



NETA

**Nutrition Education Training Academy
Newsletter
For Early Childhood Education Providers**

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Have Fun and Be Fit Under the Sun!

Improve your energy level, reduce your stress, control our weight, and lower your risk of cancer, heart disease, osteoporosis, and diabetes. Sounds great, but how?

Increase the amount of physical activity you do.



It's summer! What a great time to be active. The opportunities are endless. How about taking a morning walk...riding your bike to work...playing Frisbee at the park with friends...forming a walking club at work to help yourself and co-workers stay motivated...or swimming at the local public pool? Be creative; whichever activities work for you -- just **be active**.

Exercising outdoors can be enjoyable and a great way to help reap the benefits of being more active. However, there are some important things to keep in mind when outdoors.

Some tips to observe when out in the hot summer sun:

- Wear protective clothing when out in the sun.
- Wear a sunscreen with a **SPF of 15 or higher** everyday.
- Try to avoid the midday sun. The sun's rays are generally strongest from 10 am to 4 pm. Follow the *shadow rule* when outside: if your shadow is shorter than you are, then the sun is high in the sky, and the UV rays are intense.
- Get plenty of fluids. People who are physically active should drink additional fluids over and above the recommended two-liter (8 glasses

daily) minimum as appropriate. There is a time lag between water loss and thirst. It is important to consume fluids two hours before exercising and replace lost fluid during and immediately after exercise, especially when exercising outdoors.

The recommendations for exercise include the following. **Adults:** At least moderate physical activity for 30 minutes or more 5 days a week. Even better – 45 minutes or more of moderate to vigorous physical activity 5 or more days a week. **Children and Adolescents:** moderate to vigorous physical activity for at least 60 minutes per day, 5 or more days a week.

Getting more exercise (at the least the minimum amounts recommended) can be easier to accomplish during the summer months. Whatever activities you choose to add to your health and exercise "routine", plan ahead and most importantly, have **FUN!**



References:

1. American Cancer Society. <http://www.cancer.org>
2. U.S. Department of Labor. Occupational Safety & Health Administration. <http://www.osha.gov>
3. The Skin Cancer Foundation. <http://www.skincancer.org>
4. Center for Disease Control. <http://www.cdc.gov>

Smart Tips When Dining Out



What to do if you are counting calories, watching your weight and want to eat out in a restaurant? Dining out is growing in popularity because of convenience, social events, cost, time, and the opportunity to savor different foods. Dining out is a reality.

You do not have to sacrifice your healthy diet when eating out if you carefully select restaurants to dine at and carefully pick food from the menu.

Restaurants, more than ever, have plenty of options! Below are a few tips from the California Restaurant Association on how to make the most of your dining-out experience while keeping a healthy lifestyle.

- **Order salad dressings and other sauces on the side.** This way, you have control over how much or how little you add.
- **When ordering grilled fish or vegetables, ask that the food either be grilled without butter or oil, or prepared "light," with little oil or butter.** This way you eat less fat and control your calories.
- **When ordering pasta dishes, look for tomato-based sauces rather than cream-based sauces.** Tomato-based sauces have lower fat and calories. In addition, the tomato sauce (or marinara sauce) can count as a vegetable!
- **Order steamed vegetables as a side dish instead of starch.** This way you get the recommended 5-9 portions of fruits and vegetables you need.
- **Ask for salsa with a baked potato instead of sour cream, butter, cheese, or bacon.** Salsa is very low in calories and a healthy alternative with a lot of flavor.
- **If you have a choice of side dishes, opt for a baked potato or steamed vegetables rather than french fries.** Ask for healthier alternatives even if choices are not listed. Many chefs adjust their dishes to accommodate their customers.
- **Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached, or steamed.** These cooking techniques use less fat in the food preparation and are generally lower in calories.
- **Don't be afraid to ask for special low-calorie or low-fat preparation of a menu item.** The restaurant industry is one of hospitality and customer choice. They aim to please the customers.
- **Choose entrees with fruits and vegetables as key ingredients. Enjoy the flavors they offer.** Fruits and vegetables are a good source of dietary fiber as well as of many vitamins and minerals.
- **If you are craving dessert, opt for something low-fat, like sorbet, fresh berries or fruit. Encourage restaurants to offer seasonal fruits as alternatives.**
- **Remember not to deprive yourself of the foods you love.** All foods can fit into a well-balanced diet.

Dining out during the summer months, especially in July and August, is very popular. Remember: You can control your calories and eat healthy at restaurants if you make the right food choices. Enjoy a meal out with family and friends. **Bon Appetit!**

References:

1. National Restaurant Association. www.restaurant.org/foodsafety/
2. National Restaurant Association. www.restaurant.org/dineout/nutrition.cfm
3. USDA Food Guide Pyramid. www.mypyramid.gov



Farmers' Market News



Seasonal Ethnic Fruits & Vegetables: Okra

Here's an interesting, healthy and nutritious produce – rich in both soluble and insoluble fiber and – that you may find at your local Farmers' Market this Summer.

Okra is native to Africa and is also called "gumbo" in the United States. Gumbo usually applies to soups or other dishes that contain okra. Many people do not know how to cook and use okra.

Since okra is a "gooey" (or mucilaginous) vegetable, it is typically cooked with other vegetables or included in soups and stews. It is rarely eaten alone except when fried with a meal.

Okra may be dried and later used in dishes. Fresh or dried okra produce similar results. Okra has a subtle taste that is like the flavor of eggplant. Besides gumbo dishes, okra also goes well with tomatoes, onions and corn, shellfish and fish stock.



Try the okra recipe below!

References:

1. <http://www.pcfma.com/>
2. <http://www.urbanext.uiuc.edu/veggies/okra1.html>
3. <http://www.recipeland.com/recipe/13205/>

Nutritious Seasonal Recipes



Lady's Fingers (Okra)

Ingredients:

- 3 cups fresh whole okra
- 1/4 cup tomato, chopped
- 1/4 cup red onion, chopped
- 1 tbsp fresh ginger root, finely chopped
- 1/4 cup vinegar



Method:

1. Cook okra in small amount of water until tender but not mushy (about 5 to 10 minutes). Drain.
2. Arrange in single layer in glass dish (do not use a metal dish or container).
3. Pour vinegar over the okra. Marinate in refrigerator 3 hours. Drain; discard vinegar.
4. Arrange okra in serving dish. Garnish with chopped tomatoes, onions, and ginger root.
5. Serve chilled.

Prep: 15 min. (Marinate in Refrigerator: 3 hours)

Servings: 6

<http://www.recipeland.com>

Cactus Salad

Ingredients:

- 4 cups shredded green cabbage
- 2 (about 1 cup) fresh cactus leaves, cleaned and finely chopped
- 4 thin slices white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 2 tbsp cider vinegar
- 1 tsp oil
- 1 tsp sugar



Method:

1. Mix cabbage, cactus, onion, radishes, and tomato in a medium bowl.
2. Stir together vinegar, oil, and sugar. Drizzle over salad.
3. Serve.

Prep: 15 min.

Servings: 6 (1 cup per serving)

Healthy Latino Recipes Made with Love

California Latino 5 a Day Campaign www.ca5aday.com

Physical Activity Corner



Bravo...You're on the Road to Success!

Whether you are just getting started with an exercise routine, have been in an exercise rut, or simply want to start leading a less sedentary life, it's not enough to simply say, "**I want to become more active.**" Learning exactly how to set your goals can go a long way towards helping you succeed. Some things to keep in mind are to keep your goals specific. People who set specific goals have a better chance of being successful. Also when setting goals, one should set both short-term and long-term goals. They do not have to be complicated. A short-term goal could be as simple as taking the stairs at work, or parking further away. This gives you smaller achievements that will motivate you to continue along the road to success. A long-term goal could be simply getting into the routine of walking 30 minutes every day on your lunch break. This will allow you to track your progress as you work towards a healthier you.

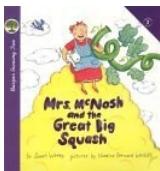
Reference: Human Kinetics. <http://www.humankinetics.com>



Gardening Storybooks

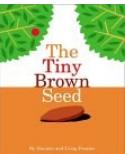


1. *Mrs. McNosh and the Great Big Squash* by Sarah Weeks, Scholastic Inc., 2001.



Mrs. McNosh planted a squash on the first day of Spring and it doesn't stop growing...until she picks it. Now what is Mrs. McNosh to do?

2. *The Tiny Brown Seed* by Daniele Frazier, Graphis Press, 2003.



This is a book about life's tiny and not-so-tiny changes. Written from a plant's perspective, it follows the life of a seed growing to a full-grown fruit-bearing tree and all of the encounters along the way. This simple and graphically illustrated story paints a charming picture of what it means to start tiny and grow up big.

Nutrition Tidbits



Tips for Parents: The Dietary Guidelines for Americans 2005 provides science-based advice, for the general public over the age of 2 years, on food and physical activity choices for health. What is a "Healthy Diet"?

The 2005 Dietary Guidelines describe a *healthy diet* as one that:

- * Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- * Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- * Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Some Practical Ideas: All foods can fit into a *healthy diet*. Be aware that portion sizes count – eat appropriate serving sizes. Some foods to help keep your family healthy: home-made fresh fruit salad, pre-cut fruits and vegetables, whole-wheat breads and cereals, non-fat or low-fat milk, leaner cuts of meats, chicken without skin, fish, black-eyed peas and other legumes, nuts and eggs.

Note: The recommendations in the 2005 Dietary Guidelines and in the MyPyramid food guidance system are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition.

Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

Reference: www.mypyramid.gov

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