

# HEALTHY, WEALTHY, AND WISE

Practical Knowledge for Everyday Living



September 2007  
Volume 2, Issue 9

## Agent's Corner

Does the steamy summer heat make you irritable and uncomfortable? If having fun in the sun is just not your idea of, well, *fun*, then there are plenty of other things to do! You can go to the movies (or rent one to enjoy at home), have an indoor picnic, read a good book, or take up a new hobby such as knitting or painting.

If you do choose to go outside, remember that the absolute hottest part of the day is between 10:00am and 4:00pm. Also, apply an SPF 15 or higher sunscreen regularly when you're outside.

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

### In This Issue:

Agent's Corner	1
Consumer Alert: Laundry Basics	1
Dieting with Dairy	2
Going Bananas	2
Nutrient Focus: Potassium	2
From Tough to Tender	3
The Eyes Have It	3
A Sticky Situation	3
Flavor of the Month	3
Whole Grain Goodness	4
Birthdays	4
Upcoming Events	4

### The Wordsmith

**quiescent** \kwy-ESS-unt\ (adj.): marked by inactivity or repose; tranquilly at rest

**Example:** After a hectic morning, the preschool teacher was enjoying the now *quiescent* toddlers during naptime.

### 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: Laundry Basics

Most of us are "old pros" at laundry. Or are we? No matter how many loads of whites and darks we may have done in our lives, there may still be a few mistakes we're making that are preventing our clothes from being as clean as they could be.

**Use the right detergent.** Each type of washer requires a certain type of detergent to achieve the best results. Using the wrong detergent can lead to oversudsing and dull-looking clothes, so check the machine's manual.

**Delay adding bleach.** Adding chlorine bleach to the wash too soon can cause the

bleach to lose its effectiveness. Wait at last 5 minutes into the wash cycle before adding bleach.

**Don't overstuff the washer.** Dirty clothes need room to roam so that they can be properly cleaned and rinsed. Don't cram clothes into the washer, especially in a top-loader.

**Don't toss stained garments into the dryer.** When clothes are wet, it can be hard to tell if a stain is gone. To be on the safe side, hang dry items that were stained before washing or the dryer's heat will set the stain.



## Dieting with Dairy

There's a new 3-a-day campaign for dairy that encourages people to consume 3 servings of dairy a day to promote health. This campaign, also called "24 in 24" (as in 24 ounces of milk in 24 hours), also claims that eating more dairy can help you lose weight. But is this true?

One research study stated that adding more dairy to your diet may help you lose twice as much weight as dieting alone. The trick, however, is to reduce overall calorie intake while increasing your proportion of dairy and not just adding extra dairy on top of what you're already eating.

Other research has not been as conclusive on the subject of dairy and weight loss. However, that doesn't mean that you shouldn't increase your dairy consumption. After all, dairy foods contain a lot of nutrients that are important for health—calcium, protein, and vitamin D, just to name a few. Remember, though, that to get the most benefit, you need to choose the low-fat versions of dairy foods.

## Nutrient Focus: Potassium

Potassium is, in a word, *vital*. This mineral is found in all the body's cells and the fluid surrounding them. What's it do? Well, it's involved in maintaining blood pressure, regulating heart and kidney function, promoting muscle contraction, and aiding in digestion.

The alarming news is that Americans are only getting about half of the recommended 4700mg of potassium they need daily. Why? Processed foods. The more a food is processed, the more potassium is lost. Also, the high sodium levels in processed foods requires the body to use more potassium to keep the blood pressure regulated.

Where can you get potassium? Whole, fresh foods like fruits and veggies, fish and other meats, and milk.

**"My dog and cat have taught me a great lesson in life... shed a lot."**

**Susan Carlson**

## Going Bananas

These delicious, nutritious, and perfectly portable fruits are available year-round thanks to our abundant food supply.

But how much do you really know about these unassuming fruits? Here are a few things you may not have known:

-The average American consumes over 28 pounds of bananas each year.

-Bananas are a good source of potassium, vitamin C, and fiber.

-Bananas have no fat, cholesterol, or sodium.

-Bananas are harvested every day of the year and are not grown commercially in the United States.

-Bananas ripen best off the plant. As the fruit ripens, the starch in the fruit turns

## Just the Facts

An 8 oz. glass of milk contains 30% of the daily value (DV) of calcium, 25% DV of vitamin D, and 16% DV of protein.

Lowfat cheese has 3 grams or less of fat per serving, which is 1 oz. for most cheeses and 4 oz. for cottage cheese.

The optimum temperature for storing ice cream is near 0°F.

For best results, cover the ice cream with plastic wrap before returning it to the freezer.

to sugar; the riper the fruit, the sweeter it tastes.

-Bananas grow on plants, not trees. Ten or more bananas growing together are called "hands." A single banana is called a "finger". Bunches of 4-6 bananas sold in stores are called "clusters."

-Green tipped bananas are the best for cooking. Yellow bananas are best for eating out of hand. Brown speckled bananas are best for baking in breads and cookies.

-To ripen a banana quickly, place it in a brown paper bag with an apple or banana. To slow the ripening process, place the fruit in the refrigerator. (Note: The skin may darken, but the fruit will be fresh.)



## From Tough to Tender

Ever bought that beautiful steak or those lovely pork chops, only to have them be too tough to chew once you cook them? Try these tips for a tender taste:

1. When buying meat, look for cuts with an even distribution of thin veins of fat. The fat helps keep the meat moist as it cooks. Also, look for a nice red color for beef and a nice pink color for pork. The thickness of the cuts should be no less than 1/2 inch since thinner cuts are easily overcooked.
2. Marinate the meat for at least two hours before cooking. You can marinate with any ingredients you choose except for oils and salt. Oil coats the meat and prevents it from absorbing the marinade's flavor. Salt draws juices out of the meat which can dry it out.
3. When cooking the meat, sear it first—one and 1/2 minutes per side. Then move the meat to a cooler spot on the grill or pan and lower the temperature for the rest of the cooking. This helps “seal in” the juices.



### A Sticky Situation



If you think peanut butter is a “sometimes” treat, think again! Just two tablespoons a day can help lower LDL (“bad”) cholesterol and triglycerides, in turn lowering the risk of cardiovascular disease.

***“Laughter is the sun that drives winter from the human face.”***

***Victor Hugo***

## The Eyes Have It

We all *know* that our eyes are important, but are we doing enough to keep them as healthy as they can be? Stop taking your eyes for granted and follow these steps to keeping them in tip-top shape:

**Schedule a checkup.** The American Academy of Ophthalmology recommends that people get at least one comprehensive eye exam between the ages of 20–29, two between the ages of 30–39, and one every two to four years after the age of 40. The eye doctor will perform some very important tests to determine the health of your eyes such as a glaucoma test and a test for macular degeneration.

**Control your blood pressure.** Exercise, a healthy diet full of fruits and vegetables, and a reduction in sodium intake can help keep blood pressure down. A lower blood pressure will help lower the pressure in the fluids of the eye, thereby reducing the risk of glaucoma. (Note: Glaucoma can only be diagnosed with an eye exam.)

**Get some shade.** Protecting your eyes from the sun is very important. When buying sunglasses, look for those that offer protection against harmful UVA rays. UVB rays are filtered out by the cornea, but overexposure to UVA rays has been linked to both cataracts and macular degeneration.

## Flavor of the Month: Banana Chocolate Chip Muffins

Here’s a sweet & yummy way to go bananas!

### Ingredients:

2 c. all-purpose flour	1 c. mashed bananas
1/3 c. white sugar	2/3 c. canola oil
2 Tbsp. cocoa powder	1 egg, beaten
1 Tbsp. baking powder	1 c. semi-sweet chips

### Directions:

1. In a large bowl combine the flour, sugar, cocoa powder, and baking powder.
2. In another bowl, blend the bananas, oil, and egg together. Add to dry ingredients, mixing until just blended. Fold in the chocolate chips. Spoon the batter into a greased muffin pan, filling three-fourths full.
3. Bake in a preheated 425°F oven for 15 to 20 minutes. Remove the muffins to a wire rack to cool completely.



## Whole Grain Goodness

Most of you have heard of whole wheat and whole oats—maybe even whole rye. But there are many delicious and “exotic” whole grains out there you may not be familiar with.

**Quinoa.** Pronounced “keen-wah,” this grain is an excellent source of iron. This small, round, high-protein grain must be rinsed prior to cooking to remove the potentially toxic saponins present in the seeds. Use quinoa in place of couscous or rice in salads or soups.

**Wheatberry.** This is the whole wheat kernel that is ground up for breads, but

can be eaten whole. This grain provides plenty of important nutrients including selenium, potassium, folate, and fiber. Wheatberries can add a delicious chewy kick to salads, fruit, and tabbouleh.

**Spelt.** This gluten-free grain is popular with people who are allergic to wheat. A cousin to modern-day wheat, spelt has more protein than wheatberries. It can be used in breads and pastries or it can be cooked risotto-style and seasoned as a side dish. It can also be added to soups or tossed with beans and roasted veggies.

## September Birthdays

Linda Bowers	September 22
Sue Howell	September 29
Bev Roberge	September 30

### Oops!

We forgot two August birthdays in last month’s newsletter and wanted to take a moment to list them here. We apologize for the oversight.

Toni Wilson	August 12
Margo Humphrey-Barber	August 25

**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.

## Upcoming Events & Important Dates

September 3, 2007	Labor Day CES Office Closed
September 10, 2007	Guild Birthday Lunch
September 10, 2007	HCE Meeting
September 17 & 24, 2007	Guild Meeting
September 21, 2007	Deadline for registration For HCE Conference
October 3, 2007	Deadline for registration for “Take Charge of your Diabetes” class
October, 10, 2007	First Class for “Take Charge of your Diabetes”

**UF** UNIVERSITY of FLORIDA  
 IFAS Extension  
 Manatee County Extension

*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)



September is National Preparedness Month

