

# Metcalfe County Extension Newsletter

## *Serving All Kentuckians!*

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Greetings Metcalfe County Homemaker's and Family and Consumer Sciences Stakeholder's! Time to roll up our sleeves for all of the fall activities! There will be several new activities and events happening this Fall and we hope that you will join us as participants and volunteers! *Lynn*

### **THOUGHT FOR SEPTEMBER 2011:**

"By all these lovely tokens  
September days are here,  
With summer's best of weather  
And autumn's best of cheer."  
- Helen Hunt Jackson, *September*,  
1830-1885

### **SEPTEMBER 2011 CALENDAR:**



**THURSDAY**  
**SEPTEMBER 8, 2011 AT 6:30 P.M.**

Metcalfe County Homemakers Association Annual meeting at the Metcalfe County Extension office back meeting room. This year's theme is fall fashion and accessorizing for 2011.

As usual, please bring a salad, dessert or casserole dish, the Homemaker council will provide the bread and drinks.



**THURSDAY SEPTEMBER 22, 2011 AT 10:00 A.M.** Homemaker Leader Training: Digital Photography at the Extension office front meeting room. In addition to monthly club lesson leaders, this training is open to all mailbox/members –at-large who are interested. Please join us!



**MAMMOTH CAVE AREA HOMEMAKERS  
CULTURAL ARTS CONTEST**

**Thursday September 29, 2011 at 8:00 a.m.** at the Warren County Cooperative Extension Service office – Lynn, Diane Stayte and Lucy Forbes to attend.



### **THE MAN HATS OF HOMEMAKERS:**

Mammoth Cave Area Homemakers Annual Day is **Thursday October 20, 2011** and will be held at **the Temple Hill General Baptist Church on Highway 70, in Morgantown, KY.**

Registration deadline is Wednesday September 28th before 4 p.m. **TO REGISTER: BRING YOUR COMPLETED REGISTRATION FORM AND \$16.50 FEE TO THE METCALFE COUNTY EXTENSION OFFICE. Checks should be made payable to the Metcalfe County Homemakers Association.**

Please consider attending, the program is always enjoyable. See enclosed flyer/registration form.

### **HEALTH AND WELLNESS:**



### **Adapting to a gluten-free diet**

A diagnosis requiring a gluten-free diet can make shopping and meal planning a daunting task. Manufacturers have responded with more products to suit the gluten-free

life, ready-made items that are tastier than early counterparts, and an expanded selection of baking and packaged goods. Walk into many grocery stores these days, and you'll see a selection of gluten-free products, including in the freezer section. These new offerings are a response to shoppers' needs and requests for an increase in quantity and quality of gluten-free products.

So, what does "gluten-free" mean? Wheat, and related grains including rye and barley, contain gluten. Gluten, a protein that expands in reaction to heat, providing height and elasticity, is prevalent in many food products besides bread. Gluten is what makes bread rise, but it is also widely used in packaged and prepared foods that might surprise you. Some ketchups, hot dogs, ice cream and dietary supplements can contain wheat. But keep in mind that wheat is a valuable part of a healthy diet, so only people with a true intolerance or allergy need to avoid it. Proper diagnosis by a qualified doctor is essential.

In a true allergy, the body reacts to gluten as if it were a foreign substance and mounts an attack of antibodies. Swelling of the lips, stomach cramps, vomiting, diarrhea and wheezing or breathing problems are some of the symptoms. For the allergic, gluten and gluten products must be avoided. These include wheat, rye, barley, other related grains, and even oats, which can be cross-contaminated during manufacture.

Gluten intolerance is usually a hereditary disorder, in which eating gluten causes damage to the digestive tract. This results in poor absorption of nutrients and can lead to deficiencies.

Reading food ingredient labels is particularly important to anyone with special dietary needs. Look for and avoid

the following if you are on a gluten-free diet:

- Bran
- Bread crumbs
- Bulgur
- Cereal extract
- Couscous
- Cracker meal
- Durum, durum wheat
- Farina
- Gluten
- Graham flour
- High gluten flour
- High protein flour
- Semolina
- Spelt
- Vital gluten, vital wheat gluten
- Wheat bran
- Wheat germ
- Wheat gluten
- Malt
- Wheat starch
- Whole or enriched flour
- Barley
- Rye

Other ingredients that can indicate the presence of gluten protein are: gelatinized starch, hydrolyzed vegetable protein, kamut, modified food starch, modified starch, natural flavoring, soy sauce, starch, vegetable gum and vegetable starch.

Baking at home may be an equally daunting challenge. Recipes often require a number of flours to mimic the flavor and appearance of products made with wheat, barley or rye. As more research is done, easier recipes and cookbooks containing those recipes will be hitting your library shelf soon. For more information, go to

<http://www.ca.uky.edu/HES/fcs/FACTSHTS/FN-SSB-207.pdf>

Source: Sandra Bastin, Extension professor, food and nutrition specialist.



### **Smart snacks for families and children**

The recent announcement by global fast-food giant McDonald's that it will offer a healthier Happy Meal® signifies a major shift in eating behavior and consumer trends. By reducing portion size of fries, including apples and offering a low-fat dairy option in Happy Meals®, McDonald's is showing a willingness to address childhood obesity. (Two bags of apples can be substituted for apples and fries.) Because many children eat fast-food meals regularly, it is definitely a step in the right direction to add fiber, calcium and other critical nutrients, even in small amounts, and to reduce fat by 20 percent in these hugely popular meals.

Families can take a cue from the fast-food restaurants, which increasingly are offering healthier side dishes and snacks. One of the best options is to limit fast food meals so they are an occasional, infrequent treat. Another long-term strategy is to eat at home and to pack a healthy lunch that includes nutritious snacks for all members of your family, especially children. Providing smart snacks is important as children head back to school and need the right sort of fuel to help them stay alert and healthy while they are learning. According to the American Dietetic Association, children who eat balanced snacks pay attention longer in class, make fewer mistakes on tests and generally have fewer behavioral problems.

Having a steady supply of snacks that do not include high levels of processing, sugars and salt will help your child's palate remain acclimated to fresh, natural foods. Remember to offer appropriate serving sizes of these foods, which should supplement, not replace, regular mealtimes.

Smart snacks include options such as the following:

- Non-sugared cereal
- Graham crackers
- Fruit (leave the skin on when possible for extra fiber)
- Pretzels or plain popcorn
- Nuts
- Cheese, sliced or cubed
- Yogurt, kefir or low-fat pudding
- Whole grain bread or crackers
- Raw veggies, such as carrots, cucumbers, red pepper, etc.
- Raisins and other dried, non-sweetened fruit
- Cottage cheese
- Hard-boiled eggs
- Low-fat milk

Parents should also set rules for snacking. For example:

- Teach your kids to ask before they help themselves to snacks.
- Eat snacks at the table or in the kitchen, not in front of the TV.

- Serve snacks in a bowl, offering appropriate serving sizes. Don't let kids eat snack foods directly out of the bag or box.

Healthy eating involves a certain amount of creativity and effort. For example, if your child asks for a snack after breakfast, offer a plain hard-boiled egg, which is high in protein and other nutrients and low in both calories and price. If the request arises in the afternoon, offer sliced tomatoes and cheese. During the summer and early fall, teach your child where food comes from by going to the garden (or visit one) and let the child pick which fresh vegetables he or she wants to eat. Letting children make decisions about their intake can make them feel empowered and receptive to healthy eating.

Many groceries have expanded their fruit selection and regularly stock items that used to be hard to find or exotic. When in season, look for kiwi, gooseberries, currants, figs, papaya, mango, pineapple, pomegranates, plumcots, apricots and other unusual and seasonal fruit to break up the year-round standards of apples, oranges, pears and bananas. Introducing your family to variety and seasonality will make them savor each tasty and nutritious bite. Source: Ingrid Adams, UK extension specialist for nutrition and weight management and Carole Gnatuk, UK extension specialist.

