixed drinks) while taking this medicine?**

  No

  Yes
- **I normally eat greens. Do I need to change that while taking this medicine?**

  Yes

  No

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Publication #FDNS-E-89-73

Reviewed by Connie Crawley MS, RD, LD 2013

Making a Change for The Better

1. Write down what you want to change. BE VERY SPECIFIC!

   I will _____.
   (what you want to do)

2. Explain how you will do it. MAKE THE PLAN!

   I will so this by _____
   _____.

3. When will you do this?
   I will work on this _____.
   (give dates)

4. I will need support from (Name all persons and support needed from each.)
   1)_____
   2)_____
   3)_____

   (Add more lines if needed for more people.)

5. I will know I met my goal by _____.
   (How you will keep track of your progress.)

6. My reward(s) will be

   Rewards for smaller steps toward goal _____
   _____.

   Reward when I achieve the final goal _____.

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Publication # FDNS-E-89-16 **Reviewed by Connie Crawley MS, RD, LD 2013**

Foods & Nutrition EDUCATION

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Preventing Infectious Diseases

When disease-causing microorganisms get into our bodies, they can cause illness and sometimes death. These microorganisms are called pathogens. Just who are these troublemakers? They are bacteria, viruses, fungi, and protozoa. We can take steps to prevent these organisms from making us sick.

How Germs Spread

Infections can be spread in many ways. Sometimes a person who is sick spreads a disease by coming in contact with someone else. Other times, a healthy carrier may spread the disease to others, but show no symptoms of the disease himself. This can happen with typhoid, diptheria, and even some cases of salmonellosis, the foodborne illness. Infected animals can also spread illness to humans by direct or indirect contact, for example, through contaminated milk. While other infections can come from our environment. An example would be an air conditioner that contains infectious organisms.

How to Wash Hands

We can reduce our chances of getting sick by hand washing. Always wash your hands in warm, running water using soap. To kill the most germs, rub your hands briskly for at least 20 seconds while washing.

Antibiotics

Our bodies are very good at fighting infection, but sometimes we need antibiotics for extra help. Antibiotics kill bacteria, but not viruses. Always take antibiotics as your doctor orders. Overuse of antibiotics or not taking them as directed can result in antibiotic-resistant bacteria.

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Publication # FDNS-E-89-14a **Reviewed by Connie Crawley MS, RD, LD 2013**

Foods & Nutrition EDUCATION

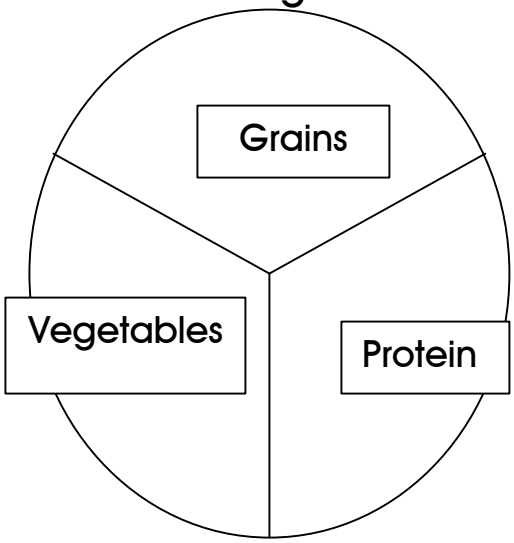
University of Georgia Cooperative Extension Service

Making the Right Choices to Reduce Cancer Risk

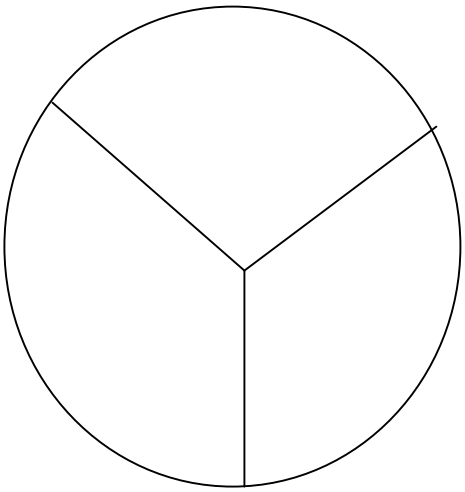
Know the 4 P's of Cancer Prevention

- **Plant Based Diet** – eat more vegetables, fruits and whole grains
- **Portion Control** – learn how to estimate portions to control weight
- **Physical Activity** – get moving 30 minutes or more most days of the week
- **Practical Thinking** – plan well to make slow, realistic change

Use the New American Plate to Choose a Meal Higher in Fruits and Vegetables



Sample



Your Choices?

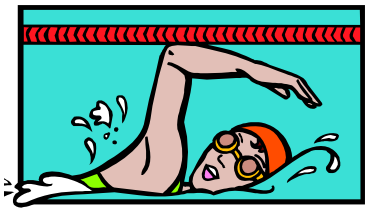
Control Your Portions

½ cup vegetable, fruit or grains	½ Half baseball, rounded adult handful
¼ cup dried fruit	Golf ball, scant adult handful
1 cup salad greens	Baseball, adult fist
3 ounces meat	Deck of cards, bar of soap
1 ounce meat	Small matchbox
8 ounces fish	Thin paperback book
Medium potato	Computer mouse
2 tablespoons peanut butter	Ping pong ball

What Activity Will You Do?
Circle One or More

Walking

Swimming



Biking

Or Write Down Other Activities

_____

_____

_____

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Reviewed by
Connie Crawley MS, RD, LD 2013
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The University of Georgia

SOFAS: Solid Fats and Added Sugars

SOFAS contain many calories and few nutrients

Learning for Life

The University of Georgia Cooperative Extension

Contact your local office at

Solid Fats

- Solid at room temperature.
- Can be saturated or trans fats.
- Bad for your heart or arteries.
- Found in meat, whole fat dairy foods, shortening, butter, and partially-hydrogenated vegetable oils.

Sugars

- Naturally in fruits and milk.
- Often added to foods during processing, preparation , or at the table.

Consume Healthy Fats!

Healthy Fats are oils.
Good sources are:
Nuts
Avocado
Oily Fish - salmon, trout, mackerel, sardines, albacore tuna, herring
Vegetable Oils

- Olive Oil
- Canola Oil
- Corn Oil
- Sunflower Oil

Use Soft Margarine

- Tub
- Spray
- Liquid

Reduce Sugar Intake!

1. **When sugar is one of the first three ingredients in a food, do not buy it.**
2. **Eat fruit for dessert and as a snack.**
3. **Add little or no sugar to food.**
4. **Dilute juices with water or diet soda.**
5. **When you eat candy, choose the snack size.**

Types Of Added Sugars To Look Out For!

- High fructose corn syrup
- Corn syrup
- Malt syrup
- Maple syrup
- Pancake syrup
- White sugar
- Brown sugar
- Honey
- Molasses
- Liquid fructose
- Fructose sweeteners
- Anhydrous dextrose
- Crystal dextrose

Where are Bad Saturated and Trans Fats?

Animal products: The marbling of beef and the fat under the skin of chicken, lamb and pork.

Dairy products: Cheese, butter, whole milk and whole milk products.

Plant products: Coconut, palm and palm kernel oils.

Partially-Hydrogenated oils: Stick margarine and shortening.

Publication # FDNS-E-89-109 Tiera Smith and Connie Crawley, MS, RD Reviewed 7/13

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SOFAS Word Search

V	Q	S	I	G	F	S	J	E	N	D	G	B	H	B
T	A	U	H	U	O	V	A	Y	Y	V	A	J	X	H
Y	K	G	K	S	I	B	Q	T	S	Y	R	U	P	J
O	L	A	I	J	L	W	R	E	U	S	R	U	F	D
L	A	R	U	T	A	N	I	R	J	R	F	I	S	B
D	F	I	J	W	T	R	U	H	Y	E	A	K	T	N
B	C	W	C	T	O	A	Q	R	V	N	J	T	A	V
E	E	Y	G	L	P	W	I	H	S	T	B	S	E	I
H	X	J	A	G	L	A	R	O	P	E	V	I	M	D
M	T	C	V	P	D	R	L	B	R	E	J	D	K	Q
S	R	J	D	C	A	I	A	R	H	W	E	R	I	L
T	O	M	H	G	D	D	A	C	U	S	H	V	J	L
A	P	P	L	E	S	S	D	N	B	W	I	Q	O	J
F	S	P	S	R	A	F	H	E	U	K	V	Z	J	E
K	E	V	U	P	F	N	G	C	D	R	I	N	K	S

Words to Find

ADDED
JUICE
SWEETNERS
MEATS
DAIRY

NATURAL
OIL
DRINKS
FATS
CALORIES

APPLES
SYRUP
SUGAR
SOLID
SATURATED

SOFAS Word Search

V	Q	S	I	G	F	S	J	E	N	D	G	B	H	B
T	A	U	H	U	O	V	A	Y	Y	V	A	J	X	H
Y	K	G	K	S	I	B	Q	T	S	Y	R	U	P	J
O	L	A	I	J	L	W	R	E	U	S	R	U	F	D
L	A	R	U	T	A	N	I	R	J	R	F	I	S	B
D	F	I	J	W	T	R	U	H	Y	E	A	K	T	N
B	C	W	C	T	O	A	Q	R	V	N	J	T	A	V
E	E	Y	G	L	P	W	I	H	S	T	B	S	E	I
H	X	J	A	G	L	A	R	O	P	E	V	I	M	D
M	T	C	V	P	D	R	L	B	R	E	J	D	K	Q
S	R	J	D	C	A	I	A	R	H	W	E	R	I	L
T	O	M	H	G	D	D	A	C	U	S	H	V	J	L
A	P	P	L	E	S	S	D	N	B	W	I	Q	O	J
F	S	P	S	R	A	F	H	E	U	K	V	Z	J	E
K	E	V	U	P	F	N	G	C	D	R	I	N	K	S

Words to Find

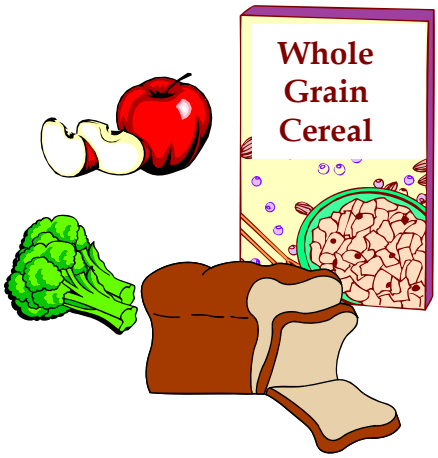
ADDED	NATURAL	APPLES
JUICE	OIL	SYRUP
SWEETNERS	DRINKS	SUGAR
MEATS	FATS	SOLID
DAIRY	CALORIES	SATURATED

What Causes Constipation?

- Eating too little fiber
- Not drinking enough liquids
- Lack of physical activity/exercise
- Change in routine
  - Travel
- Older age
  - Slower metabolism
- Frequent use of laxatives
- Certain diseases or conditions
  - Depression, irritable bowel syndrome, stroke, MS, lupus, Parkinson's disease, thyroid conditions
- Some medications
  - Pain, antacids with aluminum, antidepressants, iron supplements, "water pills"

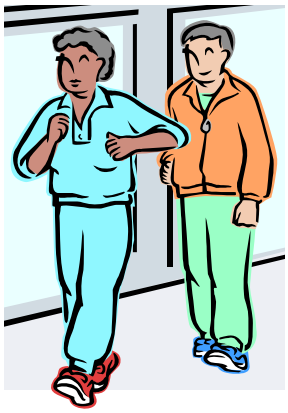
What Can You Do to Help Prevent or Treat Constipation?

- Eat foods every day that include more fiber like beans, bran, whole grains, fresh fruits and vegetables
- Drink more water and other liquids
- Become more physically active every day
- Allow yourself enough time to have a bowel movement
- Use laxatives only if a doctor says you should



Points to Remember

- Normal bowel habits vary -not everyone needs to have a bowel movement every day
- If your bowel habits change significantly, check with your doctor
- Ask your doctor if any of your medications may be causing constipation



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Bulletin # FDNSE 891

Reviewed by Connie Crawley, MS, RD, LD 2013

The University of Georgia

Be a good role model by being active and eating healthy food.

Being Healthy Role Models

Learning For

The University of Georgia

Contact your local office at

Being a grandparent is one of life's special gifts. Eating healthy food and staying active are two ways to be sure that you will

Turn The Page For 12 tips on Being A Healthy Role Model!!!

12 Ways To Be A Healthy Role Model!!

"Allow grandchildren to help plan meals so everyone can enjoy the same food at the same time."

1. **Practice what you preach.** Show your grandchildren that you eat healthy food and are active every day.

2. **Try new foods.**
   - Take turns describing the tastes, textures, and aromas of new foods.
   - Serve new food with old favorites.
   - Never lecture or force kids to eat.

3. **Make no special orders at meals.** Plan meals with your grandchildren to avoid making different meals for you and them.

4. **Allow your grandchildren to choose.** Offer reasonable, healthy choices at meals and snacks.

5. **Share at meals.**
   - Make sharing time happy, fun, and stress-free.
   - Turn off the television.
   - Take phone calls later.

6. **Shop with your grandkids.**
   - Teach about the nutrition of different foods.
   - Allow each child to choose a healthy food at the store to prepare for a snack or meal.

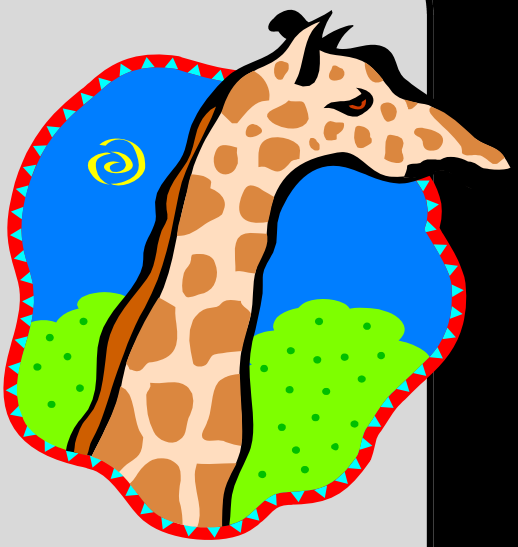
7. **Be creative in the kitchen.**
   - Create a healthy trail mix.
   - Make funny faces with food.
   - Cut foods into fun shapes using cookie cutters.

12 Ways To Be A Healthy Role Model!!

8. **Make food fun.** Name a recipe after the child who prepares it - like "Susie's Scrumptious Salad."

9. **Limit screen time.**

   - Limit TV and computer time to 2 hours a day or less.
   - Exercise during commercials.
   - Compete to see who can do the most push-ups, sit-ups, or jumping jacks.



10. **Be an active family.**

   - Visit the zoo or local park.
   - Go for a swim or bike ride.
   - Create an obstacle course at home.

11. **Never offer sweets as rewards.** Use encouraging words, hugs, and small rewards such as stickers to make a child feel special.

12. **Don't offer sweets to children who do not eat their meals.** Sweets have empty calories and very little nutrition.

Publication # FDNS-E-89-108 **Tiera Smith and Connie Crawley, MS, RD, LD**
Reviewed 2013

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Fruit Salad

Ingredients

- **1/3 cup of orange juice**
- **1/3 cup Reduced Sugar Sweet Orange Marmalade or Reduced Sugar Apricot Preserves**
- **1 cup watermelon or cantaloupe balls, or both**
- **1/2 cup seedless green grapes**
- **1 kiwi, peeled and sliced**
- **1 seedless orange, peeled and sliced into sections**
- **1 1/2 cups of mixed berries (strawberries, red raspberries, blue berries, and black berries)**

Directions:

1. To make a dressing for the fruit, combine the orange juice with Apricot Preserves or Orange Marmalade.
2. Place fresh fruit into a pretty bowl. Mix fruit with dressing.

6 servings

Calories: 81 Carbohydrate: 20 grams Fat: less than 1 gram
Sodium: 1 milligram Fiber: 2 grams

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

FEEDING THE HEALTHY INFANT

To grow, a baby needs good nutrition and proper feeding. Here are some tips to help you feed the infant in your family:

- ✓ Breast milk and formula until age one.
- ✓ Breastfeeding is best! Breast milk has nutrients not found in cow's milk.
- ✓ Breast milk can be pumped into a bottle for later feeding.
- ✓ Water should not be offered to infants younger than six months
- ✓ Never give a bottle with the infant laying down
- ✓ No solids until 4-6 months of age.

To prevent tooth decay, don't let an infant sleep with the bottle in its mouth.

To make vitamin D, infants need at least 10-15 minutes of sunlight a day.

Solid foods are never as nutritious as breast milk or formula. Give plain baby foods not mixed dinners.

Don't restrict fat in the diets of infants. No skim or low fat milk until age 2.

Keep infants upright while feeding to prevent choking, ear infections, and discomfort while eating.

For the first few months, feed infants in a semi-upright position as if they were in a car seat or infant carrier.

Infants eating from a spoon should sit upright in a high chair. The persons offering the food should sit directly in front, making eye contact.

When the healthy infant is ready for solid food (able to sit in a high chair without support):

- ✓ Offer one new food at a time over 2-3 days. Look for signs of allergies.
- ✓ Start with rice cereal.
- ✓ Offer one or two meals per day (1-2 tablespoons per feeding).
- ✓ The infant may cry when hungry or reach for food.
- ✓ When full, the infant will stop eating. DO NOT FORCE FEED!

What are some foods that infants eat?

- ✓ Foods that do not require chewing (rice cereal, pureed fruits and vegetables, mashed potatoes)
- ✓ Soft table foods without salt
- ✓ Cheerios
- ✓ Cooked Cream of Wheat

Never feed an infant:

- ✓ popcorn, peanuts, raisins or grapes, uncut stringy meats, honey, gum or gummy candies, hard candy, hot dog pieces, hard raw fruit or vegetables

All large pieces of food should be cut into small pieces and mashed with a fork to avoid choking.

Publication # FDNS-E-89-30 **Reviewed by Connie Crawley, October, 2013**

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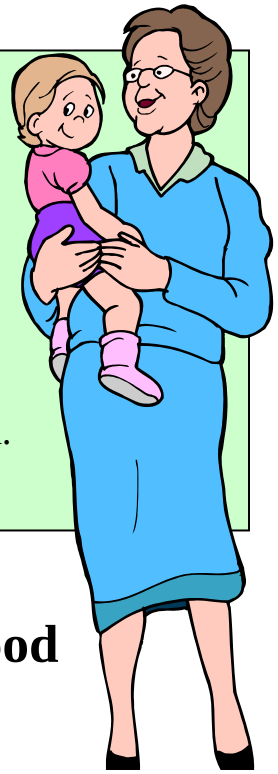
Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

How to Help a Grandchild from Becoming Overweight



You Play an Important Role

- Be a support and a role model.
- Help teach healthy eating attitudes and habits that will follow them into adulthood.
- Serve a variety of foods that are low in fat and added sugars.
- Encourage physical activity that is healthy for your grandchild.

Is My Grandchild Overweight?

- Children naturally come in a variety of shapes and sizes.
- Factors such as age and gender determine whether he/she is within an acceptable range.
- If you suspect your grandchild is overweight:
  Have the primary caregiver of the child check with a healthcare provider to determine if he/she is within an acceptable range.

Risks of Childhood Overweight

- More likely to become an overweight adult.
- Increased risk for developing
  - Type 2 diabetes
  - Cardiovascular disease
  - High blood pressure
  - High blood cholesterol
  - Joint problems
  - Asthma
  - Sleep problems
- Low self-esteem and poor body image

Practical Tips for When the Grandchildren Come to Visit!

Start Small

Choose at least 1 to 2 tips below to improve your grandchild's eating and

Serve a fruit or vegetable at every meal and snack.
½ cup or 1 piece of fruit

Provide water or low-fat (or fat-free) milk more often than soda or sweetened fruit drinks and tea.

Limit fruit juice to no more than 1 cup per day.

Minimize high fat and added sugar foods such as cookies, pies, cakes, candy to only once in a while.

Eat meals together, not in front of the TV.

Reduce time spent watching TV to 1 to 2 hours a day.

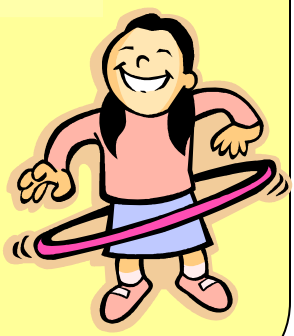
Encourage children to play outdoors – with your supervision for at least an hour.

Resist the urge to reward with food treats!

Non-Food "Treat" Ideas:

Take children to the park, playground, or on a special outing.

Give a new toy for active play indoors or outdoors- hula hoops, dance music, gardening tools, water toys, etc.



Publication # FDNS-E-89-56 **Reviewed by Connie Crawley, October, 2011**

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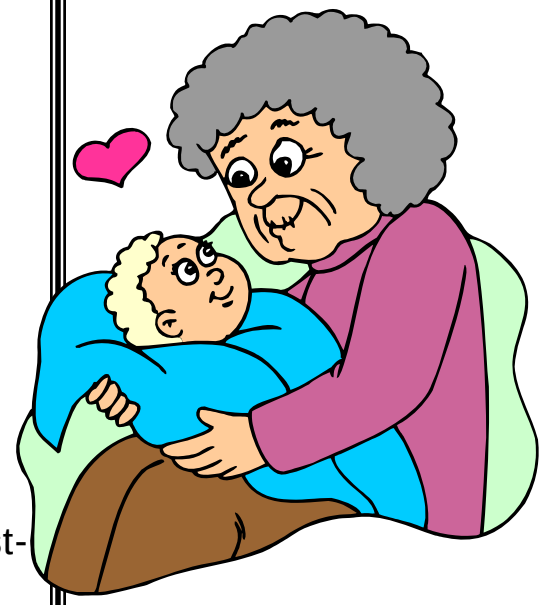
Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Giving Support to the Breast-Feeding Mother

You can support someone who wants to breast-feed even if you have never breast-fed yourself.

- Urge her to learn about breast-feeding from classes, books, support groups and other successful breast-feeding mothers.
- Help with chores around the house so she can take care of the baby.
- Care for her other children.
- Control visitors to allow her time to rest and nurse.
- Reassure her that she will successfully breast-feed.
- Refer her to a nursing expert who can answer her questions or calm her fears.



Benefits of Breast-Feeding for Baby

Healthier

Closer to mom

Learns better

Better growth

Better digestion

Better jaw development

Benefits of Breast-Feeding for Mom

- **Relaxing**
- **Convenient**
- **Economical**
- **Uterus returns to normal faster**
- **Less risk for breast, cervical uterine cancer**
- **Weight control**
- **Feels closer to baby**

Breast Feeding Resources

La Leche League International –

- Phone – 1-847-519-7730
- Web site - www.lalecheleague.org

Local Medical Centers

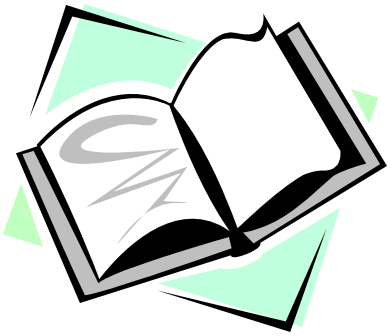
WIC Program at Health Department

Lactation Consultants

Registered Dietitians

Books on Breast Feeding

- *Womanly Art of Breast Feeding*
- *The American Academy of Pediatrics New Mother's Guide to Breastfeeding*



Publication # FDNS-E-89-50 **Reviewed by Connie Crawley, October, 2013**

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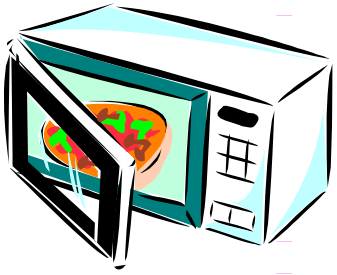
Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Cooking, Not Reheating, With the Microwave

Cooking in your microwave can –



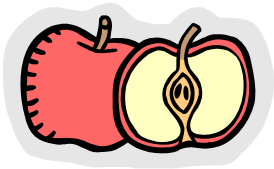
- **Retain vitamins and minerals in food**
- **Make meals faster and easier**
- **Offer more variety in your meals**

Nuking Breakfast

- **Cook scrambled eggs or omelet on medium for 2-4 minutes – stir or lift so cooked egg goes to middle of baking dish.**

- **Cook cereal on medium for 2-3 minutes. Stir at least once while cooking.**

- **Cook berries or fruit on high for 2-3 minutes. Stir at least once while cooking. To thicken sauce, mix ¼ teaspoon of cornstarch with 1 ½ teaspoon of cold water, add to fruit before heating. Serve on pancakes or waffles.**



Cooking Meat, Fish and Poultry

1. Thaw first if frozen.
2. Cook on medium heat.
3. Arrange so thickest part lies toward edge of the dish.
4. Turn during cooking for even heating.
5. Broil off if want browned.

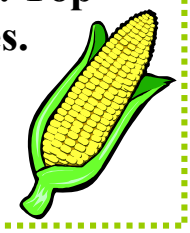
Food can be cooked all or part of the way done. Finish on the grill, under the broiler, in the oven or on top of the stove.

Cooking Vegetables

❶ **Purchase fresh or frozen vegetables in bags so can make amount desired. Heat on high for 2-4 minutes per serving.**

❷ **Bake fresh sweet potatoes for about 5-6 minutes. Top with low fat shredded cheese and cooked vegetables.**

❸ **Cook corn on the cob in the husk or wrap in plastic wrap and heat on high for four minutes.**



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Bulletin # FDNSE-89-21

Reviewed by Connie Crawley MS, RD, LD 2013

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Eating Alone and Loving It

Eating alone doesn't mean you have to sacrifice good nutrition and tasty food. Planning can make your meals pleasant and healthy.

- Take time to plan at least a week's menus
  - Once several weeks' menus are written- reuse
  - Shop with a list when you are not hungry

- Divide and Conquer
  - Make recipes in large amounts and freeze in small labeled containers
  - Reduce amounts of ingredients in recipes to make fewer servings

- For Each Meal, Plan
  - ✓ 1 serving of milk
  - ✓ 1 serving of protein food
  - ✓ at least 1 grain or bread
  - ✓ at least 1-2 servings of fruit and vegetables

- Limit Fatty Foods and Foods High in Added Sugar
  - Fry seldom
  - Use fruit for dessert
  - Use a little diet margarine or oil to season if needed
  - Use reduced fat or non-fat dairy foods

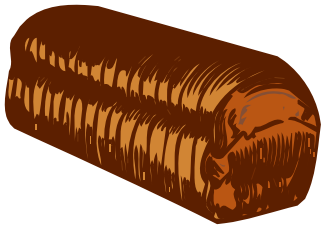
- Look for Unit Pricing
  - Label or sign on the shelf that shows price per ounce or item
  - Do own calculation if not done by store

Unit Price
Product Price
Divided by
Number of ounces or items in package

Shop and Store Smart

Breads

❖ Store in freezer
❖ Thaw on counter, microwave or toaster

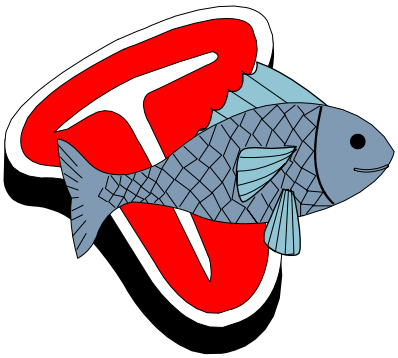


Vegetables and Fruits

❖ Buy fresh in small amounts
❖ Buy larger bags of frozen
❖ Buy canned on sale - store up to one year

Meat, Poultry and Fish

❖ Buy meat and poultry in larger packages on sale
❖ Wrap individually in plastic wrap
❖ Store in labeled one gallon freezer bag
❖ Eat fresh fish the day purchased or store on ice for 24 hours or freeze



Dairy and Eggs

❖ Buy in small quantities
❖ Keep well covered in refrigerator

Publication #FDNS-E-89-3a **Reviewed by Connie Crawley MS, RD, LD 2013**

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Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Equipping the Healthy Kitchen

Devices to Cut Fat and Cholesterol

Egg separator – separates yolk from egg white

Fat separating pitcher – separates fat free broth from liquid fat

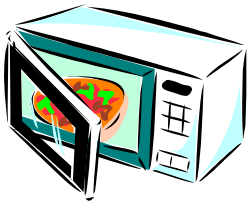
Food processor or blender – blends fat free dips, dressings, and low fat beverages; grates and slices vegetables and fruits; grinds lean meats

Grater – shreds cheese so it goes farther

Hot Air Corn popper – pops corn without added fat

Grill – grills meats, chicken, fish, vegetables and fruits without added fat

Microwave - cooks without added fat



Non-stick pans – cooks without added fat; easy to clean

Pastry brush – adds thin layer of oil or melted fat to food or pan

Pump sprayer – lightly sprays pans, breaded food and salads with oil

Roaster with rack or vertical roaster – fat drips from meat or poultry

Slotted spoons – lifts food out of fat or oil to drain

Steamers – cooks food quickly with little water or fat

Wok – food fried quickly in little oil

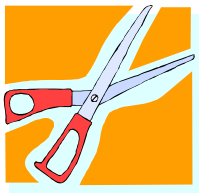
Yogurt cheese maker – strains yogurt to make sour cream or cream cheese substitute

Devices to Control Sodium

Coffee grinder – grinds spices

Juicer – Squeezes lemon juice to season meat, fish, poultry, and vegetables without salt

Kitchen scissors – snips fresh herbs (also can cut fat off meat and poultry)



Devices to Increase Fiber and Vegetable Intake

Pressure cooker – cooks dried beans and peas soups and stews quickly

Rice cooker – cooks rice perfectly

Salad spinner – dries greens well

Yogurt Cheese

1. Use a yogurt strainer or make your own. To make your own, line a colander with 2 layers of cheese cloth or 2-3 large coffee filters.
2. Pour 16-32 ounces of plain yogurt into the lined colander. (You will end up with half the amount of yogurt cheese as the amount of yogurt poured in.)
3. Place colander over a flat pan. Drain in refrigerator for 8-12 hours.
4. Remove cheese and store in closed container in the refrigerator for up to a month.

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Bulletin # FDNSE 89-19 **Reviewed by Connie Crawley June 2011 and 2013**

Foods & Nutrition EDUCATION

The University of Georgia Cooperative Extension Service

5-Step Sandwich

Step 1: Choose whole wheat bread, bun, or 1/2 pita pocket.
Step 2: Choose lean meat (turkey, chicken, roast beef).
Step 3: Choose a reduced fat cheese (swiss, american, cheddar, etc).
Step 4: Choose 2 or more vegetables (lettuce, tomato, bell pepper, onion).
Step 5: Choose condiments (mustard, light mayonnaise or salad dressing, low sodium pickles, herbs and spices).

Begin with the bottom slice of bread and layer ingredients in order of steps. Spread mustard and/or mayonnaise on second piece of bread and place on top of sandwich. Cut in half and serve.

Tips for Choosing Healthy and Time Saving Ingredients

Starches, Breads, Grains

- 100% whole wheat bread, put remainder in freezer and use as needed.
- Whole wheat pita bread
- Instant brown rice

Milk, Yogurt & Cheese

- Low-fat, reduced-fat cheese
- Shredded, bagged cheese

Meat, Poultry, Fish, Eggs

- Lean meats
- Pre-cooked, ready-to-eat chicken
- Canned beans (rinsed, drained)

Fruits and Vegetables

- Pre-cut vegetables
- Bagged, pre-cut lettuce and spinach
- Dark green colored lettuce
- Frozen mixed vegetables
- Canned vegetables (rinsed, drained)

Miscellaneous

- Reduced-fat, reduced or low sodium soups and broths.
- Fat-free or reduced-fat mayonnaise and salad dressing.

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Bulletin # FDNS-E-89-8a

Reviewed by C. Crawley June 2011

Foods & Nutrition EDUCATION
The University of Georgia Cooperative Extension Service

4-Step Soup

Step 1: Brown 1 pound ground meat or chicken, if needed.
Step 2: Choose 6 cups low sodium broth (beef, chicken, vegetable or V-8 juice).
Step 3: Add 1 cup starch (potato, rice, macaroni, corn).
Step 4: Add 2 cup frozen soup mix or mixed vegetables during last 15-20 minutes. Add herbs and seasonings.

Brown meat and drain well (if needed). Combine meat, broth, and starch and simmer. Add vegetables and seasonings the last 15 to 20 minutes. Serves 8. Place leftovers in labeled container and freeze for a later meal.

Foods & Nutrition EDUCATION
The University of Georgia Cooperative Extension Service

5-Step Tossed Salad

Step 1: Choose 4 cups lettuce (Romaine, spinach, red-leaf).
Step 2: Choose 3 or 4 vegetables, 1/2 cup each, chopped. (carrots, tomatoes, cucumbers, bell pepper, etc.)
Step 3: Choose 1 cup grilled chicken, garbanzo beans, or hard-boiled egg.
Step 4: Choose 1/2 cup low-fat cheese (optional).
Step 5: Choose a lower calorie salad dressing.

In a large salad bowl, place shredded lettuce. Layer chopped vegetables, then chicken, beans or egg. Top with cheese. Serve in small salad bowls and top with a small amount of your favorite salad dressing.

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Reviewed by Connie Crawley MS, RD, LD 2013

Bulletin # FDNS-E 89-8[a]

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Be Safe with "Planned-Over" Foods

Refrigerate Foods Safely

Be sure to include food safety in your plans for preparing food for several meals.

Whether you plan to refrigerate for a short time or freeze portions for longer storage, food safety is important!

FSIS-USDA. Cooking for Groups Image Library.

The "DO" List:

- ✓ **Keep refrigerator temperature 40°F or lower.**
- ✓ **Separate and refrigerate "planned-over" portions before you serve the rest of the dish after the first cooking.**
- ✓ **Refrigerate all foods in small quantities to cool quickly.**
- ✓ **Cool hot food slightly on a rack before refrigerating, for about 20 to 30 minutes only.**
- ✓ **Refrigerate in shallow containers no deeper than 2" to 3", to allow food to cool quickly before bacteria can multiply well.**
- ✓ **Cover food to protect it from contamination.**
- ✓ **Use refrigerated "planned-overs" within 2 to 3 days; otherwise freeze.**
- ✓ **Thaw frozen "planned-overs" in the refrigerator.**

Don't

- x **Cool in deep pots or containers.**
- x **Cool large roasts without slicing down.**
- x **Allow perishable food to sit at room temperature more than 2 hours total, including preparation, cooling or serving.**
- x **Cover food too tightly until it is completely cooled.**

Freezing "Planned-Over" Foods Correctly

- ✓ Keep your freezer at 0°F.
- ✓ Use a thermometer to check the inside freezer temperature.
- ✓ Cool warm or hot foods in the refrigerator before freezing.
- ✓ Use *freezer*-designated wrap, bags and containers.
- ✓ Allow headspace for expansion when needed.
- ✓ Use small, flatter packages that will freeze and thaw faster.
- ✓ Remove as much air as possible from packages.
- ✓ Place in freezer so cold air can circulate around packages.
  - Then stack and arrange closer together to save space.
- ✓ Label and date foods.

Common Foods That Don't Freeze Well

- Raw vegetables high in water content: lettuce, cucumbers, celery, cabbage, radishes, etc.
- Mayonnaise, sour cream, milks and most cream.
- Potato and pasta salads; cooked pastas.
- Gravies and thickened sauces; milk sauces.
- Custards and cream puddings; meringues.
- Fried foods and crumb toppings may become soggy.
- Cooked eggs; potato pieces.
- Gelatin.

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Publication # FDNS-E-89-71 **Reviewed by Connie Crawley MS, RD, LD 2013**

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Menu Make-overs

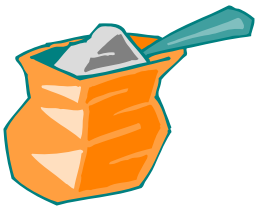
Ways to Cut Fat, Saturated Fat and Cholesterol

- Use 1/4 egg substitute or 2 egg whites for each whole egg
- Use non-stick vegetable sprays
- Use lower fat cheese
- Use skim or reduced fat milk, sour cream or yogurt
- Season with low sodium bouillon
- Mix lite mayonnaise half and half with yogurt
- Use oil instead of shortening, butter or margarine (will only cut saturated fat and trans fats not calories or total fat)
- Trim fat from meat and poultry
- Use reduced fat condensed cream soups
- Substitute vegetables for part of meat, poultry or fish in recipe

Ways to Cut Salt

- Leave out or reduce salt
- Use low sodium products
- Season with herbs and spices
- Squeeze on some lemon juice

Ways to Cut Sugar



1/4- 1/2 less

- Cut sugar in baked goods 1/4 to 1/2. Do not do this in cakes or yeast breads.
- Buy fruit packed in own juice.
- Add vanilla or cinnamon when you cut the sugar.
- Use artificial sweetener for all or part of the sugar

Ways to Increase Fiber

- Replace half the white flour with whole wheat flour
- Use brown rice
- Stretch meat, poultry and fish with beans and other vegetables.
- Add oatmeal, stone ground cornmeal and other whole grains to bread recipes.
- Add fruit to muffins, pancakes, salads and desserts
- Add vegetables to bread batter, egg dishes, casseroles, soups and salads.

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Publication # FDNS-E-89-15a

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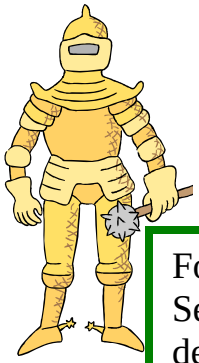
Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service



At Risk

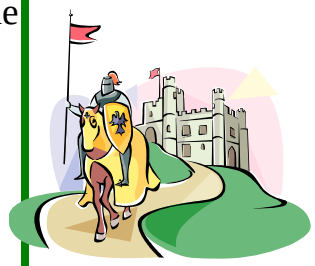
How To Defend Yourself From Foodborne Illness

Foodborne illness is any illness you get from food that you eat. Senior adults are more at risk because their immune systems are declining. Other people who are in a high risk group include those who have had organ transplants and are on medication to suppress their immune system and people who already have a health condition such as diabetes, liver disease or AIDS and are not able to fight off diseases like a healthy individual. This can also include people who are undergoing treatment for cancer.

What can I do to protect myself…

When shopping…

•Select only perishable foods stored at the proper temperature in the store.
•Don't buy perishable foods if stored in non-refrigerated cases.
•Pick up refrigerated foods last.
•Avoid packages that are torn, open or leaking.



When buying at the deli…

- Check to be sure deli clerks wash their hands and change gloves.
- Avoid ready-to-eat foods in the same cases with raw foods.
- Plan to thoroughly reheat deli meats and hot dogs before eating.

When buying shelf stable food…

•Choose those that are free from dents or damage.
•Be sure tamper resistant seals are in place.
•Check to see that safety buttons are down.

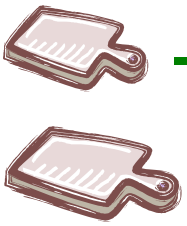
When I get back home…

- Refrigerate cold foods immediately at 40 ºF or colder.
- Freeze frozen foods at 0 ºF or colder.
- Store shelf stable foods in a cool, dry place.

When handling food at home…

- Wash hands with soap and warm, running water for at least 20 seconds – OFTEN!
- Wash areas where you make food with soap and hot water.
- Wash dishes and utensils with soap and hot water or in the dishwasher.
- After working with raw meat, poultry, fish, eggs or seafood, sanitize.
- Use separate plastic cutting boards for raw meats and other foods.
- Wash cutting boards thoroughly with soap and hot water or in a dishwasher.
- Cook to a high enough temperature to kill bacteria and use a food thermometer.
- Cover, stir, rotate and observe standing times when cooking in a microwave oven.
- Reheat leftovers thoroughly-liquids likes soups, stews to a rolling boil; -solids like casseroles – to at least 165 ºF.

To sanitize:
1 tsp chlorine bleach per quart of water; let air-dry



When eating out…

- Observe your surroundings.
- Order meat, poultry, fish and eggs well done.
- If food arrives undercooked, send it back.
- Don't eat raw seafood and shellfish or even products that are only lightly steamed.

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Dr. Scott Angle, Dean and Director

Foods & Nutrition EDUCATION

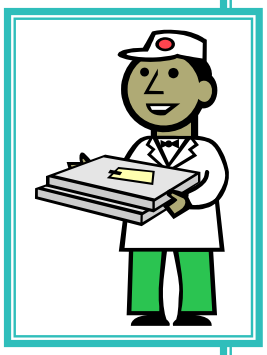
University of Georgia Cooperative Extension Service

At Risk …for Foodborne Illness

Food Safety for Mature Adults

Risky Food Handling Practices of Mature Adults

Studies show that although mature adults know about safe food handling practices, they don't always refrigerate foods promptly OR use meat or food thermometers to check the internal temperatures of food.



Hot Foods Purchased or Delivered:

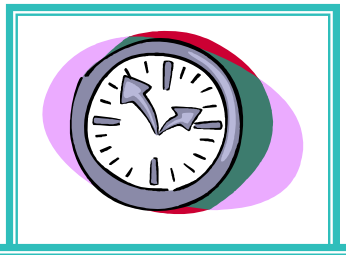
- Keep hot (140 degrees F or hotter) until eaten.
- Eat within 2 hours or refrigerate.

Cold Foods Purchased or Delivered:

- Eat or refrigerate immediately.
- Keep cold food at 40 degrees F or colder.

Tips for Safely Reheating Foods:

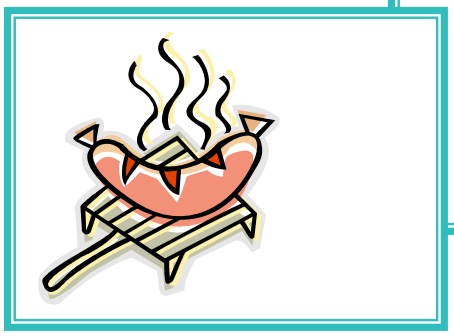
- Reheat foods until they reach 165 degrees F or are steaming hot.
- If heating in the microwave oven, cover and rotate.



Throw away potentially hazardous foods that have stayed at room temperature for more than 2 hours.

Foods to Avoid…

- Raw or undercooked fish, shellfish, meat or poultry
- Raw or unpasteurized milk or soft cheeses
- Raw or lightly cooked eggs
- Raw sprouts
- Unpasteurized fruit or vegetable juices
- Hotdogs or deli meats unless reheated steaming hot



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Dr. Scott Angle, Dean and Director

Foods & Nutrition EDUCATION

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4 Steps to Being Food Safe!

Be Food Safe: Clean.

-Wash Hands for at least 20 seconds with warm, soapy water before and after handling food.
-Wash kitchen surfaces before and after food preparation with hot soapy, water.
-Wash cutting boards and utensils after each use with hot, soapy water or in a dishwasher.

Be Food Safe: Separate.

-At the store, keep raw meat, poultry and fish separate from your other groceries by using plastic bags.
-Use one cutting board for raw meat, poultry and fish, then another for other foods.
-Store raw meat, fish and poultry in a container on the bottom shelf of the refrigerator.

Be Food Safe: Cook.

-Use a food thermometer to tell when food is cooked safely.
-Stir, rotate, and cover foods to ensure even cooking when using the microwave.
-Bring soups, gravies, and sauces to a rolling boil when reheating.

Be Food Safe: Chill.

-Keep a refrigerator/freezer thermometer in your refrigerator to make sure foods are at 40degrees or below.
-Chill foods quickly in shallow containers within 2 hours. Leave room for cold air to circulate.
-Thaw all meat, fish and poultry in the refrigerator, not on the counter.

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CAES Dean J. Scott Angle, Director
FACS Dean Laura D. Jolly, Associate Director

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

A Clean and Safe Kitchen- Staying Healthy

Clean and Sanitize Kitchen Surfaces

1. **Wash with hot water and soap and rinse to remove soap.**
2. **Mix 1 teaspoon chlorine bleach in one quart of clean water and apply liberally to surfaces.**
3. **Allow the surface to air dry.**
4. **Use paper towels. If you use cloth towels, change and launder them often. Avoid using sponges in the kitchen.**

Wash Hands Often

1. **Wet hands with warm, running water and apply soap.**
2. **Rub hands vigorously and clean between fingers, under nails and around jewelry.**
3. **Rinse hands with clean, running water.**
4. **Dry with a paper towel.**

Keep Chemicals Away From Food

1. **Store cleaning products in the original containers. Do not remove labels.**
2. **Keep cleaning products away from food.**
3. **Never reuse cleaning product containers for other purposes.**

Clean Kitchen Appliances

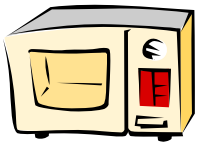
1. **Large appliances should be cleaned on a monthly basis.**

2. **Use soap and water to wash the refrigerator and clean up spills immediately.**

3. **Don't use abrasive cleaners that can damage the surface of appliance.**

4. **Dishwashers and ovens are often self-cleaning. Check the appliance manual for cleaning directions.**

5. **Unplug small appliances before cleaning and never immerse in water.**



Prevent Cross-Contamination

1. **Keep raw meats away from all other foods and store on bottom shelf of refrigerator.**

2. **Use separate cutting boards for raw meats and ready-to-eat foods. Use cutting boards made of non-porous material.**

3. **Wash cutting boards with hot water and soap; sanitize with solution (1tsp bleach and 1 qt. water).**

4. **Never put cooked food on plate that previously held raw meat or eggs.**

Cooking Safety

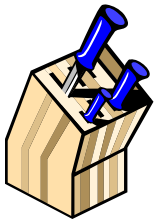
When using a stove:

1. **Turn handles inward and keep hot cookware out of reach to avoid burns.**
2. **Use oven mitts or potholders when handling hot dishes.**
3. **Never leave cooking food unattended.**
4. **Shield yourself from steam to prevent burns.**

Cutting Safety

When using knives:

1. **Make sure they are sharp for easy cutting.**
2. **Always cut with edge away from you.**
3. **Wash knives separately from other dishes and store in a knife block.**



Fire Safety

How to Avoid:

- **Check to see if all burners are off after cooking.**
- **Never use flammable fuels to start fires in a cook stove.**
- **Keep combustibles away from cooking area.**
- **Keep electrical cords away from hot surfaces.**

If you have a fire:

- **Always have an escape plan and fire extinguisher on hand.**
- **Cover pan fires with a lid and never pour water on a grease fire.**
- **Use a fire blanket, extinguisher, or baking soda to put out fire.**

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Gale A. Buchanan, Dean and Director

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

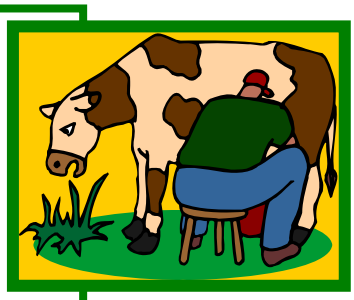
Organic Foods – The Facts

Organic foods are grown by farmers that:

- use renewable resources such as natural fertilizers
- use farming methods that emphasize soil and water conservation and improving the environment such as crop rotation, tillage, cover crops, etc.

Organic meat, poultry, eggs, and dairy products come from animals that are given…

- no antibiotics
- no growth hormones



Organic produce is produced without using…

- most conventional pesticides
- fertilizers made with synthetic ingredients or sewage sludge
- bioengineering
- ionizing radiation

How can I tell organically produced food from conventionally produced food?

- Look at package labels
- Look for signs in store

The USDA seal is optional, but it tells consumers that a product is at least 95% organic.

On single ingredient food…
Look for the word "organic" and a small sticker version of the *USDA Organic* seal on vegetables or pieces of fruit, or they may appear on the sign above the organic produce display. The word "organic" and the seal may also appear on packages of meat, cartons of milk or eggs, cheese, and other single-ingredient foods.

On foods with more than one ingredient…
Labels can only bear the seal if at least 95% of the ingredients are organic. If 70 to 95% of the ingredients are organic, it can say, "made with organic…(and list the specific organic ingredients.) For foods with less than 70% organic ingredients, these ingredients can only be listed on the ingredient label with no claim on the front package.

Are organic products better for me?

- Synthetic pesticides are not allowed, but there is some evidence that plants produce more natural toxins as protection.
- Some say organic products are more nutritious, but several scientific studies have determined that there is not much difference.
- Animals produced organically have the potential to possess higher rates of bacterial contamination than those produced conventionally since organic production generally prohibits antibiotic use.

It is up to each consumer to decide if using organic products is right for them.

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Dr. Scott Angle, Dean and Director

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Preventing Food-Drug Interactions

Food and drugs sometimes do not mix. To prevent bad side effects when you take medicine -

- Talk to your doctor or pharmacist about how your medicine may be affected by what you eat or drink
- Read the information about a drug from the pharmacy or company that makes the drug
- Look for warnings on the label of the drug about food or drink

Always take all your medicines to your doctor's visits. Talk about whether they might interact with food or drink. Include drugs you buy off the shelf as well as vitamin-mineral supplements and herbal medicines.

☞ Make sure all your doctors and pharmacists know about all the medicines and supplements you take.

☞ Find out if you should take a drug with food or milk or on an empty stomach.

☞ Never mix drugs into food or drink unless your doctor or pharmacist recommends it.

☞ Take pills and capsules with 8 ounces of water.

Take no medicines with alcohol. Only drink alcohol while on a drug with your doctor's permission.

Ask whether any of your drugs are affected by grapefruit or grapefruit juice. Grapefruit can make some drugs be absorbed to toxic levels or make other drugs not work.

If you are on diuretics or water pills, ask your doctor about whether you should eat foods high in potassium. Some diuretics make you retain potassium while others make you lose potassium. Too much or too little potassium is dangerous.

If you are on Coumadin, eat foods high in Vitamin K in consistent, small amounts. These foods include leafy green vegetables like turnip greens, broccoli, brussel sprouts, spinach and kale and cauliflower. To learn more, go to **www.fcs.uga.edu/extension/links.html** and click on the link "Coumadin and Vitamin K" under the Nutrition and Health section.

Do not use dairy foods or take iron supplements with the antibiotic, tetracycline.

Do not mix MOA inhibitors used for depression with foods high in tyramine. Your blood pressure may get too high and cause a stroke or heart attack. Foods high in tyramine are

☹ beer
☹ red wine
☹ other alcohol
☹ game meat
☹ miso soup
☹ banana
☹ ginseng
☹ soy sauce
☹ food and drink with caffeine like colas, chocolate, tea or coffee
☹ cheddar, bleu, American, brie, mozzarella, Parmesan cheese
☹ liver
☹ cured meat and sausages
☹ caviar and dried fish
☹ avocado
☹ sauerkraut
☹ fava or broad beans

For more information contact - The National Consumer League for their publication ***Food and Drug Interactions***. Call 202-835-0747 or go to www.nclnet.org/brochures.html and click on the title.

Also avoid caffeine when you take drugs for anxiety or for heart burn and esophageal reflux. They will not work as well.

Connie Crawley, MS, RD, LD, Extension Nutrition and Health Specialist

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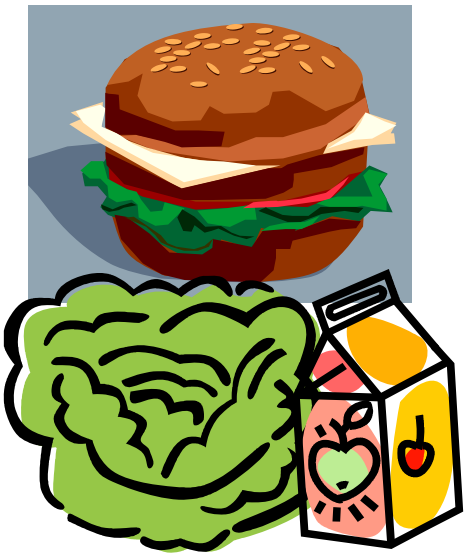
Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Reducing Risk from *E. coli* O157:H7

Foods in Outbreaks of *E. coli* O157:H7 Bacteria

- Undercooked hamburger
- Raw milk
- Lettuce and spinach
- Sprouts
- Homemade deer jerky
- Unpasteurized juice and cider
- Untreated water



What should *E. coli* O157:H7 mean to me?

- The name of bacteria that can cause serious illness when eaten in small amounts, especially in children and the elderly.
- It takes very few of these bacteria to make us sick.
- The bacteria are found naturally in the intestines of healthy cattle, deer, goats and sheep.
- The bacteria can end up on meat, in raw milk, in raw vegetables, fruits and sprouts exposed to dirty water or contaminated soils from animals.
- Bacteria that can be spread by not washing hands after using the toilet or changing diapers, or swimming in contaminated water.

Beware of Contamination on Produce

- Avoid cross-contamination.
- Thoroughly wash under running water just before eating, cutting or cooking. Wash even before peeling as well as after.
- Do not use soap or detergent.
- Scrub firm produce with clean brush.
- Refrigerate most whole produce; always do so if cut or peeled.

The Basic Rules

- Practice good personal hygiene. Wash hands with soap and warm water for at least 20 seconds and before handling food. Wash well and dry after handling raw meat and poultry.
- Avoid cross-contamination. Clean and sanitize work surfaces and utensils before and immediately after use. Do not let meat juices get onto ready-to-eat foods.
- Cook foods thoroughly. Make sure ground meat reaches at least 160ºF, ground poultry at least 165ºF. Make sure fruit juices, ciders, milk and other dairy foods are pasteurized.
- Keep foods at safe temperatures. Foods should never be in the Temperature Danger Zone (40 to 140ºF) for more than 2 hours, or 1 hour if the temperature is 90ºF or higher.
- Avoid foods from unsafe sources. Do not eat food if it is not prepared or served so you know it is safe.

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FDNS-E-89-68a
Elizabeth L. Andress, Ph.D., Extension Food Safety Specialist
July 2007

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J. Scott Angle, Dean and Director

Foods & Nutrition EDUCATION

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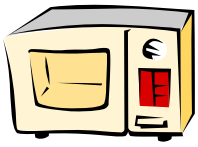

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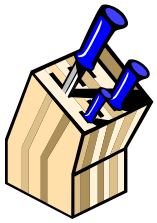
1. **Make sure they are sharp for easy cutting.**
2. **Always cut with edge away from you.**
3. **Wash knives separately from other dishes and store in a knife block.**



Fire Safety

How to Avoid:

- **Check to see if all burners are off after cooking.**
- **Never use flammable fuels to start fires in a cook stove.**
- **Keep combustibles away from cooking area.**
- **Keep electrical cords away from hot surfaces.**

If you have a fire:

- **Always have an escape plan and fire extinguisher on hand.**
- **Cover pan fires with a lid and never pour water on a grease fire.**
- **Use a fire blanket, extinguisher, or baking soda to put out fire.**

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Bulletin # FDNSE 89-24 **Date: January 2004**

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Gale A. Buchanan, Dean and Director

THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION
Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences

Using a Food Thermometer

Your food thermometer deserves a starring role in your kitchen. The only sure way of knowing if meat, poultry, fish, egg dishes and other foods have reached a high enough temperature to kill bacteria in these foods is to use a food thermometer. Check the internal temperature of the food itself before you taste or serve it. The thermometer must be in the right place in the food, placed in the thickest part of the food away from the bone, fat or gristle. And the thermometer must be accurate so you know just what the true temperature is.

Safe Cooking Temperatures

Raw Food	Internal Temperature
Ground Products	
Hamburger	160°F
Beef, veal, lamb, and pork	160°F
Chicken and turkey	165°F
Beef, Veal, Lamb – Roasts and Steaks	
medium-rare	145°F
medium	160°F
well-done	170°F
Pork	
Chops, roasts, ribs	
medium	160°F
well-done	170°F
Ham, fresh (raw)	160°F
Ham, pre-cooked (to reheat)	140°F
Sausage, fresh	160°F
Poultry	
Chicken & Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	180°F
Duck & Goose	180°F
Stuffing (cooked alone or in bird)	165°F
Eggs	
Fried, poached	*Yolk & white are firm*
Casseroles	160°F
Sauces, custards	160°F
Leftovers & Casseroles	165°F

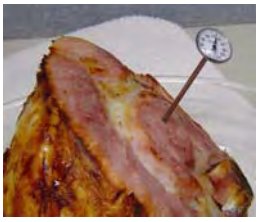
Adapted from ***Fight BAC!***® Four Simple Steps to Food Safety, Partnership For Food Safety Education and ***Thermy***™ Use A Food Thermometer, FSIS-USDA.

Taking A Correct Temperature

- **Be clean!**
  Make sure the thermometer and its case remain clean.

- **Before and after each use –**
  Wash, rinse, sanitize and air dry thermometers to avoid contamination.
  You can sanitize with 1 teaspoon of bleach diluted in one quart of water.

- **Aim for the center!**
  Take food temperatures in the center or thickest part of food, away from bone, fat or gristle.



- **Place it far enough into the food.**
  Put the tip of the thermometer in the food, making sure you get it in deep enough to be accurate. See what your thermometer says about how far to insert it or look for a "dimple" or "ring" on the stem.

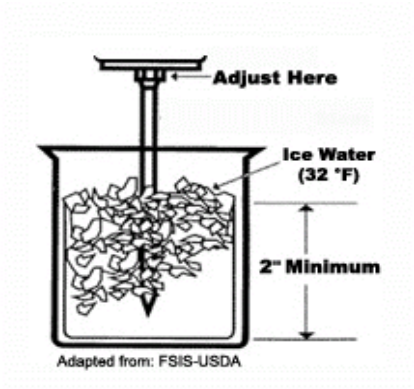
- **Be patient!**
  Wait for the needle to stop moving or the numbers on a digital readout to stop changing.

- **Be accurate!**
  Check to make sure your thermometer is accurate every now and then, and especially after a lot of use with big temperature changes (from hot food to cold food, back to hot, etc.). Always check again if it has been dropped.

See the temperature chart on the other side for minimum safe temperatures.

Calibrate!

Be sure to check the accuracy of your thermometer before taking food temperatures



- **Make it mostly ice.**
  Fill a large glass with ice and cover with water. Make it deep enough to stick the whole sensing area (tip) of the thermometer into the middle of it.

- **Cover the stem.**
  Insert the thermometer at least 2 inches into the mixture. Make sure the tip does not touch the side or bottom of the glass.

- **Be patient.**
  Wait until the temperature reading stops changing. Once you think it has stopped, make sure it stays the same for at least 30 seconds.

- **Be correct.**
  The temperature should read 32 ^{o}F.

- **Adjust if needed.**
  - If your *dial thermometer* needs correcting, turn the calibrating nut or adjusting bar under the dial or face until it does read 32. Keep the stem under ice while you do this.

  - If your *digital thermometer* needs correcting, use the buttons provided. If it cannot be adjusted, try a new battery or buy a new one.

Elizabeth L. Andress, Ph.D., Extension Food Safety Specialist, and Carolyn Ainslie, Educational Program Specialist. FDNS-E-128. October 2005

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J. Scott Angle, Dean and Director

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

All about Cereal

Potential Benefits:

→Improved mood

→Weight control

→Lower cholesterol

→Reduced risk of heart disease

→Reduced risk of some cancers

What to look for:

→The words “100 % Whole Grain.”

→Fiber Content-The higher, the better.

→Added Sugar -Keep it low.

→Lower Sodium

Other ways to use cereal:

- Muffins
- Meat loafs
- Fruit crisps
- Toppings for casseroles
- Meat balls
- Topping for yogurt, frozen yogurt or pudding

Yogurt Parfait

Granola is not just for breakfast anymore! Use the recipe below for a sweet treat any time of the day.

Ingredients:

1/8 cup fresh fruit (such as berries, sliced peaches, etc.)
1/8 cup low-fat or regular yogurt (flavor of your choice)
1/8 cup low-fat granola

Preparation:
Layer the different ingredients in a parfait glass and repeat layers.

Yield: 1 parfait

Nutritional Information:
Per parfait: 160 calories, 5 g protein, 32 g carbohydrate, 2.5 g fat (0.4 g saturated fat), 3 mg cholesterol, 2.6 g fiber, 96 mg calcium, 80 mg sodium. Calories from fat: 12%.

Publication # FDNS-E-89-78a Reviewed by Connie Crawley MS, RD, LD 2013
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Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

ALL ABOUT TEA

The Most Common Types of Tea:

→*Green Tea*: Gaining popularity for its antioxidant properties and great flavor.

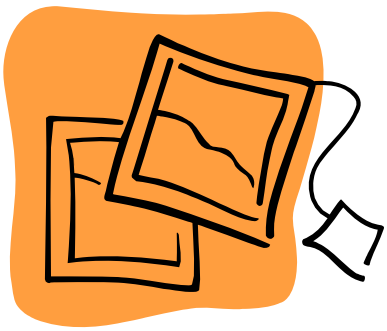
→*Black Tea*: Contains the most caffeine of the 3 types of tea. Most commonly used for iced tea.

Different Types of Herbal Teas:

→Chamomile ~Used as a gentle sleep aid.

→Lemon~ Makes great iced tea, caffeine free!

→Echinacea~ Used to help boost a strong immune system.



Some Benefits of Regular Tea Consumption:

- Possible cancer prevention
- May lower cholesterol levels
- Helps immune system
- Slows aging

Chai tea:

A creamy iced tea, with some spicy hints. Only a couple of spices, but enough to make a delicious impact.

INGREDIENTS:

- 6 cups water
- 8 tea bags, black (option –decaffeinated)
- 1 cup evaporated skim milk
- 4 Tbs sugar (or equivalent artificial sweetener)
- 4 tsp cinnamon
- 4 tsp cardamom
- Ice, crushed

PREPARATION:

Boil the water and steep tea bags with cardamom for 5 minutes. Strain out teabags and let cool. Put ice into 4 glasses, and add tea. Leave about a quarter of the glass empty. To each glass add, 1 Tbs sugar, 1 tsp cinnamon and 1/4 cup of milk.

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Bulletin # FDNS-E-89-80a **Reviewed by Connie Crawley Oct. 2011, 2013**

Foods & Nutrition EDUCATION

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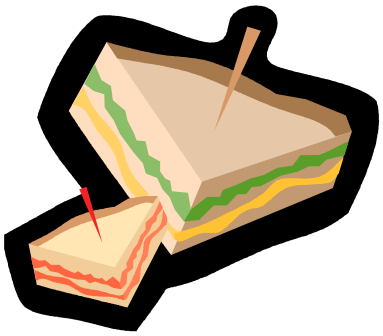
Benefits of Snacking

Why snack?

- Provides needed calories, vitamins and minerals each day.
- Helps maintain or gain muscle mass. **This is important!**



What to eat?

- Whatever you like! Leftovers, a small sandwich, fruit and yogurt - a snack can be anything.
- Snack should be healthy and smaller than a full meal! *Eat at least 2 hours before or after a meal.*

Circle the healthy snacks below you might enjoy.

- Cottage Cheese
- Canned or Fresh Fruit
- Cereal and Milk
- Graham Crackers
- Chips and Salsa
- Popcorn
- Baby Carrots
- Apple Slices with Peanut Butter
- Unsalted Nuts
- Dried Fruit
- Raw veggies with dip or hummus
- Reduced Sodium Soup
- Yogurt
- Hard cooked eggs

Healthy Spinach Dip

1 (10 oz.) package frozen chopped spinach
1 package vegetable soup and recipe mix
1¼ cup light sour cream
1 cup fat-free mayonnaise
1 (8 oz.) can water chestnuts, chopped
3 green onions, chopped

Thaw spinach. Squeeze dry. Blend well the soup mix, sour cream and mayo. Stir in spinach, water chestnuts, and green onions. Cover and chill for 2 hours. Stir before serving. Makes 4 cups. Serving size: 1 tablespoon.

Nutrition Information:
Calories: 13
Protein: 3 grams
Carbohydrates: 9 grams
Fat: Less than 1 gram
Cholesterol: 2 mg
Sodium: 79 mg

Spinach dip can be served with your favorite whole wheat or whole grain bread, whole wheat pita slices, or whole grain crackers.
Recipe accessed at:
http://medicalcenter.osu.edu/patientcare/healthcare_services/heart/heart_recipes/?ID=1401&i=0

Publication #FDNS-E-89-74a **Reviewed by Connie Crawley MS, RD, LD 2013**

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The University of Georgia

Brown Rice: Rich and Nutritious

Brown Rice is Healthier than White Rice Because it is a Whole Grain.

Learning for Life

The University of Georgia Cooperative Extension

Contact your local office at

Benefits

- Provides needed fiber
- Low in fat and sodium
- Contains B vitamins, magnesium and selenium
- No cholesterol or trans fats
- Good for people with food allergies

Types

- Long-cooking - takes at least 45 minutes to cook
- Instant -10 minutes to prepare
- Boil-in-bag - cooks quickly with no pan to wash
- Rice mixes - contains added salt and fat

Brown Rice vs. White Rice

- Whole grain
- More nutritious
- Nuttier, richer flavor
- Slightly more chewy

Publication # FDNS-E –102

Reviewed by Connie Crawley May 2011 and 2013

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Easy Baked Brown Rice

1 ½ cups uncooked brown rice, long or medium grain

2 ½ cups reduced sodium chicken or beef broth

1 cup mushrooms, sliced

½ cup chopped onion

½ teaspoon black pepper

1 teaspoon Mrs. DASH table blend

1/2 cup slivered almonds

1. **Preheat oven to 375 degrees F.**
2. **Microwave mushrooms and onion for 1 minute.**
3. **Bring broth to a boil. Pour broth over rice in 1 quart baking dish with lid. Stir in mushrooms and onion.**
4. **Add pepper and Mrs. DASH.**
5. **Cover with lid and bake on middle rack of oven for one hour.**
6. **Fluff with fork before serving**

Servings: 8
Freezes well or can be kept in refrigerator for 3 days.

Nutrition Analysis:
Calories: 178 Carbohydrate: 30 grams Protein: 5 grams Fat: 4.5 grams
Saturated fat: Less than 1 gram Cholesterol: 0 milligrams
Sodium: 176 milligrams Dietary Fiber: 2 grams

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Dining Out

Make Wise Menu Choices

Menu Descriptions to Avoid	Request To Be Limited or Removed	Words To Look For
• Fried, Deep Fried	• Butter	• Lettuce and Tomato, Vegetable
• Crispy	• Salt	• Low-fat, fat-free salad dressing or mayonnaise
• Batter-dipped	• Mayonnaise	• Low-sodium
• Cheese Sauce	• "Special" Sauce	• Light wine sauce
• Golden Brown	• Salad Dressing	• Poached
• Creamed	• Cheese	• Grilled
• Au Gratin	• Bacon	• Broiled
• Sautéed in oil or butter	• Nut Topping	• Baked

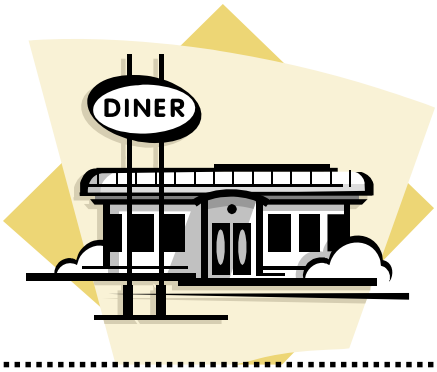
Save Money on Your Bill

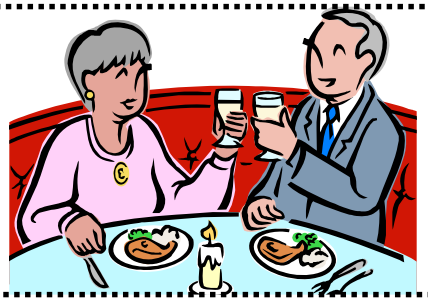
- Watch for Daily Specials
- Order smaller portions (Senior's or Children's menus)
- Split a meal with a friend or take half home for leftovers
- Ask about Senior Discounts

Tips For Making Healthy Restaurant Selections

Diners

- Order smallest entrée or share
- Request veggies without butter or salt
- Split baked potato
- Request butter and salad dressings on the side





Pancake/Waffle Houses

- Request "light stack" pancakes
- Request egg substitutes
- Fill omelets with vegetables
- Beware of high-fat and sodium sausages

Italian Restaurants

- Share pasta or get doggie bag
- Choose tomato or marinara sauces rather than cream sauces
- Go light on garlic bread
- Beware of high sodium sausage

Buffets

- Survey before you dig in
- Use small plate
- Pile no thicker than deck of cards
- Take 1-2 tablespoon portions

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Bulletin # FDNSE 89-27

Reviewed by Connie Crawley MS, RD, LD 2013

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Gale A. Buchanan, Dean and Director

Foods & Nutrition EDUCATION
University of Georgia Cooperative Extension Service

Questions to Ask at the Grocery Store

- If quantities of a product are on sale, can you get less than the quantity listed and still get the deal (2 for $4.00, can you get just one at $2.00)?
- Do you have to get 2 items to get the deal if the product is buy 1 get 1 free?
- Do they double coupons? If so, is it only certain times? Does the coupon have to be under a certain amount?
- Do you need a discount card with the store to get the savings advertised?
- Do they offer a senior discount? If so, is it only on a certain day? Is it weekly or monthly? How old do you have to be to get the discount?
- Can you break apart foods that come in bunches to get the amount you need? For example: grapes, bananas.
- Can you get half of a cake instead of a whole cake?
- Is it possible to get six eggs instead of a dozen?

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Bulletin # FNDSE 896 **June 2003**

Reviewed by Connie Crawley MS, RD, LD 2013

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Go Nuts!

Nutty Nutrition

- Nuts are high in fat and calories. Most of the fat, however is unsaturated.
- Some nuts are good sources of omega-3 fatty acids.
- Nuts are a good source of protein.
- Nuts provide antioxidants.

Quick Tips

- Eat a variety of nuts to maximize your intake of vitamins, minerals and phytochemicals.
- Limit your intake by sprinkling atop salads, stir-fry dishes, fish, or cereals.
- Choose leaner cuts of meat, skinless poultry, fish, light margarine and fat free dressings to balance your fat intake.

Serving size (1 ounce)	**Almond**	**Cashew**	**Pecan**	**Peanut**	**Walnut**
Calories	160	160	200	160	190
Fat (g)	14	13	20	14	18
Unsaturated Fat (g)	13	12	17	12	16
Protein (g)	5.7	4	2.2	6.7	4.1

Tips for Buying and Storing

- Keep nuts in an airtight container, preferably in the refrigerator for up to 6 months or 1 year in the freezer.
- When buying whole nuts look for clean, uncracked shells.

How Much Do You Know About Nuts?

1. Nuts are high is saturated fat. T/F
2. Consuming nuts may control your appetite. T/F
3. Eating nuts increases your risk for high blood pressure. T/F

Publication #FDNS-E-89-67a

Reviewed by Connie Crawley MS, RD, LD 2013

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Milk - It's Not Just for Kids!

Did you know that health experts now recommend that adults drink 3 cups of milk a day for good health? The old recommendation was 2 cups. In Georgia, very few adults drink milk with their meals. Tea, coffee, soft drinks, and water are more common. Variety is the spice of life, so consider doing something different and have a glass of milk with your lunch! Milk over ice is nice!

There are many types of milk to choose from. Lower fat milk provides just as much calcium, B vitamins and protein as whole milk, with much less fat. If you usually eat 2000 calories a day, you should try to get no more than 65 grams of fat (30% of your calories). Here's how different types of milk compare:

• Whole	1 cup	8 grams
• 2%	1 cup	5 grams
• 1%	1 cup	2 grams
• Fat free	1 cup	0 grams

Frequently Asked Questions about Milk

Q. Milk doesn't seem to agree with me. Is there something I can drink instead that will give me the calcium I need?

A. Some adults have trouble digesting lactose, the sugar that is naturally present in milk. There are special types of milk available that are low in lactose or lactose-free. Try drinking milk with meals and in small amounts – l/4 – l/2 cup at a time.

Q. I really don't like the taste of plain milk. What can I do?

A. Consider adding flavoring to your milk – like chocolate syrup or strawberry syrup. There are low-sugar versions available with fewer calories. Some people like the taste of evaporated milk, especially on fruit and cereal. If you don't dilute it, it has twice as much calcium per cup as fresh milk. You could also consider using instant or dry milk in cooked products, like rice pudding.

*Microwave Easy Rice Pudding**

2/3 cup uncooked rice
2 cups warm water
½ cup instant dry milk
2 Tablespoons sugar
½ teaspoon cinnamon
½ teaspoon vanilla
1 cup water

In a very large microwave-safe casserole dish, combine rice and 2 cups warm water. Cover loosely so steam will escape. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost(50% power) and cook 10 more minutes. Mix rest of ingredients together in medium bowl (instant milk, sugar, cinnamon, vanilla, water). Add to rice and stir quickly. Cover loosely and cook 10 more minutes on defrost (50% power). After cooking, let pudding sit, covered, 10 minutes. Spoon into individual serving dishes and serve warm.

*Recipe courtesy of Simply Good Cooking, University of Minnesota Extension Service.

Publication # FDNS-E-89-63 **Reviewed by Connie Crawley, July 2013**

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Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Shopping for Food on a Budget

Four Steps to Success:

- ✓ Make a food budget
- ✓ Plan meals and snacks for one week
- ✓ Create a shopping list
- ✓ Review your shopping list and budget

A Few Shopping Tips:

- ✓ Do not shop if you are tired or hungry
- ✓ Don't forget your shopping list and coupons
- ✓ Compare prices
- ✓ Get frozen and refrigerated foods last.

Publication # FDNS-E-89-15a Reviewed by Connie Crawley MS, RD, LD 2013

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The Importance of a Grocery List:

With a shopping list, you will know exactly what you need. Make copies of this blank one and use it each time you have to go grocery shopping.

Fresh Fruits and Vegetables	Canned Items	Grains (Bread, Cereal, rice, etc)
Staples and Misc.	Dried Beans and Peas	Milk, Cheese, and Yogurt
Meat, Poultry, Fish, and Eggs	Frozen Foods	Non-food Items

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Understanding the Food Label

Sample Label for
Macaroni and Cheese

1
Start Here

2

3
Limit these Nutrients

4
Get Enough of the Nutrients

6
Footnote

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

5
Quick Guide to % DV

5% or less is low
20% or more is high

INGREDIENTS: Water, enriched macaroni (enriched our [niacin, ferrous sulfate, (iron), thiamine mononitrate and ribo avin], egg white), our, cheddar cheese (milk, cheese culture, salt, enzyme), spices, margarine (partially hydrogenated soybean oil, water, soy lecithin, mono- and diglycerides, beta carotene for color, vitamin A palmitate, and maltodextrin.

Label Lingo

Free

Contains no amount of, or only trivia amounts of a nutrient. Example, “fat free,” “calorie free,” “sodium free.”

Low

40 calories or less/serving of calories; 3 grams or less/serving of fat; 1 gram or less/serving of saturated fat; 20 mg or less/serving of cholesterol; 140 mg or less/serving of sodium.

Reduced

A food with at least 25 percent less of a nutrient or calories than the reference food. Also can use “lower” or “fewer” for calories.

High

Contains 20 percent or more of the Daily Value (DV) for nutrient per reference serving.

Good Source

Contains 10 to 19 percent of the Daily Value for a nutrient.

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Bulletin # FNDSE 8911 **Revised November 2009**

Reviewed by Connie Crawley MS, RD , LD 2013

The University of Georgia Cooperative Extension

Understanding the Nutrition Label: Calories and Portions

Learning for Life

Portion size and serving size are not the same!

- **Serving size is standardized for the Nutrition Facts Label.**
- **Portion size is the amount people eat. It can vary.**
- **Calories and nutrient values on the label are based on the serving size.**
- **Some packages that look like one serving may have two or more servings.**

The University of Georgia Cooperative Extension

Contact your local office at

Figure percent calories from fat by dividing calories from fat by total calories and multiple by 100.

Nutrition Facts
Serving Size 1 cup (228g)
Serving Per Container 2
Amount Per Serving
Calories 250 Calories from Fat 110

Publication # FDNS-E– 89-95 Date 10/11

Reviewed by Connie Crawley, MS, RD, LD

Extension Nutrition and Health Specialist 2013

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If your portion is more or less than the serving size, multiply or divide to determine your actual calorie and nutrient intake. For example:

- Eat double the serving size, double the calories and nutrients.
- Eat only half the serving size, divide the calories and nutrients by half.

The University of Georgia Cooperative Extension

Understanding the Nutrition Label: Carbohydrate, Sugar and Fiber

Learning for Life

4 grams of sugar equals 1 teaspoon!

- **Total carbohydrate on the label includes starches, sugars and fiber.**
- **To control diabetes, use the total carbohydrate grams and not sugar grams.**
- **Fiber is the only carbohydrate that does not raise the blood glucose or provide calories.**
- **The sugar grams listed includes both added and natural sugar.**

The University of Georgia Cooperative Extension

Contact your local office at

Women over age 50 need at least 20 grams of fiber per day. Men over age 50 need at least 30 grams.

Common Names for Sugar In the Ingredient List

Brown sugar	Invert sugar
Honey	Maltose
Corn syrup	Malt syrup
Dextrose	Molasses
Fructose	Raw sugar
Fruit juice concentrates	Sucrose
Glucose	High Fructose Corn Syrup

Both natural and added sugar will raise your blood sugar. However foods with natural sugar like milk and fruit also usually have vitamins and minerals. Added sugar often is found with fat and processed ingredients.

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Understanding the Nutrition Label: The Fats and Cholesterol

Learning for Life

5 grams of fat equals 1 teaspoon!

- **All fat has 45 calories per teaspoon.**
- **Saturated and trans fats will raise LDL cholesterol increasing risk for heart attack and stroke.**
- **Add up both saturated and trans fat to determine the unhealthy fats in a food.**
- **Only animal foods contain cholesterol. A food may have no cholesterol, but still be high in bad fats.**

The University of Georgia Cooperative Extension

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Partially hydrogenated oils contain trans fats.

"Free" on a label may not mean totally free. Check the ingredient list as well for sources of bad fat or cholesterol that can add up.

Consume less than 300 milligrams of cholesterol per day. However, if you have diabetes or cardiovascular disease, consume less than 200 milligrams.

Total Calories	7% limit on	10% limit on satu-
1200	9 grams	13 grams
1500	12 grams	17 grams
1800	14 grams	20 grams
2000	16 grams	22 grams
2200	17 grams	24 grams
2500	19 grams	28 grams

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Understanding the Nutrition Label: Vitamins, Minerals and Protein

Learning for Life

Look at the % Daily Value to see if a food is high or low in a nutrient !

- **A food is low in a nutrient if the % Daily Value is less than 5%.**
- **A food is high in a nutrient if the % Daily Value is 20% or more.**
- **For some nutrients like sodium, keep the total intake for the day less than 100% of the Daily Value.**
- **For nutrients that may be low in the diet, get at least 100% of the Daily Value from a variety of foods.**

The University of Georgia Cooperative Extension

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- Each Day -

  - Consume 100% of the Daily Value of Vitamin A .

  - Consume at least 150% of the Daily Value for Vitamin C .

  - Consume at least 120% of the Daily Value for Calcium.

  - Limit your intake of iron to 50% of the Daily Value for Iron.

- Divide your weight in half to get the grams of protein you need per day.

Choose food over supplements if possible

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Being Active with Low Mobility....

Learning for Life

You can be active even with limited movement.

- Limited mobility means you cannot move as well because of injury, age or illness.
- Before getting more active, check with your doctor.
- If needed, get help from a physical therapist or personal trainer.
- Warm up before you get started.
- Work up to 5 or more days a week for 30-60 minutes total. Can break up into several shorter sessions during day.
- Do less than you think you can at first. Build up slowly.
- Join Walk Georgia in the spring to keep motivated

The University of Georgia Cooperative Extension

Contact your local office at

Warm Up First

Neck Rolls

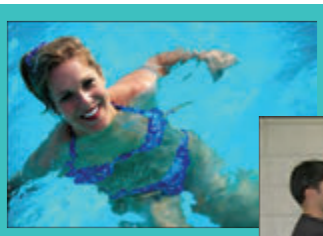
Shoulder Rolls

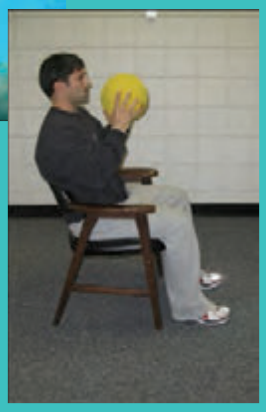
Arm Swings

Marching in Place

Side Bends

Possible activities





Water Exercise

Exercise with balls

Exercise bands

Active Stretching

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Reviewed by Connie Crawley RD 2013

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Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Benefits of Physical Activity for Older Adults

- More energy, strength and flexibility to do everyday activities and stay independent
- Reduced risk of falls and injuries

- Less risk of chronic diseases like diabetes, heart disease, cancer, and high blood pressure
- Prevention of bone loss resulting in fewer fractures
- Improvement in cholesterol and blood pressure
- Maintenance of healthy weight
- Less depression, stress, and anxiety

Be Active Every Day

- Experts recommend that you get at least 30 minutes of moderately-intense physical activity most days of the week. If you have been inactive, be sure to start slowly. Include periods of rest interspersed within your activity until you can more easily perform the activity

continuously for at least 30 minutes. You can divide it into several sessions of 5-10 minutes each in the beginning.

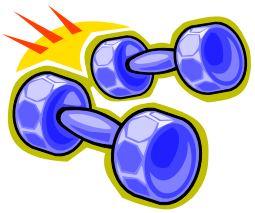
- These are some examples of the types of activities that can be done with moderate intensity:

Brisk walking	Yard work
Bicycling	Vacuuming
Swimming	Sweeping floor
Dancing	

- Don't forget to stretch every day. Flexibility and stretching exercises improve flexibility, coordination and balance.

Increase Your Strength - No One is Too Old

Strength training twice a week has been shown to be very beneficial in older adults - even in their 90s.



- Prevents loss of muscle due to aging
- Increases strength and improve balance
- Helps prevent falls
- Reduces fractures from bone loss

Use light weights or strengthening machines 2-3 times per week. Be sure to get proper instruction from someone with formal exercise training.

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Publication # FDNS-E-89-13a **Reviewed by Connie Crawley MS, RD, LD July 2013**

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Fit As a Fiddle – Mind & Body

10 Tips for a Healthy Mind

Tip # 1 – Exercise Your Mind as Well as Your Body.

- Play scrabble or work crossword puzzles.
- Learn a foreign language.
- Start a new hobby.
- Write your family history.
- Read and start a book club with friends.
- Volunteer in your community.

Tip # 2 – Be physically active by exercising at least 30 minutes most days of the week.

- Park farther away and walk the extra distance.
- Take the stairs, not the elevator.
- Ride a stationary bike while watching TV.
- Walk the dog.
- Dance, yoga, Tai-Chi.
- Join a fitness club.
- Just get moving!

Tip # 3 –Eat healthy.

- Eat more fruits and vegetables.
- Add color to your diet.
- Get your antioxidants.

Tip # 4 – Drink alcohol in moderation, i

- Women and anyone 65 years of age or older should have no more than 1 alcoholic beverage per day.
- Men under 65 should have no more than 2 alcoholic beverages per day.

Tip # 5 – Manage your stress.

- Keep your stress level low.
- Take a break.
- Simplify your life.
- Get some exercise.

Tip # 6 – Protect your head from injury.

- Wear a helmet while bike riding or doing other sports activities.
- Wear your seatbelt!

Tip # 7 – Don't smoke!

Tip # 8 – See a doctor regularly.

- Monitor blood pressure, cholesterol levels and blood glucose levels.

Tip # 9 – Stay involved socially.

- Go to lunch regularly with friends.
- Join an exercise group.
- Invite friends for dinner.
- Start a book club.
- Start a "stitch and chat" club.
- Go fishing or golfing with friends.
- Meet friends at the movies.
- Get together for cards or games.

Tip # 10 – Start today to "maintain your brain."

- www.alz.org

This material is excerpted from www.alz.org and the Mayo Clinic.

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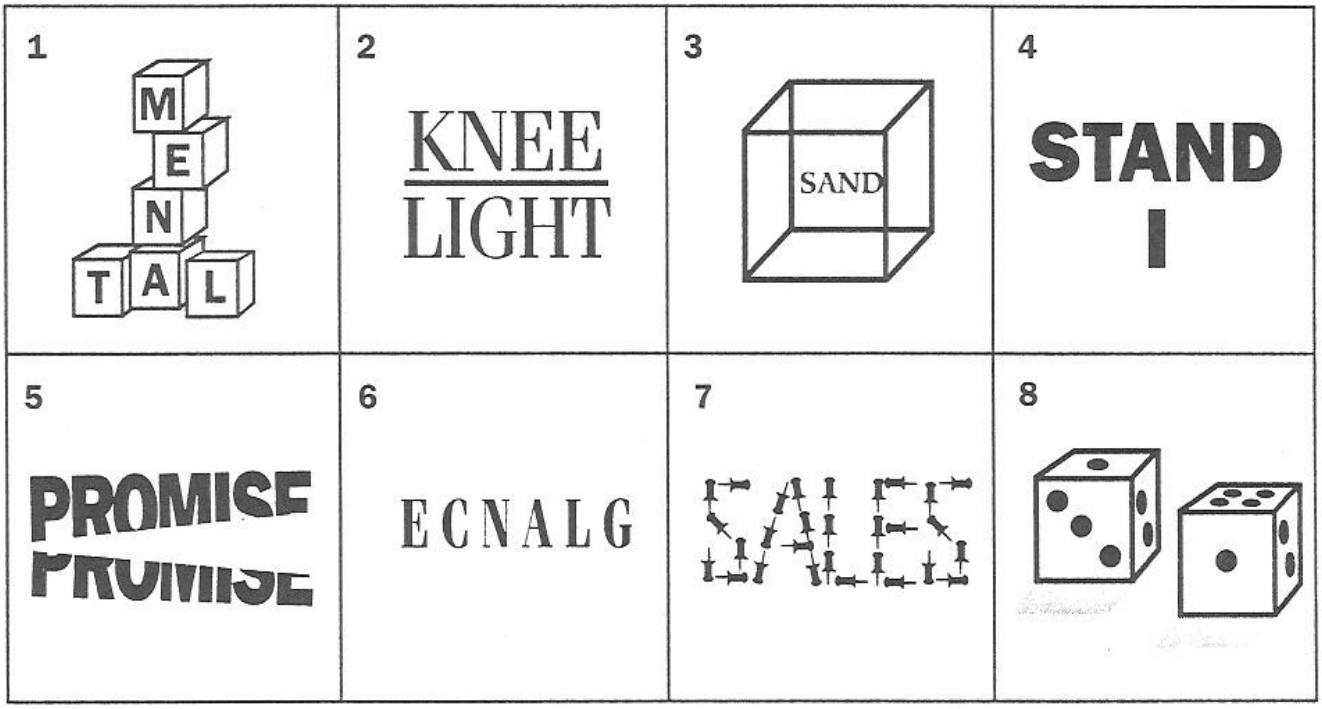
Bulletin # FDNS-E-89-53

Reviewed by Connie Crawley 2013

Activity 1

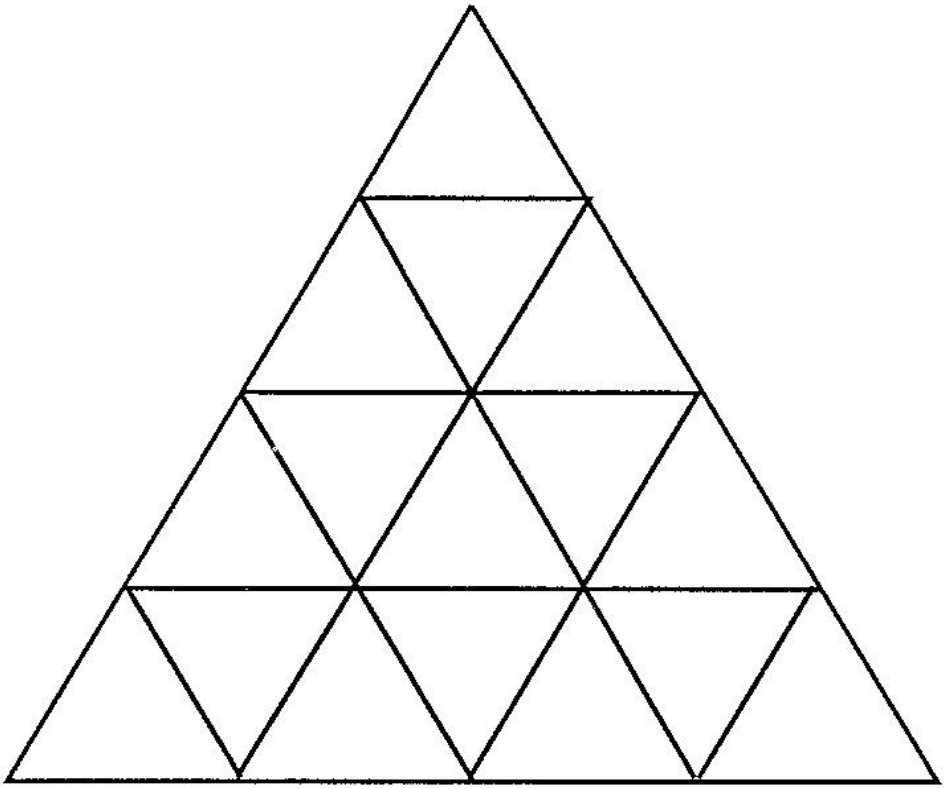
Mental Stretches



Source: Wolf J. Rinke, 1992. *Make It a Winning Life: Strategies for Life, Love and Business.*

Activity 2

Mental Stretches



How many triangles are there?

Source: Wolf J. Rinke. 1992. *MAKE It a Winning Life: Success Strategies for Life, Love and Business.*

Answers

Activity 1:

1 Mental blocks
2 Neon light
3 Sandbox
4 I understand
5 Broken promise
6 Backward glance
7 Sales Tax
8 Paradise

Activity 2:
The answer is 25. There are 16 small, individual triangles; 5 triangles of four triangles each, 3 triangles of nine triangles each, plus one large triangle.

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Bulletin # FDNS-E-89-54

Reviewed by Connie Crawley MS, RD, LD July 2013

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

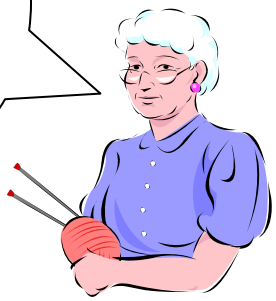
Protein – Are You Getting Enough?

Why do we need protein?

- To help prevent illness and infection
- To transport nutrients to cells
- To keep organs working well
- To keep hair, skin, and nails healthy
- To build muscles and bones

Older adults need more protein because of illness and injury.

And their bodies absorb and use protein less efficiently.



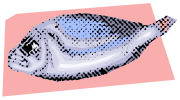
How much protein you need each day depends on your weight:

Body Weight	Grams of Protein Needed
110	45 – 63
120	49 – 68
130	53 – 74
140	57 – 80
150	62 – 86
160	66 – 91
170	70 – 97

Adults over the age of 70 have 40% less muscle mass than young adults.

What Foods Have the Most Protein?

Food item	Amount	Grams of protein
Chicken	3 oz	25
Beef	3 oz	22
Fish	3 oz	19
Egg	1 large	6
Milk	8 fl oz	8
Cheese	1 oz	6 – 8
Yogurt	1 cup	8 – 11
Beans	½ cup	6 – 8
Nuts	¼ cup	5 – 10
tofu	3 oz	7
Pasta	1 cup	7
Rice	¾ cup	3
bread	1 slice	3 – 4



Protein the healthy way:

- Use low cholesterol egg substitute
- Try loin and leg cuts of meat.
- Consume non-fat and low fat dairy foods.
- Eat skinless poultry
- Eat more cooked dried beans and peas
- Eat small amounts of nuts.
- Eat enough calories to ensure your body does not break down the proteins you eat into energy.

If your appetite is low, eat meat and cheese– you'll get a lot of protein with less food.

Or try drinking your protein in the form of milk or liquid food supplements.

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Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Baked Beans Cake

INGREDIENTS:

1 cup raisins
1 cup boiling water
1 19-oz can baked beans
3 eggs
1 cup canola oil
2 cups granulated sugar
2 cups flour
1 tsp baking soda
½ tsp baking powder
1 tsp cinnamon
½ teaspoon salt
1 cup chopped pecans
1 tsp vanilla extract

PREPARATION:

- Place raisins in a bowl and pour boiling water over them, set aside.
- In a large mixing bowl, mash beans with a fork.
- Add eggs, oil, and sugar – beat well.
- Combine flour, baking soda, baking powder, cinnamon and salt.
- Stir into bean mixture.
- Drain raisins and reserve liquid.
- Add raisins, nuts and vanilla to batter.
- If batter is too thick, add a little of the raisin water, stirring to combine.
- Pour mixture into a greased 13″ x 9″ baking pan.
- Bake at 325 degrees for approximately 1 hour or until tester inserted in center comes out clean.
- Cool in pan on a rack.
- Frost as desired.

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Should I Take a Supplement?

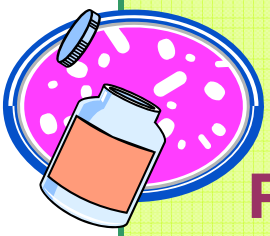
In General –

A vitamin-mineral supplement made for seniors may help.

Store brands are just as good as name brands.

Make sure your doctor and pharmacist know all the drugs and supplements you are taking.

Supplements You May Need



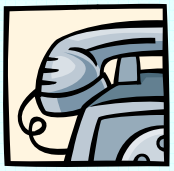
B_{12}

Folic Acid

Calcium

Vitamin D

The FDA does not pre-approve supplements like drugs. They have to prove them unsafe later. Call 1-800-322-1088 to report adverse reactions.



Unsafe Supplements

Comfrey
Kava
Pennyroyal oil
Lobelia
Aristolochia
Chaparral
Ephedra
Germander
Organ and glandular Extracts
Yohimbe
Bitter Orange
Androstenedione

Question the Claims

1. Who is promoting the supplement?
2. Are they trying to sell or educate?
3. Is there valid research in respected journals that support the claims?
4. Does it sound too good to be true?
5. Are they pushing you to promote to others?
6. Could this supplement be harmful?

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Bulletin # FDNS-E-89-58

Reviewed by Connie Crawley, MS, RD, LD 2013

Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

Fermented Dairy for Health

Many fermented dairy products are a good source of *probiotics* for good health. *Probiotics* are friendly bacteria in our digestive tract.

Potential Health Benefits

- Improve lactose intolerance
- Maintain a healthy digestive tract
- Strengthen the immune system

Other potential health benefits that need more research

- Cancer
- Allergies
- High cholesterol
- High blood pressure

Sources

- Yogurt
- Frozen Yogurt
- Yogurt Drinks
- Kefir
- Some Cottage Cheeses
- Cultured Soy Products
- Sweet Acidophilus® Milk

Foods

Foods are better choices for probiotics than supplements because they have components that may work together to give a bigger health effect than taking probiotics alone.

Fermented and cultured dairy and soy products are also a source of calcium, riboflavin, vitamin B12, potassium, protein and other nutrients.

These nutrients may be partly responsible for some of the health benefits of fermented foods.

Ways to Eat More Probiotics

Spiced Minty Yogurt Drink

(Adapted from " The Spice of Vegetarian Cooking," by Martha Rose Shulman)

Serves 2

Ingredients:
1 cup yogurt or buttermilk
½ cup water
12 mint leaves
½ teaspoon cumin
8 ice cubes

Directions:
1. Blend together all ingredients except ice cubes in a blender until smooth.
2. Add ice cubes and continue to blend another 20 to 30 seconds. Pour into glasses and serve.

Nutrition Facts:
Made with plain, non-fat yogurt:
137 calories, 0 g fat, 14 g protein, 49% DV calcium

Made with low-fat buttermilk:
98 calories, 2 g fat, 8 g protein, 28% DV calcium

Made with flavored, non-fat, low-calorie yogurt:
105 calories, 0 g fat, 9 g protein, 32% DV calcium

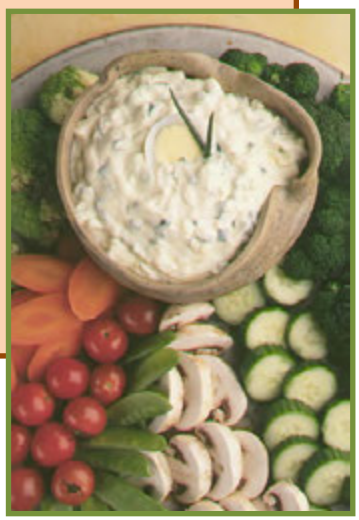
Yogurt Spread

(Adapted from www.dannon.com)

Ingredients:
1 cups plain, non-fat yogurt
¼ grated parmesan cheese
2 tablespoons sesame seeds
¼ teaspoon garlic salt

Directions:
1. Mix all ingredients together in a bowl.
2. Enjoy on whole grain crackers or toast, or use as a vegetable dip.

Nutrition Facts for ¼ of recipe:
87 calories, 4 g fat, 7 g protein, 24% DV calcium.



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