

# NUTRITION NEWS



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## NEP

Nutrition Education Program  
for Families

### DIETARY GUIDELINES FOR AMERICANS: IF YOU DRINK ALCOHOL, DO SO IN MODERATION

One of the Dietary Guidelines is if you choose to drink alcoholic beverages, do so in moderation. Alcoholic beverages do contain calories, but no nutrients. Consuming alcoholic beverages in excess is harmful. Alcohol impairs judgment, and can lead to dependency. Long-term alcohol use is associated with serious health problems. If you choose to drink alcoholic beverages, consume them in moderation.

Moderation is no more than one drink per day for women and no more than two drinks per day for men. A drink is 12



ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

High amounts of alcohol intake increase the

risk for high blood pressure, stroke, heart disease, cancers, accidents, suicides, birth defects, and overall mortality (death). Too much alcohol causes cirrhosis of the liver, and damage to the brain and heart.

Heavy drinkers are also at an increased risk of malnutrition. This is because alcohol does contain calories, which will make you feel full. Alcohol then takes the place of more nutritious foods. Also, alcohol can interfere with absorption of needed nutrients from your food.

#### Those Who Should Not Drink....

There are some individuals who should not drink at all. These include:

- Children and adolescents
- Individuals who can't restrict their drinking.
- This is also a concern for recovering alcoholics, and those whose family members have alcohol problems.
- Women who are pregnant or who are trying to get

pregnant.

- Individuals who are going to drive.
- Individuals who will be taking part in an activity that requires a special skill.
- Individuals taking prescriptions and over the counter medication.



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#### Alcohol and Pregnancy

- \* If you are pregnant or trying to get pregnant, do not drink alcohol.
- \* Drinking during pregnancy causes major birth defects.
- \* Alcohol harms your baby by causing mental impairment, poor growth and physical malformations.
- \* If you choose to breast-feed your baby, do not drink.

# Vitamin and Mineral Matching

Vitamins and minerals are an essential part of our diet. We cannot make vitamins and minerals in our body, and must receive them from food. Match each food with its correct vitamin or mineral. Foods can be used more than once. (Answers on last page.)

**Vitamin C**- Is necessary to make a protein called collagen which is in connective tissue, bone and tendons.

**Vitamin A**- Is necessary for vision, promotes growth and prevents dry skin and eyes.

**Iron**- Is needed to make red blood cells, and to help immune function

**Folate**- Prevents neural tube defects in unborn infants. These serious birth defects are sometimes called "open spine".

**Calcium**- Is needed for strong teeth and bones.



Carrot



Spinach



Cheese



Strawberry



Potato



Orange



Tuna



Broccoli



Banana



Milk



Meat



Enriched Bread

**Vitamin C**

**Vitamin A**

**Iron**

**Folate**

**Calcium**

## Food Safety: Fire protection

There are three classes of fires that can occur in your home. Each class of fire is different and requires different methods for putting out the flames. If a fire breaks out, always call the fire department first. If the fire is severe, get out of the house, and then call the fire department.

If you do have a fire extinguisher, it should be located in a general location, where you can see it. Remember that fire extinguishers are only for small fires. Do not attempt to put out a large fire. Since there are three different types of fires, not all extinguishers will fight all fires. The

extinguisher will state which class of fire it is appropriate for.

**Class A fire**- These fires involve the burning of paper, cloth, wood, plastic, and rubber. If you have an extinguisher, you can use one that is an A/B/C type. You can also put out the small fire with water, or by smothering it with a blanket.

**Class B fire**- These are also called grease fires. It is best to use a B/C extinguisher to put out these fires. If you do not have an extinguisher, you can use baking soda.



**Do not throw water on a grease fire.**

**Class C fire**- These fires are caused by electrical equipment, such as a microwave or frayed cords. For these fires, an A/B/C or a B/C extinguisher is the best choice. If you do not have one, do not throw water on the fire. Call the fire department.

To protect your home, install fire detectors in your home, and be sure to check the batteries.

Source:  
The Educational Foundation of the National Restaurant Association. *Applied Foodservice Sanitation*. 1995.



# Carrot Pineapple Bread

## Nutrition Facts

Serving Size 1 slice  
Servings Per Container 18

### Amount Per Serving

Calories 144 Calories from Fat 9

### % Daily Value

Total Fat 1g 2%

Saturated Fat <1g 1%

Cholesterol 30g 10%

Sodium 212mg 9%

Total Carbohydrate 31g 10%

Dietary Fiber 1g 2%

Sugars 14g

### Protein 3g

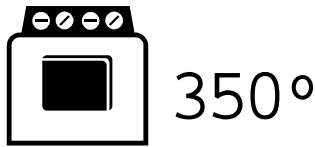
Vitamin A 35% • Vitamin C 3%

Calcium 1% • Iron 6%

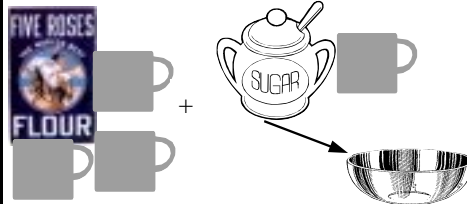
## Ingredients

- 1 cup sugar
- 3 cups flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 2 tsp. vanilla
- 1/3 cup applesauce
- 1 cup grated carrot
- 1 cup crushed pineapple, undrained
- 3 eggs
- 1 cup nuts (optional)

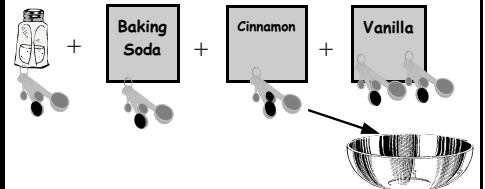
1. Heat oven to 350° F.



2. Measure 3 cups flour and 1 cup sugar into a large bowl.



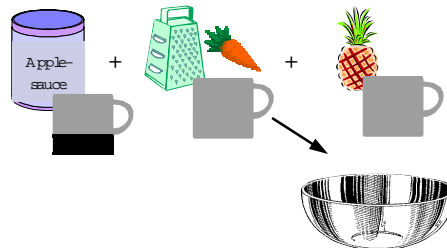
3. Add 1 tsp. salt, 1 tsp. soda, 1 1/2 tsp. cinnamon, and 2 tsp. vanilla.



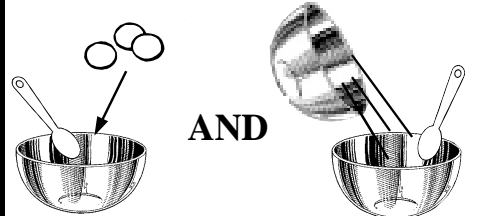
4. Mix well.



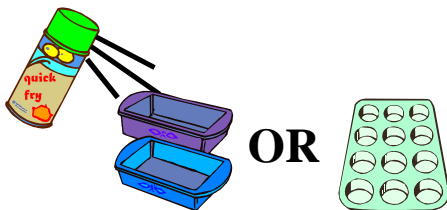
5. In another bowl, measure 1/3 cup applesauce, 1 cup grated carrot, and 1 cup crushed pineapple (undrained).



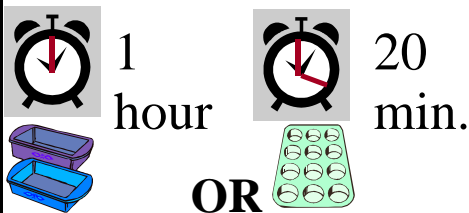
6. Add 3 eggs. Mix well. Add wet ingredient mixture to dry mixture. Add nuts if desired. Mix just until combined.



7. Grease 2 loaf pans or 18 muffin cups.



8. For loaves, bake 1 hour. For muffins, bake 20 minutes.



# NEP

Nutrition Education Program for Families

# Utah State UNIVERSITY EXTENSION

## State of Utah

DEPARTMENT OF WORKFORCE SERVICES



*NEP means Nutrition Education Program. In Salt Lake, Davis, Box Elder, and Utah Counties there is EFNEP, which stands for Expanded Food and Nutrition Education Program. In the rest of the counties there is FNP which stands for Family Nutrition Program. Both programs provide information and teach skills that people need to improve their health and well being through diet.*

*NEP for families offers nutrition education through individual and family instruction in the home and in small group classes. The lessons are taught by Nutrition Assistants who are members of the USU Extension staff. The Nutrition Assistants have personally experienced the difficulty of raising families on a limited income.*

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## Turtle Talk

Dear Turtle,

My child has decided to eat only one food for every meal. I offer him other foods, but he just won't eat them. Have I done something wrong?

Sincerely,

Mark

Dear Mark,

Your child is experiencing what is called a "food jag". This is very common among older toddlers. They are starting to develop their independence, and becoming their own person. This is very frustrating for you, but this is not harmful for your child. Keep other foods available during meal time, and do

not make the meal time a scene. The less of an issue you make out of your child's food jag, the more likely your child will snap out of it. After a while, your child will get bored with one food. If whole categories of food are rejected (i.e. milk, meat, breads, etc) for more than two weeks, talk to your child's doctor or a registered dietitian.

Sincerely,

Turtle



## Answers To Matching

### On Page 2

**Vitamin C:** Orange, banana, strawberry, broccoli, potato

**Vitamin A:** Milk, carrots, spinach, broccoli

**Iron:** Tuna, meat, spinach, broccoli, enriched bread

**Folate:** Spinach, orange, banana, enriched bread

**Calcium:** Milk, cheese, spinach

