



UNIVERSITY OF  
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

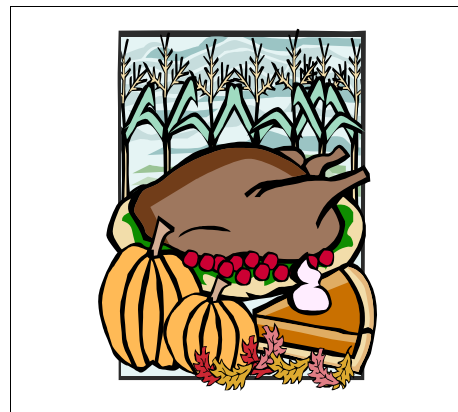
FAMILY AND CONSUMER SCIENCES  
HOTLINE

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*Happy Thanksgiving*

**Removing the  
Carbs?**

How does a food that is defined nutritionally by its high carbohydrate content become low-carb? Baked goods are stripped of much of their naturally high-carbohydrate wheat flour and are replaced with ingredients that are much higher in protein-soy flour or wheat protein, for instance. They also contain fiber and other agents that fill in for the weight and texture of flour, along with high-fat ingredients like

nuts. (No wonder low-carb foods aren't much lower in calories than high-carb. Protein has as many calories, gram for gram, as carbohydrate, and fat has many more!)

When it comes to sweets, sugar, a carbohydrate, is often replaced with ingredients known as sugar alcohols-maltitol, lactitol, and sorbitol. These substances (all of which can cause abdominal discomfort and diarrhea in some people because of the way the body breaks them down) contribute half the carbohydrate of sugar, and Nutrition Facts labels reflect that. Manufacturers, however argue that because sugar alcohols purportedly do not affect blood insulin-and blood sugar-the way carbohydrates do, they should not count as carbohydrates as all. In a separate section of the label, food producers often advise consumers to subtract all sugar alcohols to get "effective carbs" or "net effective carbs." Don't do it. The number on the Nutrition Facts panel is the right one.

Don't pay attention to claims like "low carbohydrate," either. It's not an approved term and therefore has no legal definition. You could call a pound of plain old pasta low-carb and not be running afoul of the law, even though almost all of pasta's calories come from carbohydrates.

Source: Tufts University Health & Nutrition Letter: October 2003

**November Dates**

3rd	Holiday Showcase
5th	Okaloosa Saves Executive Board
8th	Okaloosa Saves
11th	Office Closed
12 & 13	University of FL/IFAS 150th Anniversary Celebration
18th	Okaloosa Saves Advisory Board
19th	Okaloosa Saves Coalition USDA Commodities- Crestview
20th	Holiday Dining With Diabetes USDA Commodities Ft. Walton Beach
21st	FCE Executive Board

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## THINNER, HEALTHIER, AND LONGER LIFE WITHIN EASY REACH

**W**HAT IF someone told you that without pills, without a spa, without buying special foods or spending money on various gadgets or promotions, you could lose weight, help stave off breast cancer, decrease your risk for heart disease, even live longer? Sounds like the kind of hucksterism you'd expect from late-night cable channel "paid programming," right? It's not. A spate of studies from well-respected research facilities that have all come out at about the same time indicate it's true. The common thread linking all these health benefits; exercise. From research that looked at women's ability to lose weight over the long term to investigations showing who among the female sex is likely to live the longest, all signs point to consistent, moderate physical activity as the key. We're talking brisk walking here, as if hurrying to catch a bus — nothing

more strenuous. So why aren't you doing it? Men are inactive enough. Some 64 percent of them don't engage regularly in leisure-time physical activity, according to data from the 2000 National Health Interview Survey. For women, the figure is even more dismal; 72 percent do not fit in activity on a daily or near-daily basis, leaving them prone to excess weight, disability, and premature death. They're literally passing up the chance of a life time — a healthier, longer one.

The good news here, report the researchers, is that fitness, or exercise capacity, can be improved 15 to 30 percent with moderate physical activity—in a period of just several months. That is, even if you've been inactive your whole life, it appears that in a short time you can dramatically ratchet down your risk of

dying prematurely simply by walking briskly for 30 minutes on most days of the week.

It's a point worth taking to heart. Nearly two thirds of women who die suddenly have no previous symptoms.

Why not take advantage of the new findings and make brisk walking a daily or near-daily habit in order to improve your own prospects for a longer, healthier life. Don't wait for a New Year's Resolution. Start today.

Tufts University Health & Nutrition letter: November 2003



## Did you know.....

Women's preferred comfort foods include snacks like candy and chocolate. Men are comforted by meal items such as pasta, steaks, and casseroles, according to University of Illinois investigators. The researchers speculate men equate comfort with meals, which they associate with being cared for. Women seek comfort in convenience foods that require less preparation.

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**Family & Consumer Hotline:**

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 and  
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~~~~~  
*You can increase your "good" HDL cholesterol up to 20 percent by losing excess weight; up to 30 percent by becoming more physically active.*

## ANOTHER DIET BREAKTHROUGH?!

Yet another advertisement for a miracle diet product appeared recently in newspapers. The half page ad describes a Himalayan Diet Breakthrough (HDB for short). It is composed of a "miracle mineral as well as 7 other all-natural ingredients that work together in a synergistic way to promote fast, effective, and safe weight loss. That is, they combine together in a way that supercharges your metabolism...providing a thermogenic (fat burning) effect that burns away all the excess fat you've accumulated from years of overeating."

The ad includes all the usual outrageous claims such as: "Lose weight automatically!

No calorie counting or dieting ever!"

"Works faster than a hunger strike!"

"Makes hunger vanish...no more hunger pangs!"

"Safe and effective! No side effects! No nervousness or irritability!

"No need for torturous exercise!"

"Shrinks the areas you have the most first!"

"Failure is impossible...no

willpower required"

And so on. And you are even guaranteed double-your-money back if it doesn't work. It is marketed by AVS Marketing in Thomson, IL.

How do these scams work? Most perpetrators set up a toll free phone number as well as a PO Box for orders. They rent temporary office space. After they have collected enough money to make a few million dollars in profit, and before any government agency can take legal action against them, they Disappear!

-continued on page 3-



## CONTROLLING YOUR HOLIDAY CREDIT USE

*It is tempting to use credit cards to solve the problem of extra cash for the holidays. You want to make the holidays a happy time, yet finding money for the extra expenses can be difficult. You do not plan to run up high balances on your credit cards—it just happens. Before you know it, you have spent \$100 to \$500 more than you expected. When the credit card bills arrive in January or February, you may be surprised at how much you spent for the holidays. Then you will spend many months paying for those holidays.*

How can you control your holiday spending? Start by making a written plan. Begin making your plan early in the year but no later than November! Think about how much you can afford to spend for decorations, meals, travel, and gifts. Set spending limits for gifts for each person as well as for the other items in your spending plan.

Decide how you are going to pay for holiday spending. If you are going to use only cash, leave your credit cards at home when you go shopping. If you write checks, record each check in your register and figure the balance before writing another check. This will help you stay within your limit!

If you need or want to use a credit card, choose one to use for all of your holiday spending. You can control your spending on one card much more easily than on three or four cards. You may want to pull out your latest statement for each card, check the annual interest rate, and plan to use the one with the lowest annual interest rate.

There are many ways you can cut holiday costs. Be alert early for bargains. Separate shopping trips from spending trips. Make one trip to compare prices and value, but do not take along your cash, checkbook, or credit cards. When you have decided what you can afford to buy, go back to make the purchases.

Talk with friends and family about drawing names for a gift exchange, setting dollar limits on gifts, or not exchanging gifts. Make gifts by hand or give gift certificates promising your time or talents. The most cherished gift is often the one that involved someone's time and thought, not large amounts of money.

Invite friends or family over for dessert rather than for the whole dinner. Try a pitch-in or potluck meal that the guests contribute to rather than providing the entire meal yourself. Make your own decorations from materials around the house.

Be careful if your credit card company offers to let you skip a payment or two. If it invites you to pay back only the minimum or even reduces your minimum payment, be cautious. The interest does not stop accumulating. These offers can cost you more in the long run.

-continued on page 4-



### **Holiday Dining With Diabetes"**

**A Special Program  
For People with  
Diabetes  
&  
Their Families**

**November 18<sup>th</sup> & 20<sup>th</sup>  
At Twin Cities Hospital  
Wellness Center  
2190 N Hwy 85  
Niceville, FL**

**Class time 5:30-8:00 p.m.**

### **Easy and Delicious Turkey Breast**

- 1 Turkey breast
- 15 oz. can whole berry cranberry sauce
- 1 envelope dry onion soup mix
- ½ cup orange juice
- ½ teaspoon salt
- ¼ teaspoon pepper.

Place turkey in slow cooker. Combine remaining ingredients. Pour over turkey. Cover. Cook on Low 6-8 hours.

## ANOTHER DIET BREAKTHROUGH?!

Be on the lookout and warn consumers—the Himalayan Diet Break through is going to make someone very rich but it isn't going to make consumers thin.

Are consumers actually gullible enough to believe these ridiculous claims and spend money on these products? Unfortunately, they are—SlimAmerica made a purported \$11. mil in profit be-

fore they were prosecuted by the FTC for selling a useless weight loss product. People are under the impression that someone reviews these ads and makes sure they are legitimate before they appear in print. Sad to say, this is not the case. It's buyer beware in the world today!



Source: Joanne P. Ikeda, MA, RD  
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*Okaloosa County Extension*



### Creamy Pumpkin Mousse

- 1 can (16 oz) solid-pack pure pumpkin
- 1 pkg. (6-serving size) Instant sugar-free vanilla pudding mix
- 1/4 c. low-fat (1%) milk
- 1 tsp. ground cinnamon
- 2 c frozen light whipped topping, thawed

In a medium bowl, with an electric beater on medium speed, beat the pumpkin, pudding mix, milk, and cinnamon until well blended.

Fold in the whipped topping until thoroughly blended, then spoon into a serving bowl. Cover loosely and chill until ready to serve.

Serving size: 1/2 cup,  
Total Servings: 10

Exchanges:  
1 Carbohydrate  
Calories—65  
Total Fat—2 g,  
Carbohydrate—11 g

( CONTROLLING CREDIT CONTINUED )

### Make A Plan

One easy way to stay within your spending limit is to start by making written plan. Use the chart below to develop a spending plan.

#### Holiday Spending Plan

How much money can I spend? \$		
Item	What?	How Much?
Gifts (family)		
Gifts (friends)		
Gifts (work/school)		
Gift Wrapping		
Cards, Postage		
Phone Calls		
Decorations		
Holiday Meals		
Special Clothing		
Parties		
Travel		
Other		
Other		

Source: Purdue Extension Consumer and Family Sciences—October 2003

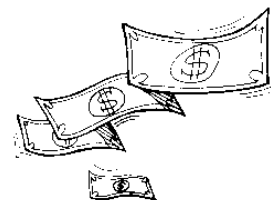
## Savings Tools

The Montana State University Extension Service has released two new publications that show savers an innovative technique that can be used to track their progress toward achieving specific savings goals. At any point in time they can see the amount they have accumulated towards each goal they have listed in a specially designed register. A detailed descrip-

tion of "Track'n Your Savings Goals" is available at <http://www.montana.edu/wwwpb/pubs/mt200303.pdf>

The Track'n Your Savings Goals register is small enough to slip into most saver's check books. This keeps information at their fingertips about the progress they are making towards their savings goals. The cost of the

register is \$2. Order from: Extension Publications, MSU, PO Box 172040, Bozeman, MT 59717-2040



Seminar, Burnett Harmon Wood Resource Center,

**November 8th., 11:00 a.m.**

304 Tilden Street, Ft. Walton Beach, Florida



# Landscape Has New Beauty In Winter

During the winter, your landscape takes on a new beauty – a beauty that is expressed in a different way. If your landscape has a lot of trees that shed their leaves in the fall, you will have a “bare bones” landscape during the winter.

When homeowners choose trees and shrubs for their landscapes, they usually place more importance on spring and fall color and summer foliage. But it's also good to know that for at least several months each year most deciduous trees – those that shed their leaves in the fall – have no foliage at all. From about mid November or December to March, only these plants' “skeletons” are seen, making us more aware of their shapes and forms.

Because the bark of trees and other woody plants is perhaps more visible during the winter months, plan your landscape to include trees with attractive barks.

Let's take a look at a few plants to consider for winter appeal in North Florida landscapes.

We'll start with one of my all around favorite landscape plants – crape myrtle. Gary Knox, University of Florida Extension Horticulture Specialists describes the crape myrtle's winter interest perfectly in his publication, “Crape Myrtle in Florida.” Knox writes, “When the leaves fall in winter, the crape myrtle becomes a living sculpture. The trunk and branches of tree-form plants have an attractively gnarled, sinuous character with smooth bark. Strips of bark peel off (exfoliate) in early summer to reveal mottled new bark ranging in color from pale cream to dark cinnamon to rich brown to bright orange.”

Many of the crape myrtle cultivars have exfoliating bark. In most cases, the bark begins to peel away with age. Young trees may not exhibit exfoliating bark but with a few years growth and some patience, you'll enjoy crape myrtles that have this characteristic.

Following are some crape myrtles with attractive bark. ‘Acoma’ is an outstanding semi-dwarf hybrid reaching a mature height of around 10 to 15 feet that has creamy beige bark color and snow white flowers. ‘Apalachee’ is another outstanding selection with cinnamon orange bark and light lavender flowers. Its mature height is around 20 feet. The cultivar ‘Osage’ produces dark orange bark color and medium pink flowers with a 20-foot mature height. ‘Fantasy’ is a large maturing variety growing to more than 20 feet tall with outstanding red orange bark and white flowers. You'll find many more crape myrtles listed in Knox's publication available at <http://edis.ifas.ufl.edu/MG266>.

River birch is another tree with unusual papery peeling bark. The cultivar ‘Heritage’ is the closest to a paper white birch that will tolerate our hot summers. Expect a river birch to reach 40 to 50 feet in height and 25 to 35 feet in width.

Cultivars of the *Ulmus parvifolia*, Chinese elm, provide winter interest. “The showy, exfoliating bark reveals random mottled patterns of gray, green, orange and brown, adding great textural and visual interest, especially to its winter silhouette,” writes Ed Gilman, University of Florida Horticulture Specialist and Researcher, in his “Southern Trees An Expert System for Selecting Trees” CD. ‘Drake’ and ‘Allee’ are two popular cultivars out of many named varieties of the Chinese elm.

American Hophornbeam, *Ostrya virginiana*, is an underused tree that grows to about 50 feet in height. Its grayish bark peels off in longitudinal strips revealing orange patches underneath.

*Acer buergerianum* or trident maple is a tree that we included in the landscape at the Extension Office in Crestview. It's a very nice small, underused and hard to find tree. It usually is seen with multiple stems originating fairly low on the trunk giving the small tree a bushy appearance. It has noticeable orange-brown peeling bark.

These are just a few of the trees to consider if you'd like to add winter interest to your landscape. During the drab winter season, these bare trees are a noticeable and pleasing part of the landscape. For additional information on trees for Northwest Florida, contact your local extension office, county forester or garden center.

**Larry Williams**  
**Extension Agent, Horticulture**

## Turkey Fryers Fly In The Face of Safety!

**T**urkey fryers have gone from an obscure cooking appliance to a commonplace item found in many retail outlets that sell BBQ grills. Consumers report that deep fried turkey tastes delicious.

Turkey fryers consist of a large pot set on a tripod above a propane burner. After evaluating the hazards of these devices, Underwriters Laboratories (UL) has decided that all models were simply too dangerous and has declined to list any of them as safe. (UL is the organization that tests electrical appliances and lists those meeting the current safety regulations.)

### These dangers were identified by the UL:

Turkey fryers were not very stable and could spill up to five gallons of hot cooking oil if knocked over. The fryers do not have a thermostat. As a result, oil can be heated to the point that it bursts into flame.

- ▶ If too much oil is placed in the pot, hot oil can overflow out onto the burner when the turkey is lowered in. The overflowing oil can cause the entire fryer to ignite.
- ▶ If the turkey is not completely defrosted, the fryer will boil over even if it is not overfilled with oil.
- ▶ When the cooked turkey is lifted out, oil runoff can spill onto the burner and ignite.

A visit to this website will show you just how dangerous these fryers can be: [www.ul.com/turkeyfryers](http://www.ul.com/turkeyfryers).

For consumers who still wish to deep fry a turkey, UL gives these safety tips.

Always use turkey fryers outdoors and away from buildings and anything else that might burn. Set them up on a sturdy, level surface.

Never leave turkey fryers unattended. These devices don't have thermostats and can overheat to the point that the oil catches fire.

Never let children or pets go near the cooker when it is in use, or afterwards. The oil can remain hot for several hours and can cause severe burns.

- ▶ Do not overfill the fryer with oil. Be certain that the oil won't overflow once the turkey is added to the pot.
- ▶ Make sure the turkey is completely defrosted. Be careful with marinades. Water will cause hot oil to boil up and spill out of the pot. To defrost the turkey, the National Turkey Federation recommends refrigerator thawing, allowing 24 hours for every 5 pounds the bird weighs.
- ▶ Use a deep-fat thermometer to monitor the oil. Cooking at the right temperature will give best results and will help prevent fires and burns.
- ▶ Keep an all-purpose fire extinguisher nearby. Never use water to douse an oil fire. If there is a fire, and you cannot immediately control it, don't hesitate—call 911 right away.
- ▶ Always turn off the propane flame before removing the turkey from the pot.
- ▶ Before you start cooking, carefully read the directions! This is especially important with appliances that can be dangerous.

Source: Rutgers Cooperative Ext. Dept. of Family & Consumer Sciences—VISION 5

## Okaloosa FCS News

### NW Florida Fair

Thank you to those who helped with the Extension Building exhibits. Volunteers were busy working on booths and serving as building hosts. Your involvement made it all possible.

#### Educational Booth Awards

Ft. Walton FCE—Blue  
Master Gardeners—Blue  
Pacesetters FCE—Red  
Okaloosa FCE Council—Red  
Okaloosa Saves—Red  
Family Nutrition Program—Red

**“2003 Holiday Showcase”** programs were successful again this year. Thank you to all who submitted ideas and recipes. A BIG thanks to FCE Directors who worked on putting together the program.

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The upcoming Holiday Season is a busy, food-filled time of year. If you have diabetes you can also enjoy the many foods of the holidays. You can make delicious meals that not only keep diabetics' weight and blood sugar down, but also are good for anybody else who's interested in staying healthy.

The University of Florida/IFAS Extension in Okaloosa County and Twin Cities Hospital are offering **“Holiday Dining With Diabetes”** course that will offer people with diabetes the chance to learn how to manage the holidays AND diabetes. The classes will include presentations on diabetes and carbohydrate counting, meal planning, food tasting, and more.

The series of classes will be offered **November 18 & 20 from 5:30-8:00 p.m.** Cost of the class is \$10.00 per person and pre-registration is required. Class size is limited, so register early. You may register at the UF/IFAS Extension Office in Crestview (689-5850 or 729-1400, ext. 5850) or at Twin Cities Hospital. Classes will be held at the Twin Cities Wellness Center.

**FCE Executive Board** will meet Friday, Nov. 21st at 10:00 am in Crestview. All Council officers, educational directors and club representatives need to be present for this very important meeting.