



UNIVERSITY OF
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

FAMILY AND CONSUMER SCIENCES HOTLINE

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Trans Fat and Fast Food

What is trans fat? Trans fat is made when manufacturers add hydrogen to vegetable oil—a process called hydrogenation.

Why is trans fat bad? Trans fat raises LDL cholesterol, which increases your risk for coronary heart disease. It has also been shown to lower HDL, which helps remove LDL from arteries.

Trans fat is online. Now you can really see how fried fast food is bad for your heart. The trans fat information is given for foods at both McDonald's and Burger King. Here is the amount of trans fat found in popular items:

Burger King:

Medium Fries	4.5 g
8 chicken tenders	3.5 g
Medium onion rings	3.5 g
Tender Crisp garden salad	3.5 g

McDonald's:

Medium French fries	4 g
Dbl Qtr Pounder w/cheese	3 g
10 pc McNuggets	2.5g
Calif Cobb salad with Crispy	
Chicken Sandwich	1.5g
Filet-O-Fish Sandwich	1g

Wendy's:

Medium French Fries	5g
Biggie French fries	6g
5 piece chicken nugget	1.5g



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What should I order?

It is best to go online and research menu items and choose before you go. Best bets include low-fat salads, plain baked potatoes, small plain hamburgers and grilled chicken sandwiches with lettuce and tomato. Skip the fried foods and fatty sandwiches. Keep in mind that while these products are low in saturated fat and trans fat, they are usually very high in sodium. It is always best to cook at home!

FMI

Visit many fast food companies on line. Here are the ones we found that have trans fat information as of publication date (02/05):

www.mcdonalds.com

www.bk.com

www.wendys.com

Source: Food and Health Newsletter, March 2005

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We're on the Web!

<http://okaloosa.ifas.ufl.edu>



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Fitness For The Soul

“Practice Makes Perfect: is an adage we have heard many times. Now here is the question, Are you practicing what you want to become?”

If you are in the habit of being uptight whenever life isn't quite right, always being right, or acting like life is an emergency, your life will be a reflection of this. You will be frustrated because you have practiced being frustrated.

Likewise, you can choose to practice other qualities — compassion, patience, kindness, humility and peace. You don't have to make your life into a big project where the goal is to be constantly improving. But it is helpful to be aware of your own habit. How do you spend your time? Are you cultivating habits that are helpful to your goals? Is what you say you want your life to stand for consistent with what you stand for? Ask yourself

those questions and answer them honestly.

Do you think you don't have the time to do the things you want to do? Many people spend more time watching TV reruns or other activities they don't enjoy than making the time for the activities that will nurture their hearts. If you remember that what you practice you will become, you may begin choosing different types of activities to practice.

Adapted from “Don't Sweat the Small Stuff-and its all small stuff” by Richard Carlson, Ph.D.

Source: Escambia County, Alabama Home Economics Newsletter



Controlling Debt: Top Things To Know



1. **Americans are loaded with credit-card debt.**

The average American household with at least one credit card has nearly \$9,200 in credit card debt, according to CardWeb.com, and the average interest rate runs in the mid-to high teens at any given time.

2. **Some debt is good.**

Borrowing for a home or college usually makes good sense. Just make sure you don't borrow more than you can afford to pay back, and shop around for the best rates.

3. **Some debt is bad.**

Don't use a credit card to pay for things you consume quickly, such as meals and vacations, if you can't afford to pay off your monthly bill in full in a month or two. There's no faster way to fall into debt. Instead, put aside some cash each month for these items so you can pay the bill in full. If there's something you really want but it's expensive, save for it over a period of weeks or months before charging it so that you can pay the balance when it's due and avoid interest charges.

4. **Get a handle on your spending.**

Most people spend thousands of dollars without much thought to what they're buying. Write down everything you spend for a month, cut back on things you don't need, and start saving the money left over or use it to reduce your debt more quickly.

5. **Pay off your highest-rate debts first.**

The key to getting out of debt efficiently is to first pay down the balances of loans or credit cards that charge the most interest, while paying at least the minimum due on all your other debt. Once the high-interest debt is paid down, tackle the next highest, and so on.

6. **Don't fall into the minimum trap.**

If you just pay the minimum due on credit-card bills, you'll barely cover the interest you owe, to say nothing of the principal. It will take you years to pay off your balance and potentially you'll end up spending thousands of dollars more than the original amount you charged.

7. **Watch where you borrow.**

It may be convenient to borrow against your home or your 401(k) to pay off debt, but it can be dangerous. You could lose your home, or fall short of your investing goals at retirement.

8. **Expect the unexpected.**

Build a cash cushion worth three months to six months of living expenses in case of an emergency. If you don't have an emergency fund, a broken furnace or damaged car can seriously upset your finances.

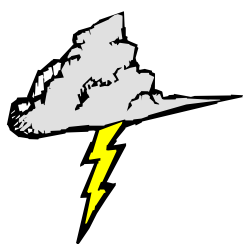
9. **Don't be so quick to pay down your mortgage.**

Don't pour all your cash into paying off a mortgage if you have other debt. Mortgages tend to have lower interest rates than other debt, and you may deduct the interest you pay on the first \$1 million of a mortgage loan. (If your mortgage has a high rate and you want to lower your monthly payments, consider refinancing.)

10. **Get help as soon as you need it.**

If you have more debt than you can manage, get help before your debt breaks your back. There are reputable debt counseling agencies that may be able to consolidate your debt and assist you in better managing your finances. But there are also a lot of disreputable agencies out there.

Source: CNN/Money webpage



“Are You Ready for A Storm?” will be a special seminar offered June 2, 5:30-8:30 p.m. at the Niceville Community Center. Topics include:
Valuable papers/Records, including home inventory
Storm Resilient Landscape
Homeowners Insurance
“Hardening” your home
Pets and animals

The seminar is FREE and there will be door prizes, displays and lots of information that YOU NEED TO KNOW!! Special presentation by the Division of Insurance-Florida Department of Financial Services, as well by UF/IFAS Faculty.

To assist in planning, please pre-register by May 31st!

Free Credit

One of the best gifts to us, (the consumer) in 2004 from Congress was the ability to get our free credit reports yearly. If you live in the southern region (Florida) you will be eligible to apply for your credit report in **June of 2005**. This report comes from the three major credit reporting agencies of Equifax, Trans Union, and Experian.

Why is the credit report important?

- Identity theft is the fast growing crime in America and it is essential to review our credit report at least yearly.
- Mistakes by the credit bureau can be made and it is important to have them removed or fixed.
- It may also be necessary for you to explain things that are on your credit report. Ex. Lost my job and got behind on paying my bills.

Call, Don't Click! - It is just released that it is safer to call for a federally mandated credit report using the toll free number **(877-322-8228)** instead of using the internet Web site. One reason is imposter web sites.

More information will be coming in June.

TEACH CHILDREN TO SAVE

The Okaloosa **\$**aves Coalition is sponsoring Teach Children to Save project with an opportunity to win a \$100 Savings Bond. Youth 18 years or younger are eligible. Youth must set a savings goal and make a deposit into a savings account before August 31st. Participating financial institutions are Beach Community Bank, Compass Bank, Eglin Federal Credit Union, First City Bank, First National Bank of Crestview, First National Bank and Trust, and Vanguard. Other banks may contact the Extension Office about submitting entries. At least six \$100 savings bonds will be awarded September 17th, the two year anniversary of Okaloosa \$aves (a community coalition to promote building wealth (save more, decrease debt). For more information, see <http://americasaves.org> or call UF/IFAS Extension Office in Okaloosa County 850-689-5850.





SPRING IS IN THE AIR; SO IS THE POLLEN

Suffering from allergies is especially hard on devoted gardeners. Because of the cross breezes and spring winds the daily pollen count almost always registers in the uncomfortable range. We love our gardens and landscaping, but the American College of Asthma, Allergy, and Immunology has seen an allergy epidemic increase as much as 40 percent in our population over the last 50 years. That's nothing to sneeze at! Even if you go the extra mile in taking special efforts to have a landscape that will not exacerbate stressful allergies, somewhere down the road, somebody who doesn't know any better is innocently planting pollen-laden shrubs and trees.

Thomas Leo Ogren, author of *Allergy-Free Gardening* and *Safe Sex in the Garden—and Other Propositions For an Allergy-Free World*, has created the first plant allergen scale called OPALS, an acronym meaning Ogren Plant Allergy Scale. The OPALS ranks the plants in our landscapes nationwide from 1 (least allergic) to 10 (worst offenders).

If you or someone in your family is prone to allergies, checking out the OPALS list before you make any purchases. Why go through the days (or nights) feeling miserable when the culprit is right outside your door?

A popular misconception is that in the springtime with all the flowers bursting into bloom, it is the female flowers that are the culprits. In actuality, it's the male pollen spreading from flower to flower, shrub to shrub, and tree to tree by Mother Nature's winds.

So what kind of trees and shrubs should you look for in an allergy-free landscape? Here are some easy guidelines to follow if you would like a healthier garden experience. Find plants that:

- are perfect-flowered, this means they don't have to distribute their pollen far distances. Good examples would be roses and night-blooming jasmine.
- have large and brightly colored petals, fragrance and nectar since these factors will attract insect pollinators; examples are hibiscus, snapdragons, alyssum.
- have flowers that are pink, red, orange or blue. This indicates that they rely more on insects than the wind for pollination.
- have short period of blooming or bloom once a year and only bloom on old wood.
- have tubular or trumpet-shaped flowers since Mother Nature realizes they aren't easily pollinated by the wind.

Stay away from plants that:

- cause skin irritation or rashes
- bloom throughout the year or have a long blooming period
- bloom on new wood.
- are light yellow, off-white, or greenish flowers, which are unattractive to insects.
- have flowers that don't have sepals, which also discourage insects.
- produce sticky flowers
- have flowers and leaves that have unpleasant scents.

Allergy-free gardening practices include mowing your grass (and weeds) before it flowers and goes to seed, not going outside on windy days, and choosing your mulches carefully since the organic mulches can produce mold as it decomposes. The following are some of the worst allergy-inducing flowers, grass, shrubs and trees.

- Bald Cypress
- Chinese Elm
- Fringe Tree
- Oaks
- Pecan
- Sycamore
- Artemesia (Dusty Millers)
- Bermuda Grass
- Bahia grass
- Centipede grass
- Fountain grass
- Hollies

If you would like more information on allergy-free gardening, please check out Thomas Leo Ogren's books available at any bookstore.

Sheila Dunning

Extension Agent, Horticulture
Okaloosa County

Cranberry Chicken

- Canola oil spray
- 2 T extra-virgin olive oil
- 2 T Dijon mustard
- 1/2 t salt
- 1/2 t black pepper
- 4 3-ounce skinless, boneless chicken breast
- 3/4 cup cranberry relish
- 1 T minced scallions
- 1 T red wine vinegar

Preheat oven to 375 degrees. Lightly coat an 11x7-inch baking dish with canola oil spray. In a medium bowl, whisk together the oil, mustard, salt and pepper. Transfer half the mixture to a small bowl and set aside. Brush the remaining mixture on the chicken pieces, coating all sides. Place the chicken in the prepared pan. Roast the chicken for 10-15 minutes on each side until cooked through, turning once.

Remove chicken from oven. Meanwhile, in a microwave bowl, whisk the relish, scallions and vinegar with the reserve mustard mixture. Heat in a microwave oven on high for 30 seconds or until warm. Spoon warm sauce over the chicken and serve.

Chicken Tetrazinni Makeover

- 1Tbsp. Olive oil
- 1 c. sliced fresh mushrooms
- 2/3 c. medium onion
- 2/3 c. diced green bell pepper
- 2/3 c. diced red bell pepper
- 2 minced garlic cloves
- 1/4 c. all-purpose flour
- 1 1/4 c 1% low-fat milk
- 3/4 c. light sour cream
- 1 (10 3/4 oz.) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted
- 2 c. cubed cooked chicken
- 4 oz. spaghetti, cooked without salt and drained
- 2/3 c. grated Parmesan cheese
- 1 tsp. paprika

Preheat the oven to 350 degrees. Heat the olive oil over medium-high heat. Sauté mushrooms, onion, peppers and garlic until tender. Stir in flour and cook 30 seconds, stirring constantly. Slowly add milk, continuing to stir, and cook until thick, about 2 minutes. Remove from heat; add sour cream, soup, chicken and spaghetti. Pour mixture into 13x9-inch baking dish coated with cooking spray. Sprinkle with Parmesan cheese and paprika. Bake uncovered at 350 degrees for 30 minutes.

Yield: 4-6 servings.

Per serving (based on 6 servings): Calories 310 (vs. 490 in original recipe). Fat: 10 grams (vs. 34). Percentage of calories from fat: 29% (vs. 61%). Saturated fat: 4 grams (vs. 18). Cholesterol: 55 milligrams (vs. 105). Sodium: 200 milligrams (vs. 1,140). Fiber: 2 grams (vs. 1). Carbohydrates: 31 grams (vs. 25). Protein: 22 grams (vs. 23).

HCE HOTLINE

Cultural Arts Day—Congratulations to the winners from Cultural Arts Day! Thanks to Chairman Peggy Collins and Doris Bauer and helpers. Best of Show winner was: Club. Table awards were Ft. Walton Beach 1st; Happy Homemakers 2nd; Pacesetters 3rd. Blue Ribbon winners were:

Holiday Showcase—The educational directors will begin working on the Holiday Showcase book. Your ideas, crafts, decorations and recipes are requested. If you have something to share, please let us know. Their first meeting will be May 13th, 1:00 p.m. at the Ft. Walton Beach office.

Don't forget FHE Camp is May 17-18—at beautiful 4-H Camp Timpooshee. If you haven't already registered, do so today! You don't want to miss this!

Country Store is almost here!!! June 18th is the day!! All FHE members and friends of Extension can help!! How? Clean out and donate good, usable, clean items for the "white elephant" sale (you could even price them!!).....bake cookies, cake for the bake sale.....donate books and magazines....take cuttings and divide plants for the plant sale.....recruit craft and produce vendors....tell a friend the big day....come and volunteer on set up day June 17th or day of the sale.

As you can see there are lots of ways to be involved. This is THE fundraiser for Okaloosa FHE, so try to be involved. Thanks to chairpersons: Gerry Metzner and La Juana Hooks.

Northwest Florida Fair Dates: October 21-29, 2005!!!!

Raising Kids, Eating Right, Spending Smart, Living Well

Florida Cooperative Extension . . . helping the people of Florida put knowledge and education to work to live well.

Funding provided by USDA, Cooperative Extension Service, University of Florida IFAS, and Boards of County Commissioners cooperating

Pacesetters will meet May 3rd (regular meeting day) 9:30 a.m. at Clement Taylor Park in Destin. Take first street (at bottom of bridge) after crossing bridge to left and follow water to park. 9:30 to 1:00 p.m. Bring White Elephant for exchange gift. Great program planned; short business meeting, recipes and craft directions. You bring your favorite covered dish picnic recipe. Hats and tea will be ready for you.

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