Scoring Food Touchdowns!

Get ready for the second largest day for consuming food! That day is Super Bowl Sunday. Here are eight game strategies:

1. De-fense! Reduce excess fat and calories with lower-calorie drinks and snacks. Don’t get tackled by large platters of food.

2. Look at the stats. The Nutrition Facts Panel shows calories and nutrient content. Eat from a plate, not the box.

3. Condition yourself. Start walking, lift weights, do some physical activity each day.

4. Preparation is key. Knowing snacks will be available, limit food intake prior to the party.

5. Yellow flag! Don’t get penalized. Choose smaller portions or smaller plates to hold less food.


7. Take a time out! Pace yourself. Bypass second helpings.

8. Touchdown! All of these strategies and help you win the game!

Source: http://bit.ly/yXi1j2

MyPlate for Older Adults

Tufts University has created MyPlate for Older Adults to correspond with the USDA MyPlate guidelines.

The new resource focuses on foods with high vitamin and mineral content. It also has icons for physical activity and fluid intake. Fruits and vegetables still make up half the plate. It also recommends lower salt intake to help keep blood pressure controlled.

For more information, see http://bit.ly/zYbZAR and http://bit.ly/z04aBY.
Eat a Healthy Breakfast

You’ve heard it before. Breakfast is the most important meal of the day. Now research shows that eating a healthy breakfast can help prevent obesity, belly fat, and reduce the risk of heart disease.

Breakfast cereal started as a “health food” in 1863 by Dr. James Caleb Johnson and was called Granula. This cereal contained dense bran nuggets that required an overnight soak. It is thought that a patient of Dr. Johnson’s took this cereal to Dr. John Harvey Kellogg who developed an oat, wheat and cornmeal biscuit. He called in Granula, but a lawsuit changed the name “Granola.”

A breakfast of ready-to-eat cereal can easily be a whole grain food. At least 15 cereal products have the word “whole” first in the ingredient statement. Simple oatmeal or steel cut oats can make a hearty hot breakfast on cold days.

Source: Tufts University Health & Nutrition Letter, January 2012

Fresh Pineapple Pointers

Precut fresh pineapple makes it easy to use.
To get a fresher flavor, buy a whole pineapple and cut it at home.

Take your tastebuds to a tropical island with fresh pineapple. A ripe pineapple should be fragrant and give slightly when squeezed. Bright, green leaves mean a fresher pineapple. A ripe pineapple stays fresh up to three days at room temperature.

Prepare a pineapple by cutting off the green top and bottom. Slice off rind and as many eyes as possible. Remove remaining eyes, quarter, and cut out core.

Source: Fine Cooking, Feb/Mar 2012

SuperTracker

To compliment the ChooseMyPlate guidelines, the USDA has developed SuperTracker to help consumers make changes in their life. This free online tool is designed to help consumers reduce chronic disease and maintain a healthy weight.

Recommendations are personalized and tracked for what and how much to eat and amount of physical activity. There are tools for goal setting, virtual coaching, weight tracking and journaling. Reports measure progress in a summary or detailed format.

Learn more about SuperTracker from the website at right.
Add Zing with Citrus Fruit

During winter months, freshen up meals with a variety of citrus fruit. Many types of oranges, lemons, limes and grapefruits fill produce bins and can liven up many meals. Simply replacing salt with a squeeze of citrus juice can enhance flavors. Here’s some other functions of citrus.

- Keep fruits and vegetables looking fresh with a splash of lemon or lime juice. This helps prevent browning due to oxidation.
- Citrus antioxidants, limonoids, may help fight various cancers.
- Boost flavor in soup with citrus. Add at the end of cooking to brighten other flavors.
- Add intense flavors with citrus zest. The outer skin contains floral, spicy and bitter flavors.

Foodborne Illness Costs $77 billion Annually

The Centers for Disease Control and Prevention now estimate foodborne illness affects 48 million people. A study by The Ohio State University calculated the resulting cost of this estimate at $77.7 billion. This cost is associated with 31 known pathogens and includes medical costs, productivity loss, and death related to the illness. It also includes resulting pain, suffering and loss of functionality.

Of the 48 million cases, almost 9.4 million are indentified and just over 38 million are not identified.

Source: http://bit.ly/zwQ0QH

Try Turnips!

This root vegetable has been found all over Europe and Asia for centuries. A turnip looks like a giant radish and is a well known food source for both the root and greens. Turnips come in all shapes, sizes, and colors.

Turnips are available year round but more often in the fall and winter months. Select smooth surfaced roots that are firm and heavy with some root hairs at the bottom. In general, smaller turnips will be sweeter and more tender. Turnips keep well; cut the greens and bag them separately from the root placing them in the crisper section of the refrigerator for up to a week. Turnips can be peeled before cooking, eaten raw, or sliced, diced, or julienne. When cooking this delicate root, cook only to the just tender point; avoid overcooking as sweetness will diminish. They will also become mushy.

Source: www.fruitsandveggiesmatter.gov

A 1/2 cup serving of turnips has 15 calories, 0g fat, and 2g fiber
By learning Cardiopulmonary Resuscitation (CPR) you could save the life of someone you love. It can happen anytime and 80 percent of cardiac arrests happen in the home.

As a bystander who knows CPR, you can double or triple a person’s survival rate.

One way to learn about CPR and how to perform it is with the "Hands-Only™ CPR Instructional video" from the American Heart Association.

Always call 911 and do your best to help a person by knowing CPR.

Source: http://bit.ly/meRiUu