

Spring Into Healthful Food and Fitness Choices

We've had a cold winter. When the weather is cold, we have a pretty good excuse to stay cozy inside with a blanket and tasty snacks in front of the TV.

With spring just around the corner, we might find that our warm-weather clothing feels a little snug. Losing a few pounds may be on our mind.



What is a "healthy weight"?

Many health-care professionals use body mass index, or BMI, as the measurement. To figure out your BMI, you'll need a calculator. Multiply your weight in pounds by 703, then divide the total by your height in inches. Divide that total by your height in inches again.

$$\text{BMI} = \frac{\text{Weight in pounds} \times 703}{\text{Height in inches} \times \text{Height in inches}}$$

- BMI of 18.5 to 24.9 is considered healthy
- BMI of 25 to 29.9 is considered overweight
- BMI of 30 or more is considered obese

How much weight loss can make a health difference?

If you're overweight, losing as little as 5 percent of your body weight may help reduce your blood pressure and risk for diabetes and heart disease.

For example, for a person who weighs 200 pounds, a 5 percent weight loss is 10 pounds. To lose 1 pound a week through diet, eat 500 fewer calories per day (1 pound of body fat = 3,500 calories).



Try these tips during March, National Nutrition Month:

- Eat sensible portion sizes.
- Eat your meals at a table instead of in front of a TV.
- Write down your food choices for a few days. Are you eating at least 2 ½ cups of vegetables and 2 cups of fruit daily? Are you having three servings of whole grains?
- Get enough sleep. Lack of sleep is linked with weight gain.
- Invest in some walking shoes. Aim for at least 30 minutes of moderate physical activity every day.
- Visit the Weight-control Information Network:
<http://win.niddk.nih.gov/>

Visit www.ag.ndsu.edu/foodwise for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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I would like to join a weight-loss program, but I don't know what questions to ask. Can you help?

Some weight loss programs can be very expensive, so do your research before you sign up.



- What is the total cost of the program? Will you have to pay weekly attendance fees, food costs, etc.?
- Will you have to pay fees for follow-up programs?
- Do health-care professionals, such as dietitians or doctors, run the program?
- What is the average weight loss and long-term success rate?

My kitchen needs a good spring cleaning. What are the most important things to do?

These tips will help prevent bacteria and mold from contaminating your food:

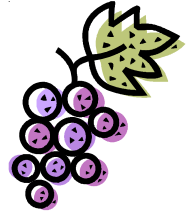
- Clean your refrigerator. Wash interior refrigerator surfaces with hot, soapy water, then rinse with a damp cloth and dry with a clean cloth or paper towel. Do not use chlorine bleach inside your refrigerator because it could damage seals, gaskets and linings.
- Clean kitchen surfaces, such as counters, with hot, soapy water, then sanitize them with a sanitizing solution (1 teaspoon of chlorine bleach per 1 quart of water).
- Clean your kitchen sink drain and disposal once or twice a week by pouring a sanitizing solution down the drain.



Enjoy a taste of spring with this easy-to-make recipe:

Magic Fruit Salad

- 1 (20-ounce) can pineapple chunks in light syrup or juice, drained
- ½ pound seedless grapes, red or green
- 2 bananas
- 1¾ c. fat-free (or low-fat) milk
- 1 (3 ½-ounce) package instant pudding mix, lemon or vanilla



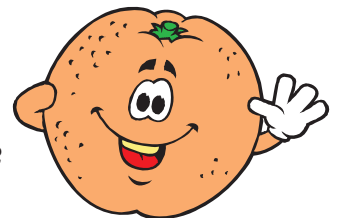
Drain juice from pineapple. Place chunks in a large bowl. Rinse the grapes, drain and add to the bowl. Peel and slice bananas. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the instant pudding mix. Let the mixture stand five minutes and serve.

Makes 12 servings.

When made with fat-free milk, each serving has 100 calories, 0 grams (g) of fat, 24 g carbohydrate, 1 g fiber and 15 percent of the daily recommendation for vitamin C.

Just for Fun

Why did the orange stop in the middle of the road?



Because it ran out of juice!

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

