

THIS 'N THAT

Williams County Extension Homemakers and Friends Newsletter

MARCH 2012



Living Well



TIDBITS

Spring Forward March 11

NDSU

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There are several organizations celebrating this month.

Cooperative Extension Service offices across the US are celebrating Living Well Month in March. Information and education at your fingertips to help you live well. Brought to you by family and consumer professionals with Cooperative Extension around the United States. Families across the United States turn to the Cooperative Extension system in their state for research-based, non-biased information and education.

The Academy of Nutrition and Dietetics celebrates National Nutrition Month in March, also. The theme for this year is "Get Your Plate In Shape". This annual campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

And, last but not least— this week we celebrate National Consumer Protection Week. During NCPW, organizations share tips and information that help consumers protect their privacy, manage money and debt, avoid identity theft, and avoid frauds and scams.

You will find a little bit of information covering each of these areas this month. Enclosed you will find Heather's nutrition newsletter, a "Bake & Take Day" brochure and a flyer from the James Memorial about the upcoming "Key Ingredients" exhibit and related activities. I am looking forward to the exhibit and all of these fun activities. Hope to see you there!

Mary

CALENDAR

March 9	Retirement Party for Judy Heinen, Extension Office Administrator
March 13 & 14	KUMV Farm & Ranch Show, Derma Scan machine in Extension booth, check out your skin's health!
March 17	Canning Class, Gloria Dei Lutheran Church kitchen, 10am \$10 Pre-registration required. Call 774-3601
March 20	Beans, Pease, & Lentils, Oh My! Pulse Crop Tasting Class 7pm James Memorial \$5
March 19-April 29	Key Ingredients, Smithsonian Exhibit opens James Memorial. Opening March 19th at 7pm
April 16	Homemakers Spring Council Potluck 6pm @ James Memorial

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Simple Tips from Registered Dietitians Make It Easy to “Get Your Plate in Shape” this National Nutrition Month

During National Nutrition Month® and beyond, the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) encourages everyone to include healthy foods from all food groups through this year's theme: "Get Your Plate in Shape."

"Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to maintain healthy lifestyles," says registered dietitian and Academy Spokesperson Andrea Giancoli. "Make sure your eating plan includes foods from all the food groups and in appropriate portions. USDA's *MyPlate* is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan."

Giancoli offers the following recommendations to "Get Your Plate in Shape":

Make half your plate fruits and vegetables.

- Eat a variety of vegetables, especially dark-green, red and orange varieties, as well as beans and peas.
- When buying canned vegetables, choose "reduced sodium" or "no salt added" whenever possible. Rinsing whole varieties like beans, corn and peas can also reduce sodium levels.
- Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available.
- Make sure every meal and snack has at least one fruit or vegetable or both.

Make at least half your grains whole.

- Choose brown rice, barley and oats and other whole grains for your sides and ingredients.
- Switch to 100-percent whole-grain breads, cereals and crackers.
- Check the ingredients list on food packages to find foods that are made with whole grains.

Switch to fat-free or low-fat milk.

- Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and fewer calories.
- If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

- Eat a variety of foods each week from the protein food group like seafood, nuts and beans, as well as lean meat, poultry and eggs.
- Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
- At least twice a week, make fish and seafood the protein on your plate.
- Keep meat and poultry portions lean and limit to three ounces per meal.

Cut back on sodium and empty calories from solid fats and added sugars.

- Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees. Choose 100-percent fruit juice.
- Compare sodium in foods and choose those with the least amount listed on the Nutrition Facts Panel.
- Season foods with spices or herbs instead of salt.
- Select lean cuts of meat or poultry and fat-free or low-fat dairy products.
- Use heart-healthy oils like olive, canola and sunflower oil in place of butter or shortening when cooking.

Giancoli recommends cooking more often at home, where you are in control of what is in your food. "And don't forget that exercise and healthful eating are crucial to maintaining a healthy lifestyle," Giancoli says. "Choose activities you enjoy like going for a walk with your family, joining a sports team, dancing or playing with your children. If you don't have a full 30 minutes, carve out 10 minutes three times a day. Every bit adds up and health benefits increase the more active you are."

As part of National Nutrition Month, the Academy of Nutrition and Dietetics' National Nutrition Month website includes helpful tips, recipes, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the "Get Your Plate in Shape" theme.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at www.eatright.org.



Beginning March 1, consumers will have convenient access to important nutritional information about the raw meat and poultry products they most frequently purchase, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced. Under a new FSIS rule, packages of ground or chopped meat and poultry, such as hamburger or ground turkey, will now feature nutrition facts panels on their labels. Additionally, 40 of the most popular whole, raw cuts of meat and poultry, such as chicken breast or steak, will also have nutritional information either on the package labels or on display to consumers at the store.

"Providing nutrition information on meat and poultry products in the store gives shoppers a clearer sense of the options available, allowing them to purchase items that are most appropriate for their families' needs," said Under Secretary for Food Safety Dr. Elisabeth Hagen. "These new labels mark a significant step in the agency's efforts to help consumers make more informed food purchase decisions."

The new nutrition facts panels will list the number of calories and the grams of total fat and saturated fat that a product contains. For example, consumers will be able to compare the calories and fat content for ground turkey versus ground beef, or for pork chops versus chicken breasts, right in the store. Additionally, a ground or chopped product that includes on its label a lean percentage statement, such as "85% lean," and is not considered "low in fat" also will list its fat percentage, making it easier for consumers to understand the amounts of lean and fat content in a particular product. Consumers will no longer have to guess which products fit their diets.

The rule exempts small businesses that grind meat and poultry, so long as they offer lean and fat information and do not make any other nutritional claims on the package. The USDA estimates that 95 percent of grinders are considered small businesses and that they provide about 25 percent of retail ground meat.

USDA News Release



Nutrition Facts	
Serving Size 4 oz (112g) raw, as packaged.	
Servings Per Container varied	
Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2.5g	12%
Cholesterol 85mg	28%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Protein 21g	42%
Iron 8%	*
*Percent Daily Values are based on a 2,000-calorie diet.	

LEAVING THINGS UNSAID

Here's a great idea...

Harlan Miller says, "Often the difference between a successful marriage and a mediocre one consists of leaving three or four things a day unsaid."

In other words...

When our partner does something that we don't like, no matter how small, our natural inclination is to complain to them about it. This can lead to large amounts of negativity in our relationships. If we refrain from making some of those critical comments about our partner, we will set our relationships up for success.

Here's how you can use this idea to have a better life...

Find three or four negative things you can leave unsaid each day. When a critical thought about your partner comes to mind, choose to be silent. Find something positive to say that will help build your partner up instead.

From the Arkansas Cooperative Extension Service



A FEW TIPS FOR SMARTPHONE USERS



Manage your power. Smartphone batteries can drain fast. Keep a USB power adapter in the glove box in case you need to recharge a run-down cell phone. Keep your battery full of juice by not waiting until it's dead to charge it. Conserve by turning off Wi-Fi connections, disabling location services, dimming the screen, and reducing the use of vibration as notification.

Be a smooth operator. Restart your phone every two to three days. Restarting helps clean out memory caches and keeps your phone working smoothly.

Locate a lost smartphone. Consider using a remote-protection app to track a missing phone. Free options include iPhone's Find My iPhone, Android's Prey, and BlackBerry's Protect.

Try an app killer. If your smartphone doesn't seem to be running as fast as it should, you might want to try an app killer. Apps keep running in the background after you are done with them using system resources. For Android phones, there are apps available that will force all unused apps to close, freeing up those resources. For iPhones, you have to manually close each app individually.

Adapted from Agriculture.com

A NOTE FROM HEATHER

How *HEART HEALTHY* are the meals you prepare and put on your dining table? We often hear about all of the good nutrients we should be consuming, but this month we are going to talk about a mineral we should try to reduce in our diets. Sodium. Our bodies naturally like the taste of salt, and processed foods that are quick and easy to put on the table. But with processing, comes a bit of sodium. For example, two hot dogs contain around 1100mg of sodium. Two slices of frozen pizza contain approximately 1720mg. The recommendation for an entire day is 2300mg, so often times convenience foods like these can take up that allowance in a hurry. There are many tips in this issue to reduce the amount of sodium in your diet in an effort to help keep your heart in tip top condition. Try the homemade spaghetti sauce recipe. I think you will be pleasantly surprised!



Daily sodium recommendation is 2300 mg

STEPS YOU CAN TAKE TO AVOID IDENTITY THEFT

Identity theft can happen to anyone, at any time. It's important to be proactive to protect yourself from becoming a victim.

Identity theft takes place when someone uses personal information, such as your Social Security number (SSN) or credit card number, without your permission to commit fraud or other crimes. Here are some "Do's" and "Don'ts" to help you protect your self from identity theft.

Don't	Do
Keep your social security card in your wallet or purse, and don't have your SSN printed on your checks.	Keep documents containing personal information in a fireproof lockbox.
Throw away mail or documents containing personal information. This includes junk mail!	Invest in a cross-cut paper shredder to destroy mail and other documents containing personal information.
Give out your SSN or other personal information in e-mail or over the phone if you didn't initiate the inquiry.	Monitor your credit report. You can order a free credit report each year at AnnualCreditReport.com . Monitor your kids' credit as well. For requirements to check activity on your child's credit report, contact Equifax (800.525.6285), Experian (888.397.3742) and
Leave a paper trail. Switch to paperless billing or use online bill pay whenever possible.	Make sure Web addresses start with "https://" rather than "http://" when you are shopping or banking online. The "s" indicates that the site is secure
Put personal information on social networking sites. Make sure your kids understand why it's important to keep certain things private online.	



Shred documents containing personal information

If you'd like more information about preventing identity theft or if you'd like to know what steps to take if you become a victim, visit FTC.gov.