



THE MARKET BASKET

May/June 2012



Expanded Food and
Nutrition Education
Program



Hi Friends:

Well school will be out soon & that means having fun outdoors & being active. See if you & your family can make it a daily habit for good health. This issue has some yummy summer recipes and ideas for eating those fresh cool fruits & vegetables. Its never too late to eat your dairy Products to make sure you are Keeping your bones strong not to mention lifting those weights. Til July Enjoy yourselves....

Joyce Tompkins

Polk County Extension Service
UF IFAS/ EFNEP
(863)519-8677 x114
To: j6256@ufl.edu

INSIDE THIS ISSUE:

- ♦ GET OUT GET ACTIVE
- ♦ MAY IS NATIONAL OSTEOPOROSIS PREVENTION MONTH
- ♦ 5 A DAY THE GARDENING WAY



GET OUT GET ACTIVE

Spring & Summer is the perfect time for outdoor fun and physical activity. So, shut the television off and get yourself, your family, and your friends outside! Here are several ways to welcome the return of the sun, have some fun, and fit physical activity into your day.

- Visit a park
- Play on a swing set
- Have a picnic
- Prepare and plant a garden
- Clean up the yard
- Play catch

- Toss a Frisbee
- Take a bike ride
- Wash your cars and bikes

I



Exercise increases physical fitness and....

- ♦ Helps build and maintain healthy bones, muscles, and joints
- ♦ Builds endurance and muscular strength
- ♦ Helps manage weight
- ♦ Lowers risk factors for cardiovascular disease, colon cancer, and type 2 diabetes
- ♦ Helps control blood pressure
- ♦ Promotes psychological well-being and self-esteem
- ♦ Reduces feelings of depression and anxiety



May is National Osteoporosis Prevention Month

Osteoporosis, or brittle bone disease, affects millions of Americans every year. Osteoporosis makes bones weak and susceptible to fractures. The first step in prevention is to identify if you are at risk for developing osteoporosis. Think about the following questions that relate to risk factors for osteoporosis.

- ◆ How old are you? As one grows older, the bones become weaker and less dense.
- ◆ Are you a female? Women have a higher risk for developing osteoporosis because they have less bone mass.
- ◆ Do you have a family member that has osteoporosis or weak bones? Osteoporosis is not hereditary, but the susceptibility to fractures can be.
- ◆ What is your race? Caucasian and Asian women are more likely to develop osteoporosis.
- ◆ What type of body structure do you have? Small-boned and thin women (under 127 pounds) are at greater risk for osteoporosis.
- Have you been through menopause? Normal or early menopause increases the risk of developing osteoporosis.

There are also lifestyle practices that can affect bone density increasing the chance of bone weakening. Cigarette smoking, drinking too much alcohol, consuming an inadequate amount of calcium, or physical inactivity increases the chances of developing osteoporosis.

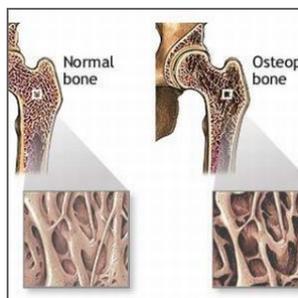
Tips for building strong bones.



- ◆ Cut back on salt. Salt causes more calcium to be lost in the urine.
- ◆ Cut back on coffee and soft drinks.
- ◆ The caffeine in these products can promote calcium loss. Limit coffee to not more than 2 cups per day.
- ◆ Get the majority of your protein from vegetable sources. Excess animal protein (meats) causes an increase in calcium loss.
- ◆ Get plenty of calcium and vitamin D.
- ◆ Decrease blood pressure in people with hypertension.
- ◆ Improve bone health and flexibility.

And don't forget that regular exercise plays an important part in building strong bones. Two types of exercises are important for bone health: weight-bearing and resistance exercises. Jogging, walking, stair climbing, dancing and soccer are examples of weight-bearing exercises.

Weight lifting is considered a resistance exercise. Every day physical activity combines both types of exercise and helps build strong bones.



5 A DAY THE GARDENING WAY

It's a fact: people who eat at least five servings of fruits and Vegetables per day are healthier! And there is no better time than now to begin helping your family eat more fruits and vegetables. Fresh fruits and vegetables are plentiful and inexpensive in grocery stores and farmers markets during the summer months across the United States.

Here are some delicious ideas to jumpstart your fruit and vegetable consumption this summer:



- ◆ **Keep a platter of cool, sliced melons in your refrigerator.**
- ◆ **Cut leftover corn off the cob and use it for salads and salsa.**
- ◆ **Grill vegetables as a side dish while you are grilling your main dishes.**
- ◆ **Add vegetables to your favorite pizza.**
- ◆ **Add lettuce, green pepper, tomato, or onion to your favorite sandwiches.**
- ◆ **Add fresh fruits and berries to your cereal, pancakes, or French toast.**
- ◆ **Cool off with a great treat. Pour 100% fruit or vegetable juice into an ice cube tray to make juice cubes.**
- ◆ **Keep a big bowl of ripe fruit on the table for passers-by to pick up on their way out.**
- ◆ **Grill fruit or vegetable skewers for a fun-to-eat and flavorful BBQ treat.**
- ◆ **Try tossing fruit into your green salads. Slices of orange, grapefruit, or nectarine add extra flavor.**
- ◆ **Make a quick fruit salad. Drain and pour a can of mandarin oranges into a bowl. Add a sliced banana, a sliced apple, and some blueberries or raisins and toss together.**
- ◆ **Kids like snacks. When they come home hungry, have fruits and veggies ready to eat. Put a bowl of washed fresh fruit on the table where it can be seen. Move the carrot sticks to the FRONT of the fridge.**
- ◆ **Let your kids be "produce pickers." Help them pick fruits and veggies at the store. Kids are more likely to eat foods they pick out.**
- ◆ **They learn from watching you. Eat fruits and veggies and your kids will too. Eat together and let your children see you enjoying fruits and vegetables.**
- ◆ **Make it fun! Make fruit kabobs on a plastic straw. Wrap up fruits and veggies in a whole wheat tortilla and slice it into pin wheels. Name a fruit or vegetable dish after your child and make a big deal out of serving "Max's Green Bean Surprise" or "Rosa's Cauliflower Stir-Fry."**



Black Bean Salad:

Here is a recipe for a yummy salad to stir up in a jiffy for supper or a neighborhood barbeque. The black beans are a great source of protein and fiber. They also promote a healthy digestive tract and can help maintain healthy blood sugar levels.

- ◆ 1 can (15 ounces) black beans, drained
- ◆ and rinsed (or 2 cups cooked beans)
- ◆ 1 can (12 to 16 ounces) whole kernel
- ◆ corn, drained or about 1 ½ cups thawed
- ◆ frozen corn
- ◆ 1 green or red pepper, chopped
- ◆ 3 tablespoons finely chopped sweet onion
- ◆ ¼ teaspoon oregano
- ◆ Dash garlic powder
- ◆ Dash ground cayenne pepper, or to taste
- ◆ ½ cup low-fat Italian salad dressing



Combine beans, vegetables, and seasonings. Pour dressing over bean mixture; toss well. For more flavor, refrigerated at least 1 hour before serving.

Purple Cow

- ◆ 1 6-ounce can frozen grape juice
- ◆ 1 quart low-fat milk
- ◆ 2 cups low-fat frozen yogurt
- ◆ Combine all ingredients and mix well. Serves 6.

