

HEALTHY, WEALTHY, & WISE

The Family & Consumer Sciences Newsletter

Manatee County Extension Service | 1303 17th Street West · Palmetto, FL 34221 | (941) 722-4524

Pedal the Pounds Away

Are you and your bicycle not on speaking terms? If that's the case, re-introduce yourself to your two- (or three-) wheeler. Riding a bicycle is one of the best things you can do for your body. Here's why:

1. For every hour of easy riding, you'll burn an average of 400 calories. If you kick it up a notch, you can burn nearly 550 calories!
2. Riding your bike just two and three-quarters hours a week can lead to a weight loss of 15 pounds in a year.
3. By replacing short car trips with bicycle trips, you can save nearly \$90 a month in car costs (gas, maintenance, etc.).
4. Riding your bike helps the environment by reducing pollutant emissions by 3.6 pounds per mile.
5. Riding your bike can help lower your risk of heart disease by about half.

Taken from *Health*, May 2007

Agent's Corner



The dog days are here. Stormy skies and sticky heat are the hallmarks of August in Florida. But don't let that stop you from enjoying life in our beautiful state. With a little caution (and a lot of sunscreen and water), you can have lots of fun in the sun.

Also, fall and winter are just around the corner, and the mild winter climate in Florida is just one of the many reasons we call it home.

Go Gators!

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

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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>.

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Here's a Healthy Tip

How often should you have your cholesterol checked? Beginning at age 19 and continuing until age 50, you only need to have your cholesterol tested once every five years *as long as your numbers fall within the normal range.*

What is the normal range?

HDL ("good" cholesterol) > 60

LDL ("bad" cholesterol) < 100

Total cholesterol (HDL + LDL) < 200

If your numbers fall outside these ranges or if you're over the age of 50, it's a good idea to have your cholesterol checked annually.

Taken from *Health*, Jan/Feb 2008

Melon Mania

This time of year is when cantaloupes are at their sweetest and juiciest peak. These orange-fleshed fruits are chock full of vitamin C and carotenoids, which act as antioxidants and help maintain healthy eyesight.

The melons we call cantaloupes in North America are actually *muskmelons*. True cantaloupes are just as sweet, but don't sport netted skins. Their skins are often segmented or striped.

How do you spot a ripe one? Press on the end opposite the stem. If it yields to slight pressure, it's ripe. Leave the hard ones behind, though. Most melons don't ripen further once they've been picked.

Taken from *Eating Well*, July/August 2007

"A synonym is a word you use when you can't spell the word you first thought of."

Burt Bacharach

Watermelon Lemonade

Ingredients:

6 cups cubed, seeded watermelon

1 cup water

1/2 cup raspberries

1/3 cup sugar (or sugar substitute)

1/2 cup lemon juice

Directions:

Combine watermelon, water, and raspberries in a blender and process until smooth. Strain the watermelon mixture through a fine mesh strainer into a pitcher, discarding the solids. Add the sugar and lemon juice and stir until the sugar dissolves. Chill for 1 hour or longer.

Yield: 4 servings

Taken from the *Simply Florida* cookbook

Bigger Isn't Always Better

Americans like big. We think big, we buy big, we *are* big. Here are a few not-so-fun facts about living large in America:

- The total U.S. food supply provides 500 more calories per day per person than it did in the 1970s, an increase of 24 percent.
- In fast food restaurants, portions are two to five times larger today than in the 1980s.
- In the 1954 edition of *The Joy of Cooking*, a recipe for chocolate chip cookies was said to yield 45 servings. In the 1997 edition, the same recipe was said to yield only 36 servings.
- According to the Centers for Disease Control and Prevention (CDC), the average adult weighed nearly 10 percent more in 2003 than in the 1980s. Males grew from 168 to 180 pounds, females from 142 to 152.
- Over the same time period, the average 5-year-old boy gained 9 percent in weight, rising from 43 pounds to 47. The average 5-year-old girl gained 7 percent, rising from 42 pounds to 45.
- The *International Journal of Obesity* totaled 509 pages in 1993, its first year. In 2006, it filled 2,322 pages.
- In the past ten years, the standard movie seat has grown more than 10 percent, from 19 to 22 inches wide.

That's something to think about.

Taken from *Smithsonian*, September 2007

A Great Gadget for Food Safety

Foodborne illness can spread easily through cross-contamination: the transfer of pathogenic viruses and bacteria from one surface to another. This can include people to food, food to food, food to food contact surfaces, and people to food contact surfaces. But there's one nifty kitchen invention that can help minimize cross-contamination during food preparation: color-coded cutting boards. Available in kitchen stores and "big box" stores, this set of colorful plastic boards helps keep raw foods away from ready-to-eat foods. They usually come in a set of six colors, each color for designated for a different type of food.

YELLOW: poultry
GREEN: fruits & vegetables
RED: red meats
WHITE: fish & seafood
BLUE: cooked foods
BROWN/BEIGE: breads



Of course, always be sure to clean and sanitize all boards and utensils after each use!

Taken from *Eating Well*, Jan/Feb 2008

Sore Throat? Try These Tips

Your larynx has two vocal folds, which can be easily irritated if not properly pampered. Here are some things you can do to protect your voice:

- Use a humidifier to moisten the air in your home and inhale the steam from your shower. (During the humid months, this may be moot.)
- If you have a sore throat, speak normally. Whispering strains your larynx.
- Try not to clear your throat excessively. Sip water and swallow; tipping your chin makes swallowing easier.

Taken from *Cooking Light*, November 2007

"An optimist stays up to see the New Year in. A pessimist waits to make sure the old one leaves."

Bill Vaughan



Feelin' Hot, Hot, Hot

Body temperatures in healthy individuals vary widely. 98.6 degrees is just an average; some healthy people have a normal body temperature as high as 99.9 degrees. Officially, you're not considered to have a fever until your body temperature is measured at 100 degrees.

Kitchen Tip

If you find cutting round fruits and vegetables to be a persnickety task, try this tip:

Trim about half an inch from the bottom of onions, potatoes, radishes, apples, and pears before slicing and dicing. This creates a flat, stable base and prevents the fruit or vegetable from rolling around while you're trying to cut it.

That can save you headaches and maybe even a few fingertips, too!



Taken from *Cooking Light*, Jan/Feb 2008

Know Your Skin ABCDs

In the hot summer months when the broiling sun is a constant, we can sometimes forget that we are at risk. The sun is vital to life, but it can also be a health hazard if we don't heed the warnings.

Skin cancer is the most common of all cancers, but the good news is that most cases are not life-threatening. However, 3 percent of skin cancers are melanomas, which can be deadly if not detected soon enough.

Knowing the ABCDs of melanoma can help you stay healthy. At least once a month, inspect each mole for the following:

Asymmetry. The shape of one half does not match the other.

Border irregularity. The edges or borders of melanomas are usually ragged, notched, or blurred.

Color. Melanomas often have a variety of hues within the same growth: black, brown, tan, gray, red, pink, or blue.

Diameter. Melanomas continue to grow, while moles remain small. If the spot is larger than a pencil eraser (6 mm), consult a doctor.

Taken from the "Top Health" newsletter, July 2007



How Health “Wise” Are You?

- Dark chocolate may improve your health by:
 - lowering blood pressure
 - preventing blood clots
 - both A and B
- The flu vaccine is effective if you receive it:
 - after you catch the flu
 - anytime throughout the flu season
 - only in the fall
- Compared to home-cooked meals, restaurant meals contain on average:
 - 60 percent more calories
 - 40 percent more calories
 - 20 percent more calories
- Exercise begins to benefit you:
 - after only the first 10 minutes
 - only after a 20-minute session
 - only after a 30-minute session
- True or False.** Medication is the only proven treatment for depression.
- True or False.** Echinacea is an effective cold remedy.
- True or False.** A “mocktail” is a drink containing no alcohol.
- True or False.** A home humidifier can help relieve dry skin.
- True or False.** Sunscreen is only necessary in summer.
- True or False.** Most people with sleep apnea are aware of the condition.

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### Answers:

1. C 2. B 3. A 4. A 5. False 6. False 7. True 8. True 9. False 10. False

Taken from the “Top Health” newsletter, December 2007

## Important Dates

|                      |                                            |
|----------------------|--------------------------------------------|
| August 18, 25        | Guild Meeting<br>1:00 - 3:00pm             |
| September 1          | Labor Day<br>Extension office is<br>CLOSED |
| September 8          | Guild Birthday Lunch<br>1:00 - 3:00pm      |
| September 15, 22, 29 | Guild Meeting<br>1:00 - 3:00pm             |

### TOO MUCH OF A GOOD THING

We have gotten so many donations lately, we are officially OUT of storage space for the Guild. If you have anything to donate, please hold on to it until we have room.

**UF** UNIVERSITY of  
**FLORIDA**

IFAS Extension

*Manatee County Extension*

*Solutions for Your Life.*

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