

Extension Notes

Family and Consumer Sciences

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EATING RIGHT

The new 2010 Dietary Guidelines for Americans were just released providing recommendations of foods to increase in our daily diet. Check these out to see how you are doing then make any changes to improve your eating habits and that of your family.

>*Fresh Fruits And Vegetables* – Eat at least 2 ½ cups every day. Make half your plate fruits and vegetables. Especially focus on eating more colorful fruits and vegetables. Fresh fruits and vegetables are naturally low in calories, so they can help control weight. Increased consumption of fresh fruits and vegetables lowers your risk of developing several chronic diseases.

>*Milk And Milk Products* – Adults should consume 3 cups of low fat or fat free milk, milk products, or fortified soy beverages, every day. These supply essential nutrients like calcium, vitamin D, and potassium to the diet. Choosing low fat options is crucial because full fat dairy products are high in saturated fat.

>*Seafood* – Consuming a variety of seafood types—fish like salmon and tuna as well as shellfish like shrimp and oysters—contributes a range of beneficial nutrients, especially omega-3 fatty acids. Increased consumption of seafood that meets but does not exceed recommended protein requirements has been shown to be beneficial to health.

>*Plant-Based Oils* – Replace solid fats like butter and margarine with plant based oils like olive oil and canola oil. They are not a food group, but supply essential fatty acids and vitamin E. Replacing solid fats with liquid oils lowers “bad” cholesterol levels in the blood.

>*Beans And Peas* – As excellent sources of protein, fiber, vitamins, minerals, beans, and peas may be considered both vegetables and protein foods. They make a great substitute for meat and poultry, with much less fat. Examples include kidney beans, black beans, chickpeas, lentils, and black-eyed peas.

We’ve all heard “What you don’t know can’t hurt you” but the truth is, lack of knowledge CAN be harmful. When it comes to eating, we might say “What we don’t know CAN make us gain weight.”

Following are six “Eat Smart” tips to help a person fill up, not out!

1. Don’t let Tastes Go to Waist – It takes an excess of about 3,500 calories to gain a pound. One hundred extra calories a day can put on 10 pounds a year. A bite here, a bite there and we’ve run up 100 (OR MORE) calories in just a few tiny tastes.
2. Avoid Portion Distortion – Portion sizes tend to be largest at fast food places and smallest at restaurants.
3. Slow Down to Slim Down – It takes about 20 minutes after food enters our mouths before the brain starts perceiving we’re filling up. Take time to sit down and savor food flavors. When eating on the run, we miss the full impact of the taste sensations that

come through when food is eaten more slowly. At the very least, we should wait until we've swallowed one bite before we take the next one!

4. Turn Up the Volume! – When left to their own devices people choose a fairly constant portion of foods from day to day. Maintain the usual amount of food you eat yet lower the calories in each portion so you can consume fewer calories yet feel just as full.
5. Health experts recommend walking around 10,000 steps /day (about 5 miles) on most days for cardiovascular health.
6. Sleep On It! Too little sleep may lead to weight gain. Chronic sleep loss can make it harder to maintain or lose weight by affecting various components of metabolism that influence hunger and weight gain.