

May 2008

**Wibaux County
Extension Office**

Dear Homemakers,

Wasn't the rain last week beautiful?! Let's continue to be thankful for the rains we have received and be hopeful that more moisture is in our future.

Thanks to all who volunteered their time and to those who attended the Wibaux Health Fair. Your continued support is greatly appreciated. For those of you thinking ahead to county fair entries, the Wibaux County Fair will be held August 22-24, 2008.

As always, if you have any questions or need information on a publication, please feel free to call or stop by the Extension Office.

Sincerely,

Patti A. Goroski
Administrative/Program Assistant

*Montana State University,
U.S. Department of
Agriculture and Montana
Counties Cooperating.
MSU Extension is an equal
opportunity/affirmative
action provider of
educational outreach.*

Happy Mother's Day!!!



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Prairie Fare: A Pinch of Cinnamon May be Good for Our Health

By: Julie Garden-Robinson, NDSU Extension Food & Nutrition Specialist

Cinnamon is one of the world's oldest spices. With a history going back to 2700 B.C., cinnamon has been used as a perfume ingredient, in religious ceremonies, and in food. Cinnamon has also been used to treat digestive issues and even the common cold. In recent years, the medical properties of cinnamon have been explored scientifically by U.S. Department of Agriculture scientists in Maryland.

A recent study included 60 people with Type II diabetes. The participants ate a small amount (less than 1/4 tsp. per day) of cinnamon twice per day. After 40 days, the participants showed a decrease in blood sugar, triglycerides, and blood cholesterol (LDL and total cholesterol) levels.

The scientists reported that cinnamon may improve the efficiency of insulin, which is the hormone responsible for moving blood sugar (glucose) into cells. In fact, the effects of cinnamon lasted up to 20 days.

However, cinnamon is not a cure for diseases. If you are diabetic, talk to your doctor before you begin adding extra cinnamon to your diet because this research suggests it may increase the effects of insulin.

For others, adding a sprinkle of cinnamon to your morning cereal or even your coffee could add flavor and, potentially, health benefits. A sprinkle of cinnamon adds only a couple of calories.

If you decide to eat cinnamon rolls every day, however, you may be adding lots of calories that could result in weight gain. Enjoy them as a treat.

Ground cinnamon loses its aroma more quickly than sticks. For best flavor, buy a smaller amount at a time. Store cinnamon and other spices in a cool, dry place.



Prairie Fare: Spring Toward Better Health

By Julie Garden-Robinson, NDSU Food & Nutrition Specialist

Weight loss is a multibillion dollar business. We're reminded regularly by news articles that two-thirds of adults are overweight or obese. We're inundated with advertisements for weight loss supplements and programs. After a long, cold winter, we might discover there's "more of us to love" when we try on our spring and summer clothing.

What is a healthy weight, anyway? Many health-care professionals use body mass index or BMI. To figure out your BMI, you'll need a calculator. Multiply your weight in pounds by 703, and then divide the total by your height in inches. Divide that total by your height in inches again.

A BMI between 18.5 and 24.9 is considered healthy. A BMI of 25 to 29.9 is considered overweight and a BMI of 30 or more is considered obese.

You may think that achieving health benefits requires a major weight loss. That's not always the case. Researchers have shown that, for overweight individuals, a 5 percent to 10 percent weight loss can lower the risk for high blood pressure, heart disease and diabetes. For example, losing 10 pounds is a 5 percent loss for a 200-pound person.

The location of excess body fat also makes a health difference. Many women tend to gain weight in their hip/thigh area, resulting in a pearlike body shape. Many men, on the other hand, tend to gain weight in their abdominal area, resulting in an applelike shape. The bad news for apples: This body shape is associated with a greater risk for disease, especially heart disease.

You can do a quick assessment with a tape measure or a check of the waist measurement of your jeans if you wear your pants around your natural waist and not under the belly.

Women with waist measurements greater than 35 inches and men with waist measurements greater than 40 inches may face more health risks.

Visit <http://www.mypyramid.gov> to assess your current eating habits and to get a food plan to maintain your current weight or to lose weight.

Invest in some walking shoes and aim for at least 30 minutes of moderate activity on five or more days of the week. Try for at least 60 minutes if weight loss is your goal.



Prairie Fare: Spring Clean Your Way to a Safer Kitchen

By Julie Garden-Robinson, NDSU Food & Nutrition Specialist

Spring brings renewal. Spring's warmer weather and sunlight energize us, too.

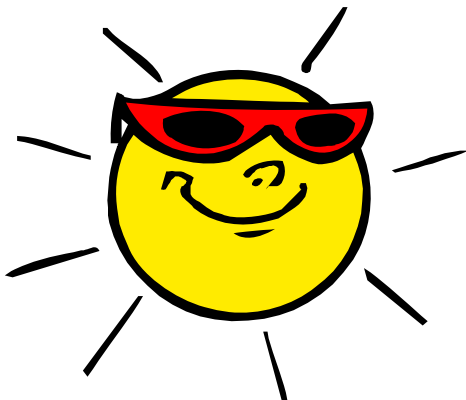
Use your renewed energy to focus on food safety and spring clean your way to a safer kitchen. Start by checking your refrigerator and freezer temperatures. Even though spring brings us warmer outdoor temperatures, we need cold storage temperatures in our kitchens.

Your refrigerator should maintain food at 40 degrees Fahrenheit or lower. Your freezer should maintain foods solidly frozen at zero degrees or lower.

According to a study by the American Dietetic Association, only 40 percent of consumers recognized that eating food that had been stored in a refrigerator above 40 F increased their risk of foodborne illness.

Consider these tips from the national Fight BAC campaign to keep a clean, safe kitchen this spring and throughout the year:

- * Rid your refrigerator of spills, bacteria and mold. Clean refrigerator surfaces with hot, soapy water, rinse with a damp cloth and dry with a clean cloth. Manufacturers do not recommend using a chlorine-based sanitizer in your refrigerator because it may damage seals, gaskets and linings.
- * Wash counters and other food-contact surfaces thoroughly with hot, soapy water. Sanitize surfaces with a solution of 1 teaspoon of bleach per quart of water. Let the solution air-dry or use clean paper towels to dry.
- * Do a food inventory. Do you have food past its prime lurking in your refrigerator or cupboard? Move your oldest food to the front and make plans to find recipes to use it soon. Remember the rule, too: When in doubt, toss it out.
- * Wash your dishcloths in hot, soapy water. If you use sponges, remember that microbiologists have shown them to be germ hotels. Using a clean dishcloth every day is a better option.
- * Clean your kitchen sink drain and disposal once or twice a week. Bacteria can thrive in the food trapped in a disposal. Rinse thoroughly and sanitize by pouring a solution of 1 teaspoon of bleach in 1 quart of water down the drain.



Prairie Fare: Be Patient With Picky Eaters

By Julie Garden-Robinson, NDSU Food & Nutrition Specialist

Families play an important role when it comes to food and eating. Families not only provide food for children, but they lay the groundwork for a child's future eating patterns. Parents and siblings can be positive role models when they eat a variety of foods.

Forcing children to eat foods or to clean their plates can lead to power struggles and sometimes eating disorders or weight issues. In fact, eating disorders, excessive dieting among teens and overweight/obesity are increasing in the U.S.

Children, like adults, need to learn how to recognize when they're hungry and when they're full.

Try these tips to help guide children to healthy eating habits for a lifetime.

- * Encourage children to help select and prepare food. At the grocery store, consider having the child help choose foods, such as a different type or form of vegetable. In the kitchen, find age-appropriate tasks. For example, a young child could wash fruits and vegetables or help set the table.
- * Consider growing a garden or a container garden this summer. A child who helps grow vegetables is more likely to eat them.
- * Keep a routine. Serve meals and snacks at a consistent time.
- * Forget the clean plate club, even if you grew up with the tradition. Encourage children to slow down their eating at the dinner table and recognize when they're full.
- * Turn off the TV and don't answer the phone during meals. Keep mealtimes a pleasant time to catch up with each other.
- * Be patient when offering new foods. Many children are "neophobic" (afraid of new things) when it comes to trying novel foods. Research shows that it may take seven to 15 exposures to a food before a child will accept it.
- * Offer only one new food at a time, along with foods your child likes.
- * Be a good role model. Studies have shown that if a teacher talks enthusiastically about foods and eats them with children, the child is more likely to eat them. The same theory applies at home. If you pass the broccoli without taking a scoop, most times, your child will skip the veggies, too.



RECIPE CORNER

Grilled Chicken and Fruit Salad

2 Tbsp. reduced-fat mayonnaise or salad dressing
2/3 c. nonfat plain yogurt
2 Tbsp. orange juice
*Combine above ingredients and chill.

1 large red apple, diced
2 c. grilled chicken breast, chilled and chopped
1/2 c. diced celery
1 11-oz. can mandarin oranges, drained
1 c. seedless grapes (red or green), slice in half if large
1/2 c. chopped walnuts

*Combine ingredients. Add salad dressing mixture, gently blend and chill. Sprinkle top with nuts just before serving.

Makes 4 servings. Each serving has 262 calories, 12.6 grams of fat, 29 grams of carbohydrate and 3.9 of grams fiber.

Enchilada Rice and Beef

1 pound lean ground beef
1/2 c. chopped onions (or 1 Tbsp. onion powder)
14-ounce can whole-kernel corn
4 Tbsp. dry taco seasoning mix
2/3 c. dry rice, cooked according to package directions

1/2 c. grated cheese (such as cheddar)
1/2 c. sliced mushrooms, olives or any favorite vegetable (optional)

*Cook rice according to package directions.

Brown the beef with chopped onions. Drain juice and fat from cooked meat and onions. Add corn (undrained), taco seasoning, rice and vegetables to meat. Simmer for 10 minutes. Add grated cheese to top; cover and allow to stand for five minutes.

Makes 6 servings. Each serving has 240 calories, 4.5 grams of fat, 30 grams of carbohydrate, and 2 grams of fiber.



To My Mother

For as long as I can remember
you were always by my side to give
me support to give me confidence
to give me help

For as long as I can remember
you were always the person
I looked up to so strong
so sensitive so pretty

For as long as I can remember
and still today you are
everything a mother should be...

For as long as I can remember
you always provided stability
within our family full of laughter
full of tears full of love

Whatever I have become is because of you
and I thank you forever for our relationship.

~Susan Polis Schutz~

The Images of a Mother

4 years of age:

My mommy can do everything!

8 years of age:

My Mom knows a lot! A whole lot!

12 years of age:

My Mother doesn't really know everything.

14 years of age:

Naturally, Mother doesn't know that, either.

16 years of age:

Mother? She's hopelessly old-fashioned.

18 years of age:

That old woman? She's way out of date!

25 years of age:

Well, she might know a little bit about it.

35 years of age:

Before we decide, let's get Mom's opinion.

45 years of age:

Wonder what Mom would have thought about it?

65 years of age:

Wish I could talk it over with Mom...

~Author Unknown~