

NUTRITION NEWS

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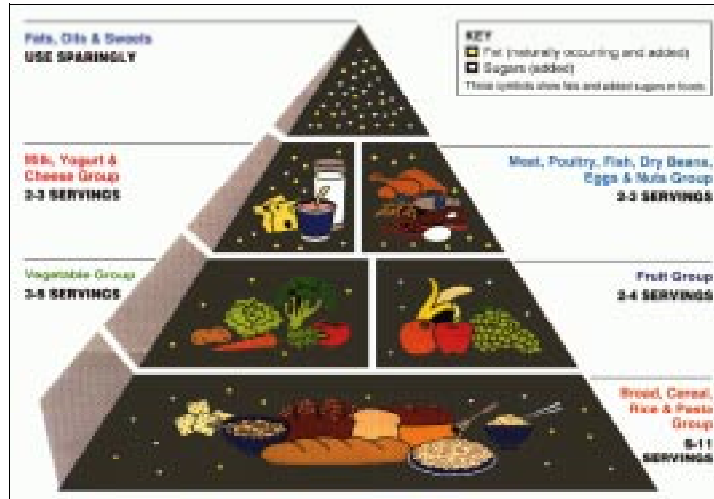


NEP

Nutrition Education Program for Families

DIETARY GUIDELINES FOR AMERICANS: CHOOSE A DIET MODERATE IN SUGAR

One of the Dietary Guidelines for Americans is to choose a diet that is moderate in sugars. What is sugar? Sugar is a form of carbohydrate that provides energy for our body. Some sugars are found naturally in food products (like milk products, fruits, & vegetables). Others are added to food to make them taste sweeter (like candy & soda). Foods with naturally occurring sugars in them also contain other nutrients such as vitamins, minerals, protein, and fiber that make them healthy. More concentrated sources of



sugars (candy & soda) provide few other nutrients, but they do contain lots of calories. This is the reason to only eat candy, soda, and other sweet treats every once in a while. Sugary foods can take the place of nutritious food and deprive us of needed

nutrients. If you need extra calories, sweets can fill that need.

Sugar is known to cause cavities. Mouth bacteria feed upon the sugar to multiply and eventually cause tooth decay. Brushing teeth cleans the bacteria out and helps prevent cavities.

Eating too much sugar does not cause hyperactivity or diabetes. Sugar is not addictive and will not make you fat unless the extra calories put you over the number of total calories needed in a day. If eaten in moderation, sugar can be part of a healthful diet.

What are Sugar Substitutes?

Sugar substitutes or artificial sweeteners make foods taste sweet without adding calories (energy) or causing cavities. These sweeteners taste a lot sweeter than sugar. Here is a list of the most common sugar substitutes and their common names :

- * Acesulfame-K (Sweet One)
- * Aspartame (NutraSweet)
- * Saccharin (Sweet n' Low)

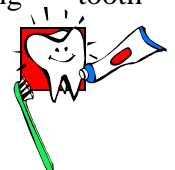
**Remember that these provide no calories so they are not a good choice if you are truly hungry.

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Sugars and Cavities

- * Sugars can cause tooth decay.
- * The more sugars you eat, and the longer you wait to brush your teeth, the greater the risk for tooth decay.
- * Eating snacks high in sugar, especially sticky foods, can be harmful to your teeth.
- * Brushing with a fluoride toothpaste, and flossing can help reduce the risk of developing tooth decay.



Sugar Word Search

There are many forms of sugar found on food labels today. Try to find these sugars in this word search. The words are backwards, forwards, diagonal, up or down. (Answers on last page.)

Brown sugar
Corn syrup
Dextrose
Fructose
Glucose
Honey
Invert sugar
Lactose
Maltose
Molasses
Sucrose



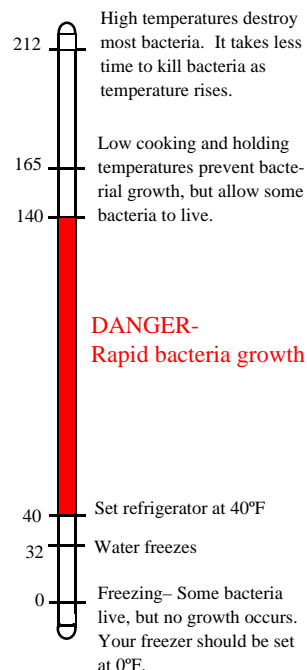
R S O P T L A X R N P A K L S J D T O G N L A S E B
E G L R S U N P T U A L E S R O L E S L J K E O A I
G M A E D E X T R O S E D U E A T K T U S R O C R M
E H Y A N E S Y S U N L W M B R O Z Y C C K S W P O
N Y L Y M A S N L O S E P S L R E A M O N R B R N L
H O S E E N U S G A S Y R U P P W W M S C E O F D A
O E P N R A W I N E M W P L M D K C R E D M V S U S
N E S O Z T J U A O T A S I T W N G P H W J M X E S
E H C H Q P I R O W S T L M E S U R T P B A L C U E
Y E L N S Y U P I N V E R T S U G A R S Y R I E M S
R G H T E R N A E A T S I O O N B A D I A M W O P K
A W I E T J U S P O W T R T B S Y M F P T L D H V T
K J F H E I O D P D L O T P C N E R I L N M E O P I
E P A R S T P H O F R U C T O S E N E B F P U I S U
M F P D C I Q P T N S L R O W J E I C M D J T O I X
A S F A S N U G B R O W N S U G A R G N O W N T V I
E M L A H E A L H J U N M O P W A S T C R P E A B L

Food Safety– Cooking Foods to the Right Temperature

Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause food poisoning. To prevent food poisoning you need to:

- Cook meats thoroughly and use a thermometer that is safe in the oven or take out the meat and measure the temperature.
- Cook roasts and steaks to at least 145°F.
- Cook ground meat to at least 155°F. If a thermometer is not available, do not eat ground beef that is still pink in the middle.
- Cook eggs until the yolk and the white are firm. Do not use raw eggs or eat runny eggs.
- Cook fish until it flakes easily with a fork.
- Stir your food when using a microwave. This will prevent cold spots where bacteria can live.
- When reheating sauces, soups and gravy, bring to a boil.
- Reheat leftovers to 165°F.

Remember to keep foods out of the “Danger Zone”. This is the area between 40° and 140°F.





Fruit Fantasia

Ingredients

- 2 bananas, sliced
- 2 cups sliced strawberries
- 1 (20 oz) can pineapple tidbits in juice, drained and save juice
- 1 (15 oz) can sliced peaches in juice, drained and save juice
- 1 tsp. sugar-free Tang
- 1 (0.9 oz) package vanilla instant pudding

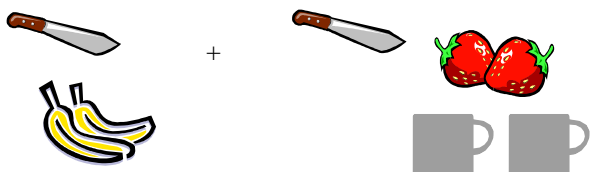
Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 12

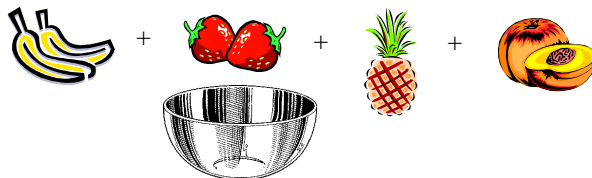
Amount Per Serving
Calories 90 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat <1g	0%
Cholesterol 0g	0%
Sodium 3mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 1g	
Vitamin A 4%	• Vitamin C 42%
Calcium 2%	• Iron 3%

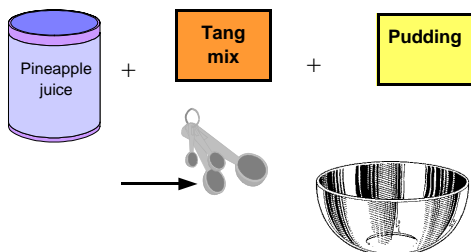
1. Slice 2 bananas and 2 cups of strawberries.



2. In a large serving dish, combine bananas, strawberries, pineapple, and peaches.



3. In another bowl, combine pineapple juice, Tang mix, and pudding mix.



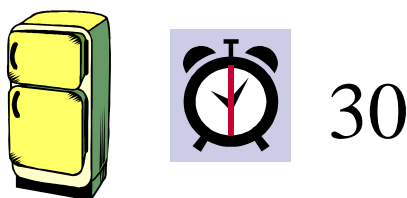
4. Mix well with a wire whisk. The mixture will be thick.



5. Spoon pudding mixture over fruit and toss gently to coat. May thin with reserved peach juice as desired.



6. Chill for 30 minutes before serving.



NEP

Nutrition Education Program for Families

Utah State UNIVERSITY EXTENSION

State of Utah

DEPARTMENT OF WORKFORCE SERVICES



NEP means Nutrition Education Program. In Salt Lake, Davis, Box Elder, and Utah Counties there is EFNEP, which stands for Expanded Food and Nutrition Education Program. In the rest of the counties there is FNP which stands for Family Nutrition Program. Both programs provide information and teach skills that people need to improve their health and well being through diet.

NEP for families offers nutrition education through individual and family instruction in the home and in small group classes. The lessons are taught by Nutrition Assistants who are members of the USU Extension staff. The Nutrition Assistants have personally experienced the difficulty of raising families on a limited income.

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Turtle Talk

Dear Turtle,

When ever I go to the grocery store, I always end up spending more money than planned. I've tried using coupons, but that doesn't seem to help. Any ideas?

Sincerely,

Beth

Dear Beth,

There are a number of ways you can stretch your food dollar. Coupons may seem like a good deal, but this is not always the case. You may actually buy things that you normally wouldn't buy. Also, store brands may be cheaper than buying national brands with coupons. Here are some tips to help you save money: Keep a shopping

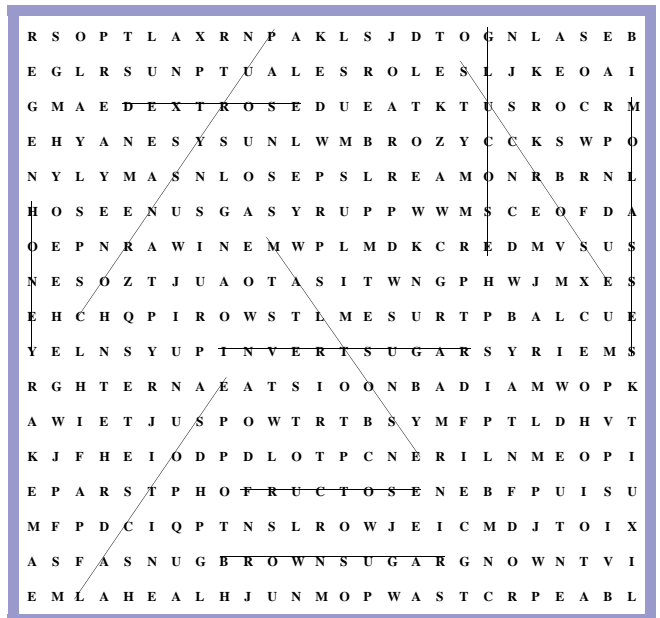
list and stick to it. Buy fresh fruits and vegetables when they are in season, they will be less expensive. Buy larger sizes if your family will eat that much. You can break up family size packages of meat and freeze for later use. Ready to eat foods are generally more expensive. Stock up on canned products when they are on sale. Compare prices using the unit prices on the shelves. This will tell you how much you are paying per pound, ounce, or quart. This will help you decide which product is a better deal.

Sincerely,

Turtle



Answers to word search on page 2



Sources: Dyff RL. *The American Dietetic Association's Complete Food & Nutrition Guide*. Minneapolis, MN; Chronimed Publishing: 1996. Sizer F, et al. *Nutrition-Concepts & Controversies*. Belmont, CA; Wadsworth Publishing: 1998.