

NUTRITION NEWS

Southwest Region Monthly Nutrition Newsletter

January 2019

Chew on This: The Benefits of Fiber

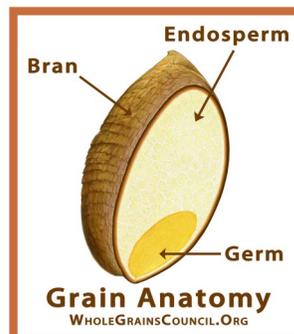
Fiber is the indigestible material found in many of our foods such as whole grains, beans, fruits, and vegetables. It works by promoting intestinal movement and cleaning the colon. Fiber is an important part of a healthy diet and eating an adequate amount may reduce the risk of cardiovascular disease, obesity, and type 2 diabetes. Fiber also positively influences the gut microbiome, which is made up of communities of bacteria within the digestive tract. These bacteria help us to digest food, regulate the immune system, and help to produce vitamins. These communities of bacteria work cooperatively with fiber by feeding the good bacteria in our gut. According to the Dietary Guidelines for Americans, 31-50 year old men and women should consume 25-30 grams of fiber per day. Foods that are fiber-rich include high-fiber bran cereals, navy and small white beans, artichokes, pears, and apples. Key recommendations to increase your fiber intake are to consume a variety of vegetables, whole fruits, and to make at least half your consumption in grains whole.

Get Moving: Go Play, Your Way!

Happy New Year! Many people use this time of year to make resolutions for better health. Have you decided to eat healthier, spend more time with your family, or be more physically active? This year resolve to do all three by being more physically active together. Increasing your activity has many health benefits including weight loss and increased muscle strength. Studies have shown that exercising improves digestion when paired with a well-balanced, high fiber diet. Here are three tips to start increasing your activity. First, pick one to start and add something new each week, second take walks together as a family, and third make a chore a competitive activity (like raking the leaves or dusting and sweeping), or go for a hike or bike ride. Taking small steps towards a new goal can lead to long-term success!

Nutrition: What is A Whole Grain?

A whole grain consists of all three parts of the whole grain including the endosperm, the germ, and the bran. The bran is the major source of fiber and also contains antioxidants and B vitamins. The germ is the inner most part and contains B vitamins, a small amount of protein and fats. The endosperm is the energy source for the grain and contains carbohydrates, proteins, and trace amounts of minerals. Whole grains are excellent sources of fiber and should be consumed regularly.



Health Awareness

January is

Spaghetti Day 4th

Bean Day 6th

Apricot Day 9th

Granola Day 21st

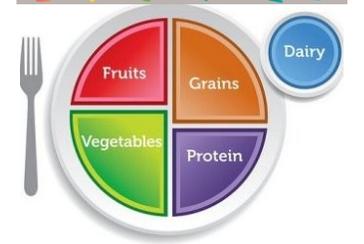
Peanut butter Day 24th

Blueberry Pancake Day 28th

National Folic Acid Awareness Week 7th-13th

Egg Month

Fiber Focus Month



Get Growing: Gardening

The beginning of a New Year is a great time to start a cold, hardy, vegetable garden. Gardening is a rewarding form of physical activity the whole family can enjoy. Greens like spinach, leaf lettuce, kale, and mustard greens can be planted from seed in January. It is important to not plant these too deep or the seeds will not germinate. In order to not plant them deeper than 1/8 inch, place the seeds in the desired area and lightly rake it into the soil. Leafy greens are high in calcium, fiber, vitamin A and C, iron and low in calories making them a great addition to any plate.



<u>What to plant now</u>	<u>Days until Harvest</u>
Spinach	35-45
Kale	40-60
Mustard greens	35-50
Lettuce	45-80

Healthy Communities Showcase

Environment (E) LSU AgCenter in Lafourche has partnered with a Beyond the Bell Site, and after school for children, at the Wallace Community Center in Raceland. Children have enjoyed nutrition lessons and the stencils that have been placed on the center's grounds to promote physical activity.

Policy (P) The West Baton Rouge Parish School Health Advisory Committee is focused on improving the lunchroom experience during school breakfast and lunch for students. Using the Smarter Lunchrooms Movement, the current standards and practices are being evaluated to create goals for improving the quality and health of every meal.

Stirring it Up: Apple Spice Baked Oatmeal

Ingredients

- 1 egg, beaten
- 1/2 cup applesauce
- 1 1/2 cups non-fat or 1% milk
- 1 teaspoon vanilla
- 2 tablespoons oil
- 1 apple, chopped (about 1 1/2 cups)
- 2 cups rolled oats
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

Topping

- 2 tablespoons brown sugar
- 2 tablespoons chopped nuts

Directions

Preheat oven to 375 degrees. Lightly oil or spray an 8" x 8" baking pan. Combine the egg, applesauce, milk, vanilla and oil in a bowl. Add the apple. In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well. Pour mixture into baking dish, and bake for 25 minutes. Remove from oven and sprinkle with brown sugar and nuts. Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles. Serve warm. Refrigerate leftovers within 2 hours.



Nutrition Information for 1 cup (recipe makes 2 cups)

300 Calories , Total Fat 4.5 g, Saturated Fat 1 g, Cholesterol 10 mg, Sodium 190 mg, Total Carbohydrate 55 g, Dietary Fiber 7 g, Total Sugars 24 g, Protein 11 g

Source: <https://www.mainesnap-ed.org/recipes/apple-spice-baked-oatmeal/>

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