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# Nutrition News

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*NEP*
*Nutrition Education Program for Families*

# NUTRITION NEWS

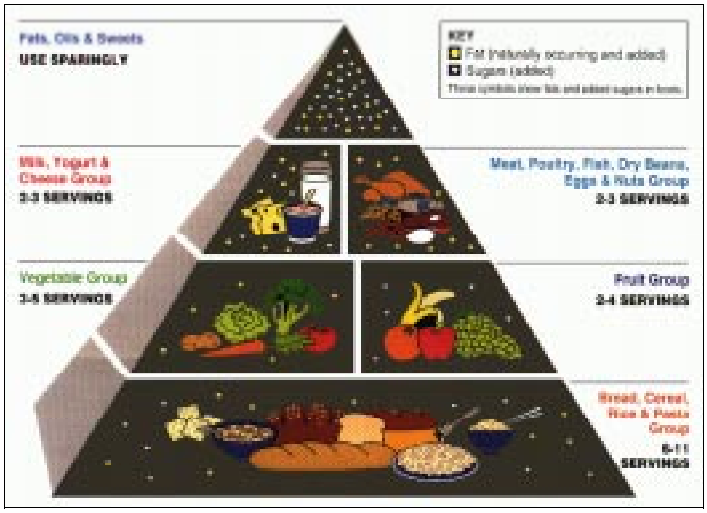
**Christina Sperry, R.D.**

*Volume 2*

NEP
Nutrition Education Program for Families

## Dietary Guidelines For Americans: Balance the Food you Eat with Physical Activity – Maintain or Improve your Weight

One of the Dietary Guidelines for Americans is to balance the food you eat with physical activity or to maintain or improve your weight. Being overweight is a problem because it puts you at a higher risk for diseases like hypertension, diabetes, heart disease, and cancer. Many people spend too much time sitting and not enough time exercising. To maintain or improve weight and lower body fat and disease risk, everyone should spend 30 minutes or more exercising every day. Some easy ways to do this are listed below. Also, just doing little activities like taking the stairs instead of the elevator or walking around the block can help.




### Ways to Exercise

Brisk walking
Calisthenics
Home care (general cleaning)
Racket sports
Home repair (like painting)
Fishing (standing/casting)
Jogging
Swimming (moderate effort)
Cycling
Gardening
Dancing
Shoveling Snow
Mowing the lawn

Part of the balancing act in maintaining or losing weight is watching what you eat. It's important to remember that the kinds and amounts of food you eat affect your ability to maintain or lose weight. Eating a lot of fatty foods can make weight gain more likely. However, even if you eat less high-fat food, you can still gain weight from eating too much food. Eating foods at the bottom of the food guide pyramid is helpful because these foods are filling but lower in calories than foods at the top of the pyramid.

Some people do not know what a healthy weight is. The table at the side of this page lists a healthy weight range for each height. The higher weight applies to people with more muscle and bone (such as men) and to people who are more active. If you need to lose weight, here are some suggestions:

⇒ Increase your physical activity

⇒ Eat less food by controlling portion sizes

⇒ Follow the food guide pyramid

⇒ A healthy rate of weight loss is ½ to 1 pound per week.

### Inside this issue:

Smart Shopper 2
Food Safety 2
Recipe Corner 3
Turtle Talk 4

**Healthy Weight Ranges for Men & Women**

| Height | Weight |
|---|---|
| 4'10" | 91-119 |
| 4'11" | 94-124 |
| 5'0" | 97-128 |
| 5'1" | 101-132 |
| 5'2" | 104-137 |
| 5'3" | 107-141 |
| 5'4" | 111-146 |
| 5'5" | 114-150 |
| 5'6" | 118-155 |
| 5'7" | 121-160 |
| 5'8" | 125-164 |
| 5'9" | 129-169 |
| 5'10" | 132-174 |
| 5'11" | 136-179 |
| 6'0" | 140-184 |
| 6'1" | 144-189 |
| 6'2" | 148-195 |
| 6'3" | 152-200 |
| 6'4" | 156-205 |
| 6'5" | 160-211 |

# Smart Shopper Tip

| Unit Price | Per Ounce 2 ¢ | Total Price $0.96 |
|---|---|---|
| Frozen Concentrate | | |

x or

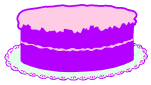
| Unit Price | Per Ounce 4 ¢ | Total Price $0.96 |
|---|---|---|
| Canned Juice | | |

Have you noticed the tags below food items at the grocery store which look like the ones above? This is called the unit price. Unit prices tell us how much a certain amount (like a pound or ounce) of food costs. By telling us this, it helps us compare the price of different brands or sizes of the same product so we can save money at the grocery store. In the example above note you can get 8 six ounce servings from the frozen concentrate for 96 cents, but you only get 4 six ounce servings from the prepackaged juice. In the boxes below mark a "x" next to the best buy. Answers are on page 4.

| Unit Price | Per Ounce 1.9 ¢ | Total Price $1.29 |
|---|---|---|
| Soda | | |

or

| Unit Price | Per Ounce 1.5 ¢ | Total Price $0.96 |
|---|---|---|
| Juice | | |



| Unit Price | Per Ounce 40 ¢ | Total Price $13.99 |
|---|---|---|
| Prepared Cake | | |

or

| Unit Price | Per Ounce 7 ¢ | Total Price $2.50 |
|---|---|---|
| Cake Mix & Frosting | | |

Cake Mix

Name Brand Cereal

| Unit Price | Per Ounce 25 ¢ | Total Price $3.49 |
|---|---|---|
| Name Brand Cereal | | |

or

| Unit Price | Per Ounce 19 ¢ | Total Price $2.59 |
|---|---|---|
| Store Brand Cereal | | |

Store Brand Cereal

# Food Safety: Using Food from Dented Cans

Some places sell dented canned food at a discounted price. How do you know when you can use dented cans? Dented cans can be used unless you notice any of the following things:

* A bulged can top or bottom
* Leakage at the site of the dent, along the seams, or anywhere else
* Damaged seals at top or side
* Any rust
* Dents that make it impossible to open the can with a can opener.
* When the can is opened, if you notice any of the following:
* Abnormal odor, color or texture
* Foamy food
* Milky-colored liquid not natural to the product

then throw the can and food away. It is important to never taste-test canned goods if you notice any of the signs listed above. Food from dented cans can be a good way to stretch your food budget.

# Bran Muffins

## Ingredients

- 5 cups flour
- 2 tsp. salt
- 2 tsp. baking soda
- 3 cups sugar
- 6 cups Raisin Bran
- 4 eggs, beaten
- 4 cups buttermilk **or** 3 ¾ cup milk with ¼ cup vinegar
- Vegetable spray or oil

**Nutrition Facts**
Serving Size 2 muffins
Servings Per Container 66

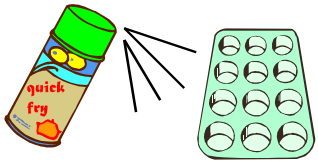
**Amount Per Serving**
Calories 48 Calories from Fat 3

| | % Daily Value |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 1% |
| **Cholesterol** 7 mg | 2% |
| **Sodium** 77 mg | 3% |
| **Total Carbohydrate** 10g | 3% |
| Dietary Fiber 0g | 2% |
| Sugars 6g | |
| **Protein** 1g | |

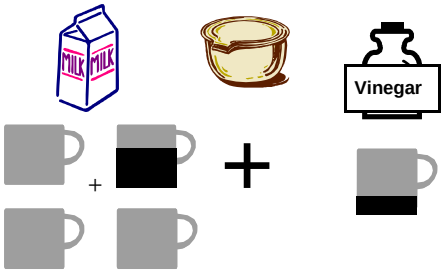
Vitamin A 3% • Vitamin C 0%
Calcium 1% • Iron 7%

1. Heat oven to 425º F.

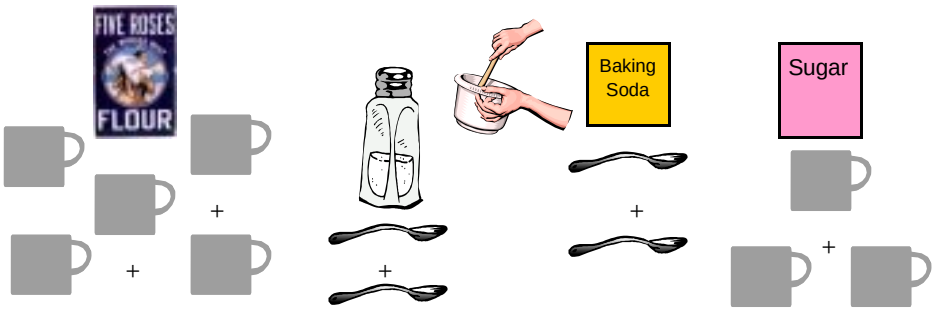
2. Spray the bottom of the muffin cups in the muffin pan with cooking spray (or use paper muffin cups).



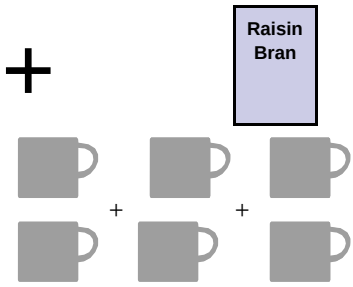

3. In a container combine 3 ¾ cup milk & ¼ cup vinegar and set aside.



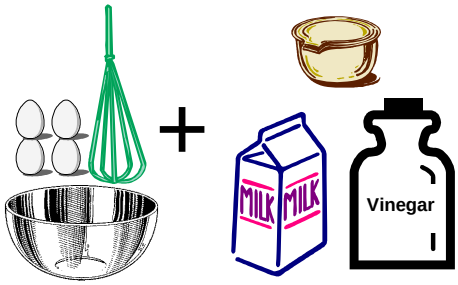

4. Measure & mix 5 cups flour, 2 tsp. Salt, 2 tsp. Baking soda, & 3 cups Sugar.



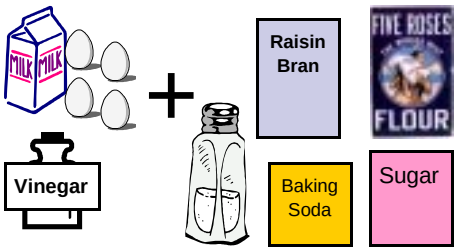

5. Add raisin bran to mixture of dry ingredients.




6. In another bowl beat 4 eggs & add the milk/vinegar mixture to the eggs.

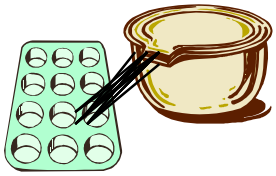



7. Make a well in the center of the dry ingredients and add the egg/milk mixture.




8. Mix with a spoon until the dry ingredients are moistened (mixture will be lumpy).

9. Pour mixture into greased or papered muffin pan. Fill the muffin cups 3/4 full.



10. Bake at 425º for about 15-20 minutes.

15-20

# NEP

Nutrition Education Program for Families

Utah State UNIVERSITY EXTENSION

State of Utah

DEPARTMENT OF WORKFORCE SERVICES

Utah's Job Connection

*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,

I am a little overweight and have been wanting to go on a diet. My friend told me the best way to lose weight is to avoid carbohydrates (which are found in bread, fruit, and sweets) because it will stick to my intestines and make me fat. She also told me to eat a lot of protein because it will build muscle and burn fat. Is this really the best way to lose weight?

Sincerely,

Debbie

Dear Debbie,

The diet your friend recommended is not a good way to lose weight. The best way to lose weight is simply to balance the food you eat with physical activity. Carbohydrate in bread and fruit is found at the bottom of the Food Guide Pyramid and should form the basis of your diet. Contrary to what your friend said, carbohydrate does not "stick to your intestines" & there is no scientific evidence to support the claim that carbohydrate stimulates appetite or leads to weight gain (unless you simply overeat). Protein is an important nutrient. However, most Americans get plenty of it. Unfortunately it does not build muscle or burn fat. The only way to do this is good old fashioned exercise!

Sincerely,

Turtle

**Answers to Activity on Page 2:**

Cake Mix

Store Brand Cereal