

HEALTHY, WEALTHY, AND WISE

Practical Knowledge for Everyday Living



July 2007
Volume 2, Issue 7

Agent's Corner

You know, kids are smart. I was teaching at a summer day camp the other day and it struck me just how much we adults could learn from kids. The campers were all so excited to learn something new; they were engaged and unafraid to give a wrong answer.

As adults, we seem to lose that excitement for learning and only offer an answer if we are sure we're right. Don't forget, we often learn by making mistakes.

Samantha Kennedy, M.S.
Family & Consumer Sciences Agent

In This Issue:

Agent's Corner	1
Consumer Alert: Financial Records	1
Nutrients Women Need	2
Don't Forget the Guys!	2
A Few Words About Fiber	2
Hungry? Have a Snack!	3
Some Like It Hot	3
Flavor of the Month	3
Brush for Better Health	4
Birthdays	4
Upcoming Events	4

The Wordsmith

Gibe: \JYBE\ (v.) to utter taunting words

Example: The fans began to *gibe* the baseball player after his fourth strikeout of the game.

Simply Florida: A Taste of Flavors from the Sunshine State

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Samantha at (941) 722-4524 or by visiting <http://www.simplyflorida.org>.

Consumer Alert: Financial Records

If you're like me, your filing cabinet at home is chock full of every bank statement, tax return, credit card statement, and appliance warranty for the last ten years. Many people do not understand how long to keep financial records and are afraid to discard them because of the personal information they contain.

What to do? In most cases, it is not necessary to keep months' or years' worth of financial records. Here are a few tips:

Tax returns should be kept for seven years. Keep a rotation going—when the new one is filed, shred the one from eight years ago.

Bank statements should be kept for at least three months if you're applying for a mortgage. Otherwise, once the information has been reconciled, you can shred them.

Credit card statements can usually be shredded once the information has been verified.

Unless you're deducting phone and electricity as business expenses, utility bills can be shredded once they are paid.

Warranties can be discarded once they have expired or when the appliance has been thrown away.



Nutrients Women Need

All humans, male and female, need certain nutrients in certain proportions to maintain a healthy mind and body. However, we all know that men and women are different.

While women and men need the same basic nutrients, there are some specific nutrients that are more vital to a woman's health.

Folic acid. This nutrient is a type of B vitamin that is vital to the health of the developing fetus. Lack of this vitamin can lead to neural tube defects such as spina bifida. This nutrient is also important in the maintenance of DNA and the creation of new cells in older adults. Women should get a minimum of 400 micrograms of this vitamin a day.

Calcium. This mineral is very important for the maintenance of strong bones and teeth, helping to prevent osteoporosis. Calcium also plays a major role in heart functions. Pre-menopausal women should consume 1,000mg of calcium a day; post-menopausal women, 1,200mg. Spread intake out over the day to maximize absorption.

Vitamin D. This vitamin is necessary for the proper absorption of calcium. Studies have shown that this vitamin may also help reduce the risk of several types of cancer, including breast, colon, and ovarian. It is suggested that adult women 50 or under need 400IU a day; women 51 or older need 600IU.

Iron. This mineral is vital to the transport of oxygen in the blood to the rest of the body. Two-thirds of the body's iron is found in hemoglobin. Low iron can lead to fatigue. A severe iron deficiency can lead to anemia, which can be a serious health risk. Post-menopausal women need 8mg of iron a day. Women of child-bearing age require 18mg a day.

Fiber. This nutrient is beneficial to both men and women, but women tend to eat less of it on a daily basis. Soluble fiber binds to cholesterol and carries it out of the body. Insoluble fiber increases the bulk of the stool, easing the excretion of waste from the body. It is recommended that women eat 30g of fiber daily for good health.

"Hardware: the parts of a computer that can be kicked." - Jeff Pesis

Don't Forget the Guys!

Men need to focus on specific nutrients, too. Here are a few nutrients that men need to stay healthy:

Zinc. This nutrient plays a lot of roles in the body, including aiding in cell repair and immune system function. Research has shown that zinc may help prevent the cell damage that leads to prostate cancer. It is recommended that men get 15mg daily.

Selenium. This mineral helps lower the "bad" LDL cholesterol and can also help reduce the incidence of dangerous blood clots. This, in turn, leads to a

reduction in heart disease. Men should consume at least 70 micrograms of selenium a day.

Calcium & Magnesium. These two minerals complement each other; the body absorbs them both better when they are consumed together. Calcium is important for bone health and may help reduce the risk of colon and prostate cancers. Magnesium is vital for the growth and maintenance of muscle. Men should consume between 750 and 2,000mg of calcium a day and 400mg of magnesium a day.

A Few Words About Fiber

There are two basic types of fiber: soluble and insoluble. Fiber also comes in many forms—naturally in foods and over-the-counter as pills, powders, and liquids.

Soluble fiber combats high "bad" LDL cholesterol by binding to it before it can be absorbed by the intestines and deposited in the bloodstream. Once bound to the fiber molecules, the cholesterol exits the body before it can do any harm.

Good sources of soluble fiber include barley, oatmeal, beans, peas, citrus fruits, strawberries, pears,

apples, and eggplant.

Insoluble fiber benefits the body by helping to "clean out" the colon. This type of fiber increases stool size, allowing the waste to exit the body more easily and more quickly. This helps prevent constipation.

Good sources of insoluble fiber include whole grains, cabbage, beets, bananas, carrots, tomatoes, and Brussels sprouts.

Increasing fiber consumption has been shown to reduce the risk of heart disease and certain cancers such as colon cancer.

Hungry? Have a Snack!

Snacks are a vital part of a healthy diet. It can be nearly impossible for some people to consume their daily requirement of calories in three (or in some cases, two) meals a day. Having a small, nutritious snack between meals can also help you get more of those needed nutrients to stay healthy.

Snacks also help control appetite and keep weight in control. The trick is to choose the right kinds of foods as a snack.

It's very tempting to reach for that chocolate bar or that bag of potato chips when you're feeling hungry between meals. But be careful! Foods such as candy, chips, and soda contain

tons of processed sugar and fat, what are known as "empty calories." This means that the foods are high in calories, but have virtually no nutritional value.

What's the solution? Choosing snack foods wisely from each food group. Opt for whole grains and low-fat dairy, such as Swiss cheese on whole wheat crackers. Reach for an apple or pear. Dip carrots in low-fat ranch dressing or have a few celery sticks with some high-protein peanut butter. Dried fruits and nuts and energy-rich mixtures such as trail mix can also provide a late afternoon pick-me-up that will be a lot more satisfying.

Remember, snacks are not meals. They are meant to supplement total daily caloric and nutrient intake, not replace it. As a general rule, snacks should not exceed a total of 150 to 200 calories per snack. For example, if you consume around 1,800 calories a day, you may want to divide your calories up as follows: 500 calories each for breakfast, lunch, and dinner, leaving room for two 150 calorie snacks. If your caloric intake is more or less, plan accordingly.

Be careful not to surpass your total daily energy intake with snacks. Eating 100 extra calories a day above what your body needs can lead to a 10 pound weight gain in a year's time.

Flavor of the Month

Chicken, Avocado, and Black Bean Salad

This south of the border dish is simple, delicious, and perfect for summer. It's also rich in fiber!

Ingredients

2 avocados, fully ripe	1/3 c. feta cheese, crumbled
15 oz. can black beans, drained and rinsed	1/4 c. cilantro, chopped
4 c. chicken breast, cooked and diced	1/2 c. Italian salad dressing
1 c. tomatoes, diced	Lettuce (optional)
1 c. celery or jicama, julienned	

Directions

1. Pit avocados. Dice one, slice the other.
2. In a medium bowl, combine diced avocado, beans, chicken, celery/jicama, feta, cilantro, and 2 Tbsp. dressing.
3. Spoon onto 4 plates lined with lettuce. Top with 1/4 of sliced avocado, then drizzle with remaining dressing.



Some Like It Hot

Chiles are not actually related to pepper at all. Botanically, they are in the same family as tomatoes and eggplant. They have been commonly called "peppers," however, since the days of Christopher Columbus. They are ranked according to their capsaicin content, measured in Scoville Heat Units (SHU). For example, sweet bell peppers have a rating of 0 SHU, whereas the blistering habanero, the spiciest chile in the world, has a rating of 200,000 SHU.



"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

~Ralph Waldo Emerson~

Brush for Better Health

Keeping your teeth, gums, and mouth healthy has been shown to reduce your risk of cancer and heart disease. Brushing regularly can also boost immune function, keeping you healthy.

Having a healthy mouth helps you avoid bacterial gum infections, which can lead to more serious infections in the body, namely pneumonia and bronchitis.

Brushing twice a day can keep your mouth in good shape and help you avoid more serious infections.

Here are some suggestions:

Brush twice and floss once a day. If you are a speed brusher, you may need to boost your brushing with mouthwash or switch to an electric toothbrush.

Have your teeth cleaned by a dentist or dental hygienist twice a year.

Eat more dairy. The calcium and vitamin D in these foods help keep your teeth and gums healthy, which leads to a reduction in tooth decay and gum disease.

Get more vitamin C. Consuming too little vitamin C can lead to a breakdown in gum tissue called gingivitis.

July Birthdays

Joan Henbury	July 4
Pat Beauprez	July 16
Ed Connell	July 19
Bertha Sandeen	July 27
Deborah Castelli	July 31

83rd Annual FAHCE Conference
October 8 -10, 2007
Plantation Inn & Golf Resort
Crystal River, Florida

Deadline for Hotel Registration
& FAHCE Registration is
September 21, 2007

If you have any questions or are in need of a registration form, please contact the office.

Upcoming Events & Important Dates

July 2, 2007 1:00 -3:00 pm	Guild Birthday Lunch
July 2, 2007 3:00- 4:00 pm	HCE Meeting
July 4, 2007	Independence Day CES Office Closed
July 9, 16, 23 & 30, 2007	Guild Meetings
August 6, 2007 1:00 - 3:00 pm	Guild Birthday Lunch
August 6, 2007 3:00 - 4:00 pm	HCE Meeting
August 13, 20, & 27, 2007	Guild Meetings

Manatee County Extension Service

Solutions for Your Life.

Samantha E. Kennedy, M.S.
 Family & Consumer Sciences
 1303 17th Street West
 Palmetto, FL 34221
 Phone: 941-722-4524
 Fax: 941-721-6608
 Email: skennedy@ufl.edu

CHECK US OUT ON THE WEB!
[HTTP://MANATEE.IFAS.UFL.EDU](http://MANATEE.IFAS.UFL.EDU)



July is UV Safety Month

