



UNIVERSITY OF
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

FAMILY AND CONSUMER SCIENCES HOTLINE

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- 11 Fort Walton Beach 9:30 Ft. Walton Beach
- 13 Happy Homemakers 9:30 Crestview
- 17 Pacesetters Workshop—All Day Ft. Walton Beach
- 18 District I Conference Marianna
- 19 District I Conference Marianna
- 25 Fort Walton Beach 9:30 Ft. Walton Beach

VOLUME 1

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ISSUE 1

Resolve to Make Changes All Year!

Good health comes from an accumulation of good decisions and actions over time. Now that you are starting a new year, resolve to make good decisions all year. Here is a calendar of good ideas for each month.

January—KICKOFF—Think SUPER-BOWL— and start incorporating more bowls of soups and salads in your diet. Make them chock full of vegetables and low in fat and sodium. Visit www.foodandhealth.com for delicious recipes.

February—HEART MONTH—Focus on limiting or omitting foods that are high in saturated fats, trans fatty acids and cholesterol. This means fatty meats, fried foods and many animal based foods. Increase your consumption of seafood. Visit www.americanheart.org.

March—NUTRITION MONTH—This month focus on the good news about food. Increase what is good for you—that means fruits, vegetables, whole grains and nonfat or low-

fat milk and milk products. Visit www.eatright.org.

April—SPRING—Add variety to your diet. Instead of eating the same thing over and over, consume a variety of foods within and among the basic food groups while staying within energy needs.

May—BLOOD PRESSURE MONTH—Choose and prepare foods with little salt. Experiment with new seasonings, such as herbs (fresh and dried), citrus fruits and vinegars to add flavor to foods. Be aware of canned, frozen, packaged and bottled foods and their sodium content.

June—VACATION TIME—Be physically active every day. Now that the weather is nicer, it is time to make time for that fitness program you are always putting off.

July—FRUIT AND VEGETABLES IN SEASON—Choose carbohydrates wisely for good health. Increase your consumption of whole grains, fruits and vegetables instead of items that are devoid of fiber.

August—BACK TO SCHOOL—Whether you are in school or gradu-

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Protect Yourself From The Flu



*Even if you
couldn't get a
flu shot, there
are ways to pro-
tect yourself.*

If you weren't able to get one of the scarce flu shots—or aren't in a high risk group eligible for a shot—is there anything you can do to reduce your chances of coming down with the flu this season?

The first possibility is to check with your physician or pharmacy about **FluMist, a nasal-spray vaccine** that was not affected by the contamination of the Fluvirin shots. According to the Mayo Clinic, FluMist has been shown to be 86-97 percent effective, compared to 70-90 percent for flu shots. But there's a big caveat about FluMist: Because it's made from live, weakened flu viruses rather than killed viruses as in flu shots, FluMist **should not be taken by those in high-risk groups**. The centers for Disease Control does recommend FluMist for healthy people who are between ages 5 and 49 and who are not pregnant. Some insurers have said they are now likely to cover FluMist, which last year cost \$46 a dose.

Eating right and vitamin supplements may also be a prescription for prevention. Researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University have found vitamin E supplements significantly improve the immune system in older adults when compared with a placebo.

Foods rich in vitamins E, such as wheat germ, nuts, asparagus, and spinach and other green leafy vegetables can be part of a healthful diet, anyway, and eating right keeps up your overall defenses against illness.

Otherwise, your best course to keep from catching the flu is the advise your mom probably gave you— **Wash your hands** frequently with soap and water or an alcohol-based hand cleaner, and **keep your hands out of your eyes, nose and mouth**.

If you do catch the flu, four **antiviral drugs**—

ated from school you can always learn more. Now is the time to take notice of all the foods that are high in calories that you are eating on a regular basis. Read package labels. If calories are less than grams per serving, the food has a low calorie density. Fruits, vegetables, cooked whole grains, fat-free dairy products and very lean poultry and fish are low in calorie density. Breads, desserts, cookies, chips, packaged cereals and high-fat foods are high in calorie density.



October— SPOOKY TIME—Take some time to learn more about food safety. Wash your hands; keep all food surfaces clean; do not cross-contaminate ready-to-serve foods with the juices of raw meats, seafood and poultry; keep cold foods cold and hot foods hot.

November— HOLIDAYS—If you drink alcoholic beverages, do so in moderation. Enjoy the holiday season with less stress this year.

December—YEAR END— It is time to review this list and decide what you need to be more fit and a lower weight. What worked well? What do you need to do more of?

amanatadine, rimantadine, oseltamivir and zanamavir, marketed as Symmetrel, Flumadine, Tamiflu and Relenza, respectively — can reduce your sick time by a day or two and make you less contagious. They must be taken within two days of the onset of symptoms.

Other than medication, mom's advise is again echoed by the CDC-**Drink plenty of fluids, rest and avoid alcohol and tobacco.** See a doctor if symptoms get worse or last a long time or if you develop new symptoms after starting to get better, which can be a sign of pneumonia. High-risk individuals who catch the flu should see a doctor right away.

Source: December 2004, Tufts University Health & Nutrition Letter

Metabolic Syndrome

SOON, METABOLIC SYNDROME will overtake cigarette smoking as the number one risk factor for heart disease in the US, reports Darwin Deen, MD, of the Albert Einstein college of Medicine in New York. Men's rate are higher in middle age, but once women reach menopause, their prevalence rates catch up.



Just what is metabolic syndrome? It's a cluster of particular symptoms. Often, heart disease risk is assessed in terms of a person's "bad" LDL-cholesterol. But these symp-

toms include five factors other than a high LDL level. If you have at least three of them, you have metabolic syndrome and must take certain precautions to lower your chances of having a heart attack or experiencing other life threatening cardiac events.

1. Abdominal/central obesity (waist circumference greater than 35 inches in women, 40 inches in men)
2. High triglycerides (at least 150 milligrams per deciliter of blood)
3. Low "good" HDL-cholesterol (less than 40 milligrams per deciliter of blood for men, 50 for women)
4. High blood pressure (at least 135/85)
5. High fasting glucose, or blood sugar, which is a diabetes precursor (at least 110 milligrams per deciliter of blood)

Treating metabolic syndrome

Attending to metabolic syndrome and thereby reducing heart disease risk involves two of the same recommendations for bringing down LDL-cholesterol and living a healthful lifestyle in general: lose excess weight, if necessary, and increase physical activity. Losing weight, particularly in conjunction with exercising more, will raise HDL-cholesterol and lower fasting blood sugar and blood pressure. A diet with plenty of vegetables and fruits as well as low in salt will also help lower blood pressure.

The one recommendation that's different from the usual advice is to avoid a very low-fat diet with, say, less than 20 percent of calories as fat.

Eating so little fat inevitably bumps up carbohydrate consumption, and in someone with metabolic syndrome, too many carbohydrates can exacerbate the condition by causing both triglycerides and blood glucose to rise.



We're not talking about a dramatic shift in carbohydrates. For instance, normally, up to 55 or 60 percent of calories as carbohydrates is fine. But if you have metabolic syndrome, more on the order of 45 percent of calories is appropriate (which still means that more of your calories should be coming from carbohydrates than from protein or fat, which *combined* would add up to roughly 55 percent of calories.)

For most people, the shift means leaving in healthful high-carb food like vegetables, fruits, whole grains, and beans and reducing carbohydrate intake from refined grains like most pastas and breads as well as sweets like cake and ice cream. If some calories need to be added back in (which is rarely the case since most people need to lose weight rather than maintain it), they should come from very small amounts of healthful high-fat foods: a little sliced avocado or a scant handful of nuts sprinkled onto your salad; a tablespoon of peanut butter; or perhaps an extra couple of teaspoons of oil in a stir-fry.

In some cases, medications will be prescribed to augment the

lifestyle efforts. But for those who achieve and maintain a reasonable weight loss and continue to exercise, the issue could potentially resolve itself, and carbohydrates might no longer be a concern.

Source: Tufts University Health & Nutrition Letter: October 2004



Calculate Your Net Worth

The new year is a great time to evaluate your financial health! As you are receiving

end of year statements and starting the tax preparation process, take a few extra moments to prepare a net worth statement. Doing this every year allows you to chart your progress!

So, what is a net worth statement? Your net worth is the difference between what you own and what you owe. It shows what your financial situation is on the day the statement is prepared and is helpful in planning your financial affairs to reach your goals. If you have a negative net worth, you will need to find out why and take steps to correct the situation.

If you've never made a net worth statement, NOW is a great time to start. There are really only three steps:

List all you own and total the value

List all you owe and total the value

Subtract what you owe from what you own to arrive at net worth.

First make a list of everything you own that has a market value. This is your list of assets. It will include such things as cash on hand, bank accounts and other investments.

Don't forget to include money in pension or retirement funds, cash value of life insurance policies, and the market value of your house, business and equipment.

List market value of furnishings, silver and antiques, jewelry, vehicles, and money others owe you.

When you've listed all your assets (things you own), go back over the list and beside each asset put its current market value. This is the ac-

tual amount of money you would realize by selling the item. Then add these amounts to arrive at your assets. You may have to check other resources to get an accurate estimate of market value.

On another sheet of paper, make a second list. This time list all debts, including mortgage balance (only the balance not the interest you will have paid when the loan is paid off), loan credit card balances outstanding (not the minimum payments outstanding) and any other unpaid bills. This is what you owe.

Next total your debts and subtract the amount owed for debts from the total value of assets. This is your net worth. (Any number of computer programs on the market today will assist you in calculating your net worth.)

From here you can consider whether you are satisfied with your net worth. You can alter your spending and savings plans to either increase or decrease your net worth.

You will want to continue making net worth statements at least once each year to determine your financial position or progress. A net worth statement is important to you. When you apply for a loan the information on your current net worth statement will be an important factor in determining whether or not you receive the requested loan.

If you need a chart to assist in preparing a net worth statement contact the county extension office.

Source: Money Management Newsletter—Family Business: Net Worth Statement

DIABETES WORKSHOP 2005



An Educational Program for People with Diabetes

Okaloosa County Extension and the University of Florida IFAS Extension are conducting a research project to see the effectiveness of this program in helping people with type 2 diabetes control their blood sugar. The program will include 8 classes taught by qualified educators and health profes-

sionals. Hemoglobin A1C (a measure of blood sugar control), nutrition consult with a registered dietitian, blood lipid tests, and blood pressure measurements are included. Classes will run from February 1 through March 22nd, 3:30-5:30 p.m. Class will be held at the Okaloosa County Airport.

We are now recruiting study participants. If you have been diagnosed with type 2 diabetes, are at least 21 years old, and want to see if you are eligible, please call the Extension office at 850-689-5850 or 850-729-1400, ext. 5850 by January 14th. The \$65.00 cost includes program materials and services.

Home & Community Education News



Okaloosa HCE members will be attending the District I Conference in Marianna January 18-19th.

Leader Training will be January 27th, 10:00 a.m. in Crestview. The topic will be "Strong Women". Additional training will be held during the District meeting.

A Healthy New Year's Resolution

Happy New Year! If you do not have a New Year's resolution yet, I have an idea for one that you might want to try. It's healthy, it provides good exercise, it gives you a sense of accomplishment and pride, it's a fun outdoor activity for the whole family and it might even save you a little money.

Vegetable gardening can be an excellent activity for you to try this year. For the beginner that doesn't know the difference between a turnip and a tulip or for the accomplished gardener that grows everything from asparagus to zucchini, there's always something new to learn from the experience.

For the young gardener, there are valuable lessons to learn. Things that all of us should learn early in life. Children can learn that what is sown will be reaped. They can learn about competition. They can learn that not all benefits from work come in the form of dollars. They can learn about sharing and team work. They also learn the feeling of accomplishment and learn to deal with disappointment.

There is much to learn about science in the backyard garden. A child can experience firsthand where food comes from. They can discover the insect world and find out that some insects are actually beneficial. And hopefully they will learn to care for the land along with learning a skill that can be shared with their children.

For the experienced gardener that might be growing tired of gardening, try something new. There are many vegetables to choose that will grow in our area. Chinese cabbage is something that you should try. It's easy to grow and tastes delicious raw or cooked. You could try various herbs in the garden such as lemon balm, dill or chocolate mint. Sometimes color in the garden will help offer a change. Adding color to the garden is easy with annuals like marigold, nasturtium or ornamental kale.

For whatever reason you decide to garden, now is the time to begin planning.

First, choose a sunny location close to a water source. A location near the house will make it easier to care for the garden and harvest the vegetables.



Turkey Meat Loaf

1 tsp oil	1/2 onion, chopped	1 lb lean ground turkey
1 lb extra-lean ground turkey breast	1 cup cooked brown rice	1 can tomato paste (6 oz.)
Black pepper to taste	1/4 cup egg white	1 tsp garlic powder
	1/2 cup ketchup, no added salt	

Preheat oven to 350°F.

Sauté the onion in the oil until golden, about 3 minutes. Place onion in the refrigerator to cool.

In a large bowl, combine the ground turkey, cooked rice, onion, tomato paste, egg white and seasonings. Mix this well and place in a 5"-by-9" loaf pan.

Bake at 350°F for 50 minutes; drain any excess fat; coat with ketchup, and bake for 20 more minutes. Serve hot.

Serves 12. Each serving: 141 calories, 3.8 g fat, <1 g saturated fat, 38 mg cholesterol, 178 mg sodium, 8 g carbohydrate, 1 g fiber, 18 g protein.

Compare to 310 calories and 19 g fat for regular meatloaf.

Baked Ziti

1 lb ziti, dry	1 tsp oil	1/2 onion, chopped	1 lb extra-lean ground turkey breast
26 ounces low-sodium pasta sauce	1 tsp dried oregano		
	1/4 cup parmesan cheese		

Preheat oven to 350°F.

Cook ziti according to package directions and drain.

Heat oil in large nonstick skillet. Saute' onion until golden, about 3 minutes. Add the ground turkey and cook until done, about 8 minutes.

Add the sauce. Bring sauce to a boil; then add the cooked noodles.

Place the ziti mixture in a large casserole dish. Top with cheese and oregano. Bake until cheese is melted and casserole is heated through, about 20 minutes. Serve hot.

Serves 8. Each 1-13 cup serving: 330 calories, 3 g fat, <1 g saturated fat, 24 mg cholesterol, 292 mg sodium, 52 g carbohydrate, 3 g fiber, 22 g protein.

Compare to 425 calories and 25 g fat for regular baked ziti.

Second, have your soil tested. Soil testing takes the guesswork out of determining the amount and kind of fertilizer to use. It also tells you if lime is needed and how much to apply. Your local Extension Office can provide you information on soil testing.

Next, you'll need to make a list of plants to grow. Choose vegetables that your family likes, use recommended varieties for North Florida and order early.

January is an excellent time to order seeds for your garden. By ordering early there should be no delay in getting your seed for spring planting. Many times the newer, more popular varieties are sold out completely if you wait in ordering. Many seed catalogs will help give you some ideas on what to plant but always buy from a reputable dealer.

If you start planning early in 2005, there are other things you can do. For example, you will have time to start some of your own plants indoors early and plant them outdoors in the garden as the temperature permits. Growing your own plants helps assure healthy, disease-free plants of the desired variety when they are needed. You also will be able to prepare the garden soil early. Working the soil early will help in controlling some garden pests such as soil insects and weed seeds.

If your New Year's resolution is to get more exercise, eat healthier foods, spend more time with the family or just to spend more time outdoors, try vegetable gardening. It can be a fun and productive outdoor activity.

Larry Williams
Extension Agent, Horticulture