



Information to Improve the Selection and use of Foods In Your Home

Winter 2011 Volume 1

Staying Healthy All Year Round

Wear a pedometer. New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.



Don't forget strength training, involving both the upper and lower body. Too many people neglect resistance exercise, particularly women for whom it's crucial for preventing muscle and bone loss with age. Lift weights for at least 20 minutes, two- to three-times per week.



Don't pop too many vitamins. Enthusiasm for vitamin pills is high, but evidence for their benefits is low. Try to get vitamins from foods and consider a multivitamin for insurance. Any woman thinking about getting pregnant should make sure to take a folic acid supplement. Women should get at least 1,000 mgs of calcium per day (1,200 mgs/day if you're past menopause) from food and/or supplements. Everyone should also get 800 international units of Vitamin D per day -- more than the federal "Recommended Daily Allowance."

Drink water. No matter where you are, water should always be the first thing you reach for when you're thirsty.



Don't focus on dieting. Focus on eating. If you're hungry, you're more likely to overeat, especially in the evening. Instead, of sacrificing all day and gorging later, it's better to eat enough during the day to avoid hunger pangs and uncontrolled eating at night. Eat every four hours or so, and make sure to eat a "second lunch" -- think of it as another meal rather than a snack -- in the mid-afternoon to keep your energy up and make you less hungry in the evening.

Budget your food as you do your money. A rough guideline for daily caloric intake: Multiply your ideal body weight by 10 (i.e., 1,200 calories if you want to weigh 120 pounds) and then add another 600 calories if you're moderately active, a few hundred more if you're very active. Divide those calories out across the day to keep yourself well fed.

Source: Boston Globe 2010



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.

Cold Weather Exercise

The winter weather leaves Michigan residents wanting to stay indoors and balled up on the couch. The ice and snow can make outdoor exercise dangerous. It can be difficult to get 30 minutes of exercise with the weather working against you.

You don't need to avoid all outdoor activity. If there are no ice hazards you can still go outside for a walk. If there is a light snow fall, shoveling the driveway is great exercise. There are many things to do with the kids!

- Build a snowman
- Ice skating
- Sledding
- Make snow angels



If you are going out into the cold remember to dress in layers. It is better to be over prepared because you can remove a layer if you become too warm. Remember to protect your feet, hands, and ears.

If you can't bear the cold, you can still stay active indoors.

- Dance! Dance with your kids or partner
- Walk at the local mall.
- Take the stairs instead of the escalator or elevator whenever possible.
- Clean the house. Get the kids to help too
- Shared time is fun!!
- Follow an exercise DVD.



You don't need to join an expensive gym in order to stay fit. Think of more activities for you and your family! Any activity is good activity!

Source: Mayo Clinic

Roasted Harvest Vegetables

The mainstay of winter vegetables are root vegetables. These include beets, parsnips, carrots, and rutabagas. These vegetables have a range of taste and colors. They are low in fat, calories, and high in fiber. This recipe is filling and sure to warm you up on a cold day.

Ingredients

- 1 teaspoon rubbed sage
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 8 cups assorted cut up vegetables (1 inch chunks) such as carrots, parsnips, red onion, or red potatoes, butternut squash, 3 tablespoons olive oil

Directions: Preheat oven to 475°F. Mix sage, salt, and pepper in a small bowl.

Toss vegetables with oil in a large bowl. Sprinkle seasoning mixture over vegetables; toss to coat. Preheat oven to 475°F. Mix sage, salt, and pepper in a small bowl. Toss vegetables with oil in a large bowl. Sprinkle seasoning mixture over vegetables; toss to coat. Spread vegetables in single layer on a foil lined baking pan.

Bake 30-35 minutes until vegetables are tender and golden brown.

Source: Eating Well Magazine



FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Alternatives to Anger

January 4, 11, 18, & 25, 2011
6:30 p.m. - 8:30 p.m.

MSU Extension
21885 Dunham

Clinton Township, MI 48036

Call 586-307-8952 to register

Better Budgeting

February 8, 15, & 22, 2011
6:30 pm - 8:30 pm

MSU Extension
21885 Dunham

Clinton Township, MI 48036

Call 586-469-7614 to register

Taking Charge of Your Credit

Making Sense of Credit, Debt
and Identity Theft

Call 586-469-7614
for available class dates

HOUSING (586) 469-7614

Anne Lilla, Housing Program Coordinator

Are You Ready to Buy a Home?

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

January 27, 2011

6:30 p.m. — 8:30 p.m.

to be held at Warren City Hall

Call 586-469-7614 to register

Money Management

Thursdays, 6:30—9:00 pm

January 13, 20, 27, Feb. 3, 10, 17, 24,
& March 3, 2011

Leaps & Bounds

8129 Packard—Warren

Call (586) 469-7614 to register

Home Ownership Seminar

FREE, 6 hour program

January 19, 26 & Feb. 2, 2011

6:30-8:30 p.m.

MSU Extension

21885 Dunham

Clinton Township, MI 48036

Call 586-469-7614 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, Nutrition Agent

Expanded Food & Nutrition Program
FREE classes for families with children



- ✓Menu Planning
- ✓Group Presentation
- ✓Stretch Your Food Dollars
- ✓Label Reading

MICHIGAN STATE
UNIVERSITY
EXTENSION

Food Service/Safety
Certification Training

For further information on class
schedules and locations log on to:

<http://web2.canr.msu.edu/servsafe/>

**Supplemental Nutrition
Assistance Program (SNAP-Ed)**

Designed to increase children's knowledge of
nutrition and physical education.





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