



NORTH DAKOTA

FNP News

Family Nutrition Program

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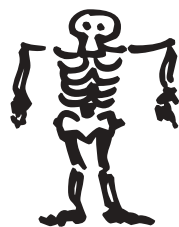


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Are you feeding your bones right?

When fall rolls around, many people find themselves quickly finishing all the projects they didn't get done during the summer. Have you noticed all the remodeling projects that are finished shortly before the snow flies?

Our bones are constantly being remodeled, too. "Old" bone is replaced by new bone as long as we provide the right "building materials." Calcium, vitamin D and other nutrients help keep our "scaffolding" (bones) strong to get all our raking and other projects done!

Osteoporosis: A Growing Issue

Osteoporosis is a condition of weakened, fragile bones. Osteoporosis rates are growing in the United States.

About 10 million Americans have osteoporosis and another 18 million are at risk of getting it due to low bone mass. About 1.5 million fractures occur because of osteoporosis annually. Although osteoporosis is often thought of as a women's disease, about 20 percent of those with osteoporosis are male.

What's the reason for the increase? Many people, especially teens, women and the elderly, are not consuming enough calcium and other nutrients needed for strong bones.

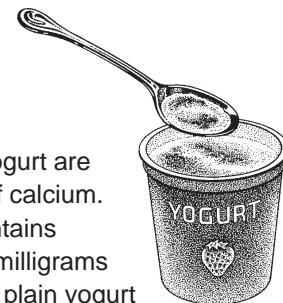
How Much Calcium Do You Need?

We all need calcium, but some age groups need more than others.

Age	Calcium (milligrams)
1-3	500
4-8	800
9-18	1,300
Adults to 50	1,000
Over 50	1,200

Where's the Calcium?

Milk, cheese and yogurt are excellent sources of calcium. One cup of milk contains approximately 300 milligrams of calcium, a cup of plain yogurt around 400 milligrams. Other good sources are dry beans, fish with edible bones, calcium-fortified orange juice and dark green vegetables such as broccoli, kale, collards and turnip greens.



You Need Vitamin D and Exercise, Too

Vitamin D is needed to help calcium build strong bones. Vitamin D can be obtained from food like fortified milk and some cereals. Vitamin D, the "sunshine vitamin," also can be formed as a result of sunlight acting on skin.



Weight-bearing exercise — like hiking and raking in the fall — also helps build strong bones.

Calcium and Other Health Issues

Calcium is beneficial beyond its role in building bones.

- Calcium is good for your heart. It plays a role in maintaining a healthy blood pressure.
- Calcium may help with weight control. A study showed that women who consumed the most calcium and ate at least three servings of dairy foods daily were much less likely to be overweight.
- Calcium may help reduce our chances of getting colon cancer and kidney stones, too.

For more information, contact your county office of the NDSU Extension Service.

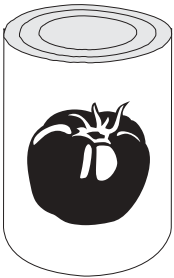
Question: My elderly aunt will be staying with us this winter, and I'm starting to plan some menus. Why are the elderly more at risk for food poisoning? What are the most "risky" foods?

The elderly are more likely to suffer from food poisoning, or "foodborne illness," than younger people for several reasons. With age, there's a natural decrease in immune function. The amount of stomach acid decreases and the digestive system slows down. The elderly also are more likely to be malnourished. A nutritious diet helps keep our bodies strong and better able to fight infections. All of these changes allow bacteria more opportunity to cause illness.

Some of the more risky foods include unpasteurized milk or cheese, and soft cheeses such as feta, Brie, Camembert and blue-veined cheese. Unpasteurized juice, alfalfa sprouts and foods containing raw or lightly cooked eggs such as some homemade salad dressings, cookie/cake batter and egg nog are other risky foods.

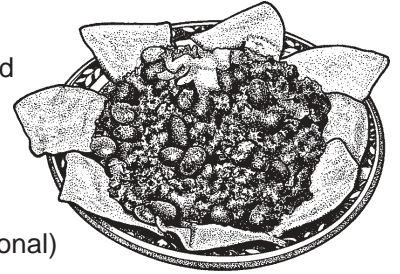
Question: How long are the canned goods in my cupboard safe to eat?

As long as the seals are intact and the cans are not bulging, leaking or otherwise damaged, the food is considered safe to eat. The quality of the food, however, may decrease over time. For best quality, nutrition experts suggest we store canned food in a cool, dry place and use within two years of purchase. To keep track of storage time, label canned goods with the date of purchase. Place the "oldest" canned goods in the front of the cupboard, so they are used first.



reduced fat MEXICAN layered dip

- 1 8-oz. package fat-free cream cheese
- 1 8-oz. package fat-free sour cream
- 1 package taco seasoning mix
- 1 cup chopped lettuce
- 2 green onions, chopped
- 2 tomatoes, chopped
- 2 cups shredded cheddar cheese
- Sliced black olives (optional)



In bowl, combine cream cheese, sour cream and seasoning. Blend well. Spread cream cheese mixture on large plate or tray. Top with remaining ingredients. Add sliced olives if desired. Serve promptly because refrigerated dip becomes watery. Recipe may be easily halved. Serve with baked tortilla chips and carrot/celery sticks.

Makes 8 servings. Each serving contains 200 calories, 12 grams fat, 12 grams carbohydrates and 311 milligrams calcium.