

Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

September is National Honey Month. Nebraska is one of the top honey-producing states in the nation. Enjoy this vegetable dish from the National Honey Board (www.honey.com).

NOTE: Honey should not be fed to infants under one year of age. Honey may contain bacterial spores that can cause infant botulism—a rare but serious disease that affects the nervous system of young babies (under one year of age). Adults and older children can safely eat honey.

Honey-Glazed Carrots

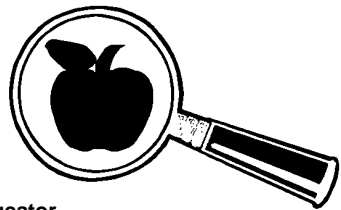
Makes 4 servings.

- 3 cups sliced carrots
- 1/4 cup honey
- 2 Tablespoons butter or margarine
- 2 teaspoons chopped parsley
- 1-1/2 teaspoons mustard

Steam or microwave carrots until crisp-tender. Stir in remaining ingredients, tossing to coat evenly.

Nutrients Per Serving (using butter) : Calories, 168; Fat Total, 6.08 g; Protein, 1.49 g; Cholesterol, 15.5 mg; Carbohydrates, 29.5 g; Sodium, 126 mg; Dietary Fiber, 3.68 g (AH)

Focus on Food



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Q: How long can you safely leave foods, such as meat, at room temperature?

A: Never leave perishable food—such as milk, cheese and other dairy products, eggs, meat, poultry and seafood—at room temperature over **TWO** hours. Once fruits and vegetables are cut, it's safest to limit their time at room temperature to **TWO** hours.

Remember, one bacterium can grow to over 2 million bacteria in 7 hours!

The longer food sets out

beyond two hours, the greater your chances of getting sick. The two hour guideline includes **preparation time** as well as **serving time**. On a hot day, when the temperature is 90 degrees F or more, your "safe use time" decreases to one hour.

When packing a lunch, if possible, store your packed food in a refrigerator at work. If refrigeration isn't available, carry chilled perishable food in an insulated lunch container and include a gel freezer pack to keep foods cold. (AH)

What You Eat Can Affect How Well You Sleep

There are many reasons for problems sleeping. Food may be one of them. If you continually have difficulty sleeping, check with your physician. Sleeplessness may be a symptom of some other health condition.

The problem can be falling asleep, staying asleep, or waking up too early. Here are some dietary recommendations from *Environmental Nutrition* newsletter that may help you sleep better.

■ **Caffeine.** Reduce or eliminate sources of caffeine, a stimulant may keep you awake. This includes coffee, tea, and many soft drinks. Be aware, some medications may contain caffeine.

Many people experience

caffeine withdrawal—headaches, depression, drowsiness. Cut back gradually if you decide to do without caffeine entirely. Otherwise, consider limiting intake to earlier in the day.

■ **Alcohol.** Many people have a drink to help them sleep. Unfortunately, alcohol may have the opposite effect! You're more likely to wake in the middle of the night after drinking. Have your last drink several hours before bedtime.

■ **Liquids.** If you frequently get up to go to the bathroom, avoid drinking liquids close to bedtime.

■ **Smaller meals.** A heavy meal close to bedtime can interfere with sleep. Make your night meal a lighter one. (AH)

Teens Gain Confidence in the Kitchen Through NEP

Working with teens is both fun and challenging. Approximately 300 teens, through six monthly groups, learn through hands-on cooking which encourages good health.

Healthy nutrition is promoted through inter-active games, activities, and discussion.

Many teens do not have opportunities to be successful in the kitchen. They think "fast food" is the answer to their eating needs. Teens enjoy the individualized learning through NEP. The teens may choose what they will prepare, and the ingredients they will add to suit their individual tastes. For example, in July, each teen created their own recipe for a "fruit smoothie." Some of their choices to add included tofu, yogurt, or fresh fruit. In June, teens made and

shaped homemade pretzels for a nutritious snack. They chose the shape of the pretzel and also learned how to make several economical and nutritious pretzel dips.

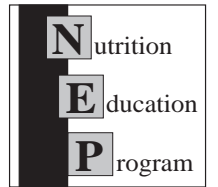
Teens say:

"Thank you for coming and cooking food for us that is



healthy and good." - Cedar's Resident

"Thank you for all the fun time cooking and hanging out with us." - Cedar's Resident



Nutrition Education Program

for Limited Resource Families

Marlene Meinke
Extension Assistant

"Why did these pancakes rise so much higher than the boughten ones?" - YWCA Teen Mom

It is rewarding to watch teens make good choices on their own as a result of the knowledge and experiences they gain through the Nutrition Education Program. Monthly groups include Cedars TLC, Boys Group Home, Unity Home, YWCA Teen Moms, and Centerpointe teens.

For further information or questions please contact Mardel Meinke at 441-7180. (MM)



Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)

Get Fit with 5-a-Day Health Tips

Eating five or more fruits and vegetables a day has been associated with helping protect against certain types of cancer, heart disease and osteoporosis as well as with aiding in weight control. Here are some tips from the Produce for Better Health Foundation to help you include five or more fruits and vegetables in YOUR daily diet:

FACT: Americans are more likely to start the day with coffee.

ACTION: Start your day with 100 percent fruit or vegetable juice and strive for

five!

FACT: Only 10 percent of foods consumed at breakfast are fruits, vegetables, or 100 percent juice.

ACTION: Add a serving of fruit with breakfast to make it extra special—a great way to 5-a-Day!

FACT: Nearly 65 percent of all fruit juices, and 34 percent of all vegetable juices are consumed at breakfast.

ACTION: Choose 100 percent fruit and vegetable juice for a refreshing break after your next workout. Eating 5-a-Day

helps replenish vitamins and nutrients the body uses throughout the day. Get in shape through 5-a-Day.

FACT: Americans are 10 times as likely to select a carbonated soft drink than 100 percent juice.

ACTION: Enhance your meals by substituting carbonated drinks with 100 percent fruit or vegetable juice. Let your imagination run wild on 5-a-Day!

FACT: Only 17 percent of

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151 Start the Day with 5-a-Day
353 The Fruit Group
356 The Vegetable Group

and many more...

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry: www.lanco.unl.edu/food

FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU