



## Good Health in the New Year - 2009

If you are among the many Americans who have decided to live a more healthful life as part of your New Year's resolution - congratulations! Each New Year, millions of people make resolutions to eat more nutritiously, lose weight and/or be more active.

When it comes to eating more healthfully, making moderate changes may prove to be more beneficial for long-term success. Here are several healthful eating tips that can easily be incorporated into your daily plan to help you have a healthier 2009.

**Fruits and vegetables:** Most people are well aware that fruits and vegetables are among the healthiest foods available, but it bears repeating. Fruits and vegetables provide vitamins, minerals and fiber essential for the normal, everyday functioning of the human body. They also are rich nutrients, which may help lower the risk for some cancers, heart disease and other chronic health problems. Adults are advised to consume around 2 cups of fruits and 2 1/2 cups of vegetables each day for optimal health.

**Whole grains:** The U.S. Department of Agriculture recommend that Americans make half their grains whole. By that, the USDA means Americans should eat at least three ounce-equivalent servings of whole-grain cereals, breads, crackers, rice or pasta each day.

The reasoning? Like fruits and vegetables, whole grains are packed with fiber, vitamins, minerals, antioxidants and phytochemicals.



**Nuts:** Nuts are packed with several important vitamins and minerals such as vitamin E, calcium, magnesium, phosphorus, copper and zinc. In addition, nuts contain monounsaturated and polyunsaturated fats, which are considered healthier for your body. A small handful of nuts eaten four to five times per week is all you need.

**Calcium rich foods:** Calcium helps prevent osteoporosis and recent research indicates that it may help reduce the risk for colon cancer and high blood pressure. Most health professionals recommend people look first to food for their calcium because food sources of calcium tend to supply other nutrients such as phosphorus, vitamin D and lactose, which help the body absorb and use calcium. Adults are advised to drink or eat the equivalent of 3 cups of low-fat dairy products daily to help meet their calcium requirements.

Source: Colorado Extension

### \*\*\* WORD WISE \*\*\*

#### Phytochemicals

Natural plant compounds that may provide a variety of health benefits. Many of the bright colors in fruits and vegetables come from phytochemicals.



Source: Produce for Better Health Foundation

### Check for Whole Grain

#### Nutrition Facts

Serving size 1 bar (38g mix)		
Servings Per Container 9		
Amount Per Serving	Dry Mix	Baked**
<b>Calories</b>	<b>160</b>	<b>180</b>
Calories From Fat	40	40
% Daily Value***		
<b>Total Fat</b> 4.5g*	7%	7%
Sat Fat 0g	0%	0%
Trans Fat 0g		
Omega-3 600mg		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 130mg	5%	6%
<b>Total Carb</b> 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 10g		
<b>Protein</b> 9g		
Calcium	10%	12%
Iron	15%	15%

#### Ingredients:

Long Grain Rice Flour, Whole Wheat Flour, Ground Flaxseed, Evaporated Cane Juice, Heavy Wheat Bran, Soy Protein Isolate, Oat Fiber, Malt Extract, Salt, Calcium Carbonate, Sodium Bicarbonate, Natural Flavor, Mixed Tocopherols (A Natural Antioxidant), Rosemary Extract, Annatto.

Contains wheat and soybean ingredients

Source: zoefoods.com

## Soup's On!

What could be simpler than a supper with a big, steaming bowl of soup? A hearty, healthy soup -- made with veggies and meat, poultry, fish or dried beans -- it can be the main dish for your meal. Add some crackers or breadsticks on the side and perhaps fruit for dessert and you're ready to eat!

Make a large batch of soup and enjoy some for another meal. Many soups, with the possible exception of seafood soups, may taste better the next day!

For best safety and quality, plan to eat refrigerated soup within TWO days. And avoid letting soup set at room temperature for more than TWO hours. Don't put a large pot of hot soup directly into your

refrigerator. According to the U.S. Department of Agriculture, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator. To be safe:

\* Transfer soup to shallow containers to speed cooling, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cooled.

\* When serving soup a second time, reheat it until it's steaming hot throughout, at least 165° F.

## Ten Minute Corn Chowder

### Ingredients:

1 teaspoon oil	1/4 teaspoon dried thyme
1/2 chopped onion	black pepper to taste
1 teaspoon minced garlic	2 cups frozen corn kernels
4 Tablespoons all purpose flour	4 tablespoons cheddar cheese
3 cups nonfat milk	shredded-reduced fat
2 teaspoons mustard	



### Instructions:

1. Heat a large nonstick skillet over medium-high. Add the oil and saute the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well.
3. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tablespoon of shredded cheese.

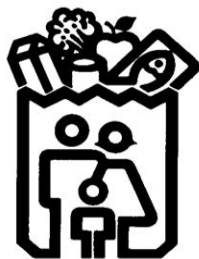
### Cost:

Per Recipe: \$ 1.98  
Per Serving: \$ 0.50

Source: Food and Health Communications, Inc

*Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more.*

*Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.*



**For more information call  
586-469-6432.**

## Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief throughout the United States.

Visit their website:

**[www.angelfoodministries.com](http://www.angelfoodministries.com)**

to find the closest host site near you.

## Fiber lowers risk of certain chronic diseases

With our grocery dollar shrinking more of us are motivated to be sure we're getting the most nutrition for our money. One important nutritional guideline to remember is to include adequate fiber in our diets to lower the risk of certain chronic diseases.

- Women younger than age 50 should aim for 25 grams and men need 38 grams.
- Once older than 50 the amount of fiber needed decreases because our calorie needs decrease as we age. Women need 21 grams and men of the same age need 30 grams.

### All fiber is not the same

Here's a rundown on the various kinds of fiber, their beneficial effects and sources:

- **Whole grain** breads, cereals, fruits and vegetables have been shown to lower the risk of diabetes and heart disease. Check the ingredient label to be sure a whole grain is listed as the first ingredient in packaged products. These foods are high in fiber and also contribute to food satisfaction which may help with weight loss and weight maintenance.
- **Insoluble fiber**, which is not broken down in the digestive tract, is found in fruits and vegetables and in higher quantities in whole grains. It can help prevent constipation and some studies have shown insoluble fiber may decrease heart attacks by reducing inflammation, blood pressure or reducing the risk of clots.

- **Soluble fiber**, also in fruits, vegetables and whole grains, is broken down during digestion. These gummy soluble fibers are linked to lowering cholesterol.

### Load up your grocery cart with fruit, veggies and whole grains.

What's a health conscious consumer to do? Load up your grocery cart with fruits, vegetables and whole grains. Just don't replace naturally occurring fiber with manufactured processed fiber foods.



Consider replacing half of your refined grain foods like white bread and rolls, as recommended by the Dietary Guidelines for Americans, with naturally occurring high fiber grains, oatmeal and whole wheat. Experiment in the kitchen and before you know it, healthful whole grains will become a dietary staple.

### Snack Tip:

#### Get more whole grain into your diet

Here is an idea to get more whole grain into your daily diet: Only 12 percent of Americans know that **popcorn** is a whole grain. Steer clear of buttery, highly salted microwave or movie theater popcorn when choosing this quick-to-fix snack.

Source Colorado State University Extension

### Check our Web site:

[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)



- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!

586-469-6432

Copy cats permitted!



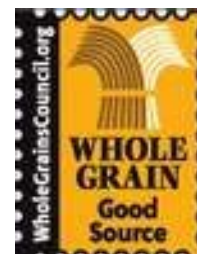
Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.

### \*\*WORD WISE\*\*

#### Whole Grain

Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

- brown rice or wild rice
- whole grain corn
- whole oats
- whole rye
- whole wheat



Source: USDA



# MSU EXTENSION PROGRAMS

**FAMILY (586) 469-5180**

**Jean Lakin, Program Educator**

## *Alternatives to Anger*

*4 week program*

*Tuesdays, 6:30 p.m. - 8:30 p.m.*

*Mar. 10, 17, 24, 31st*

*MSU Extension*

*21885 Dunham Rd, Suite 12*

*Clinton Township, MI 48036*

*Call 586-469-7614 to register*

## *MI Better Kid Care*

*Workshop for Childcare Providers*

*Free four-hour series*

*February 28, 2009*

*9:00 a.m. - 1:00 p.m.*

*MSU Extension Center*

*21885 Dunham Road, Clinton Twp, MI 48036*

*Call 586-469-7614 to register.*

## *Credit Cents*

*Dates: Wednesdays, Feb. 4, 11, 18 and 25*

*Time: 6:30 p.m. - 8:30 p.m.*

*Location: MSU Extension Center*

*VerKulien Building, 21885 Dunham Road*

*Clinton Township, MI 48036*

*Pre-registration is required. For more information or a registration application, call 586-469-7614*

**HOUSING (586) 469-6430**

**Anne Lilla, Housing Agent**

## **Macomb Homebuyers Affordable Housing Seminar**

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

**Monday, Jan. 26, 2009**

**6:30 p.m. - 8:30 p.m.**

**to be held at Warren City Hall**

**Call 586-469-6430 to register now!**

## **Money Management**

**8 Sessions, Thursdays, 6:30 p.m. - 9:00 p.m.**

**Jan. 15, 22, 29**

**Feb. 5, 12, 19, 26**

**Mar. 5, 2009**

**Leaps and Bounds**

**Mt. Calvary Community Center**

**Call (586) 469-6430 to register**

FREE! Sponsored by the City of Warren, Community Development Block Grant Program



## **Home Ownership Seminar**

**FREE Three-part program**

**Jan. 20, 27 and Feb. 3, 2009**

**6:30 p.m. - 8:30 p.m.**

**Macomb MSU Extension**

**21885 Dunham, Entrance E**

**Clinton Township, MI 48036**

**Call 586-469-6430 to register!**

**NUTRITION (586) 469-6432**  
**Eileen Haraminac, EFNEP Agent**

Expanded Food & Nutrition Program for low-income families with children - 6 sessions

- One-On-One Teaching
- Menu Planning
- Group Presentation
- Stretch Your Food Dollars
- Label Reading

## **Parenting Views/Healthy Bites**

Free Newsletters

Check our website:

[www.msue.msu.edu/macomb](http://www.msue.msu.edu/macomb) for:

Calendar of upcoming events

Program descriptions

## **\* Volunteer Opportunities \***

### **Youth Mentor Program**

Positive role modeling to at risk youth 11 - 15 4H

Activities for families with children 5 - 19



**Call (586) 469-6431 for more information**

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