

FOCUS ON FAMILY MATTERS

2009

January—Happy New Year!

February—Healthy Heart Month

March—National Nutrition Month

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HAPPY NEW YEAR !

H - ealth - *"The first wealth is health."* (Source: Ralph Waldo Emerson)
Make health a priority this year. Health should be more than the absence of disease – read on for ideas.

A - ttitude *"Health and cheerfulness naturally beget each other."* (Source: Joseph Addison)
A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P - hysical activity—*"A man's health can be judged by which he takes two at a time - pills or stairs."* (Source: Joan Welsh)
The U.S. Department of Health and Human Services 2008 *Physical Activity Guidelines for Americans* recommends for adults: "Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) & muscle-strengthening (resistance) physical activity are beneficial." For more information & for guidelines for children: <http://www.health.gov/paguidelines/guidelines/default.aspx>

P - eople— *"Love cures people - both the ones who give it and the ones who receive it..."* (Source: Dr. Karl Menninger)
Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y - our body *"Take care of your body. It's the only place you have to live."* (Source: Jim Rohn)
Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

For more information on planning healthy menus, visit <http://www.mypyramid.gov> by Alice Henneman, MS, RD <http://lancaster.unl.edu/food>

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FAMILY & CONSUMER SCIENCES
Newsletter Coordinated by:
Deon Legette
County Extension Agent
Kershaw & Fairfield Counties
dlgett@clemson.edu

Contributing Editor:
Tarana Khan
EFNEP Area Coordinator
Midlands Region
taranak@clemson.edu

Cooperative Extension work in Agriculture and Home Economics, State of South Carolina, Clemson University, The United States Dept. of Agriculture and South Carolina Counties cooperating.

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Please note the Kershaw County office is no longer receiving mail at their Post Office Box, all correspondence should be mailed to:
632 West Dekalb St., Camden, S.C. 29020

Happy New Year ! (continued from pg. 1)

N - O! *“Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough.” (Source: Josh Billings)*

Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

E - at healthy *“Rich, fatty foods are like destiny: they too, shape our ends.” (Source: Author Unknown)*

MyPyramid.gov recommends: “To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce. Also, consider how the food was prepared. For example, choose skinless baked chicken instead of fried chicken and choose fresh fruit instead of a fruit pastry.”

W - isdom *“A wise man makes his own decisions, an ignorant man follows public opinion.”(Source: Chinese Proverb)* Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.



Y - our hands *“Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.” (Source: Centers for Disease Control and Prevention)*

Here’s how to wash your hands from the Centers for Disease Control and Prevention. When washing your hands with soap and water: Wet your hands with clean running water and apply soap. Use warm water if it is available.

- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend. Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

E - nough sleep *“A good laugh and a long sleep are the best cures in the doctor's book.” (Source: Irish Proverb)* According to the 2008 “Sleep in America” poll by the National Sleep Foundation (NSF), “Working too much and sleeping too little takes a serious toll on people’s professional and personal lives,” Some of the findings of the poll included:

- 29 percent of those polled fell asleep or became very sleepy at work in the past month;
 - 36 percent have nodded off or fallen asleep while driving
 - 14 percent missed family events, work functions and leisure activities the past month due to sleepiness.
- Cutting back on other activities rather than cutting back on sleep may be more effective in enhancing the quality of your life.

A - void portion distortion *“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)*

Rather than worry so much about “what” you eat, consider “how much” you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you’re eating.

R - eading materials *“Be careful about reading health books. You may die of a misprint.” (Source: Mark Twain)*

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from “professionals” with unusual-sounding degrees.

Heart Healthy Recommendations for the New Year and a New You !



A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make simple steps for long-term benefits to your health and your heart.

Start by knowing how many calories you should be eating and drinking to maintain your weight. Don't eat more calories than you know you can burn up every day. Increase the amount and intensity of your physical activity to match the number of calories you take in. Aim for at least 30 minutes of moderate physical activity on most days of the week or—best of all—at least 30 minutes every day. Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low fat dairy products

more often. As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated fat.
- Select fat-free, 1 percent fat, and low-fat dairy products
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2300 milligrams of sodium per day.
- If you drink alcohol, drink in moderation. That means 1 drink per day for women and 2 drinks per day for men.
- Be aware of portion sizes when eating.



**Source: American Heart Association Learn and

Tips for Healthy Eating Out at Family Restaurants

Too tired to cook? When you pack the family off to one of the many mid-priced "family-style restaurants, keep these healthy selections in mind.

- Avoid dishes with lots of cheese, sour cream and mayonnaise
- Instead of fried oysters, or fried fish or chicken, choose broiled spiced shrimp, or baked, boiled or grilled fish or chicken.
- Salads make great meals, but be careful of the dressing.
- Split a large entrée with another family member. You will save dollars—and calories!
- Try to avoid all-you-can-eat buffets because you are more likely to eat more than you need.



Add Some Pizzazz to Your Food with Herbs and Spices

It takes time and practice to learn how to balance the flavors of combined herbs and spices. But adding them to your food can improve flavor without adding fat and unnecessary salt.

Use herbs and spices in place of salt. Salt has about 2300 mg of sodium in each teaspoon. Adults should not consume more than 2400 mg sodium daily. The daily requirement for adults is 500 mg.

When not following a recipe, add small amounts at a time and taste. If you put too much in, it can't be taken out or adjusted.

When adding strong herbs and spices, use small amounts. When adding mild herbs and spices, use more moderate amounts than strong herbs and spices.

Herbs and spices lose their potency when stored in contact with heat, light and moisture. Do not store above the stove. Herbs and spices are best stored in a cool, dark cupboard.

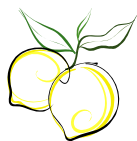
Whole and dried herbs & spices if stored properly can be used for up to 2 years. Cut or minced and dried if stored properly for up to 1 year and powdered or ground for up to 6 months.

Buy small quantities to keep them fresh.

When adding herbs and spices to uncooked items such as salad dressings, prepare at least two hours before serving to allow the flavors to be released and incorporated throughout the item.

Citrus Herb Blend

- 1 tablespoon thyme
- 1 tablespoon oregano
- 2 teaspoons basil
- 1 teaspoon ground rosemary
- 1 teaspoon ground sage
- 1 ½ teaspoon dried orange zest
- 1 ½ teaspoon lemon zest
- 1 teaspoon coarsely ground fennel seeds



Garlic Herb Seasoning

- 2 tablespoons marjoram
- 2 tablespoons oregano
- 2 tablespoons rosemary
- 2 tablespoons basil
- 2 tablespoons parsley flakes
- 1 tablespoon onion powder
- 1 tablespoon thyme
- 2 teaspoons garlic powder
- 1 teaspoon black pepper



Zesty Onion Herb Seasoning

- ¼ cup dehydrated chopped onion
- 1 tablespoon dried basil
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 tablespoon black pepper

