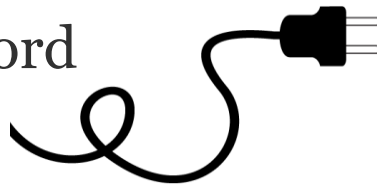


The Extension Cord



Health and Human Sciences

September & October 2023

Hello,

At the time of writing, the first day of fall is a little over two weeks away. The summer flew by and the weather has quickly changed from melting-hot to cool and breezy. I enjoy the shift of seasons. I'm going to try and make the most use of the mild weather to plant cool weather loving plants, one of which is highlighted in this newsletter. I also highlight added sugar, sweet drinks, and upcoming programs. Wishing you all a happy fall!

-Jessica Riffle

Smart Beverages

People contribute to their fluid intake in part from the foods they eat, especially when eating fruits and vegetables that contain lots of water. However, most fluid needs are met through beverages and it's important to choose wisely. Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredient list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage- High-fructose corn syrup, Fructose, Fruit juice concentrates, Honey, Sugar, Syrup, Corn syrup, Sucrose, or Dextrose.

MAIN SOURCES OF ADDED SUGARS:

Drinks

24% from sugary drinks (such as soft drinks, fruit drinks, sports, and energy drinks).

11% from coffee and tea (either sweetened before sale or added later).



Foods

19% from desserts and sweet snacks.



9% from candy and sugars.



7% from breakfast cereals and bars.



ONE 12-OUNCE
can of regular soda
contains about
10 TEASPOONS
of added sugars
160 CALORIES

For a person consuming 2,000 calories a day, one soda contains nearly the maximum amount of added sugar that should be consumed in a day.

So, what are your best bets when it comes to choosing beverages?

Photo: CDC

- Choose water, diet, or low-calorie beverages instead of energy-yielding beverages, which are those that provide energy in the form of calories.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.

- Don't "stock the fridge" with energy-yielding beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink carbonated water.
- Add a splash of 100% juice to plain carbonated water for a refreshing, low-calorie drink.
- When you do opt for an energy-yielding beverage, go for the small size. Some companies are now selling eight-ounce cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-energy beverages.

Remember, water is the most abundant substance in the human body. Water makes up 50 to 70 percent of body weight and performs many important functions. Your body needs a continuous supply of water to keep it functioning normally. What does water do? It:

- regulates body temperature
- carries nutrients and oxygen to cells
- helps dissolve minerals and other nutrients to make them accessible to the body
- lubricates and cushions joints
- protects the spinal cord and other sensitive tissues; and
- gets rid of wastes through urination, perspiration, and bowel movements.

Photo: CDC

Fluids play a large role in helping our bodies function at their best, so make smart beverage choices for better health.

Support people to rethink their drink



Drinking enough water every day is good for overall health.

Water has zero calories. Replacing sugary drinks with unsweetened water can help reduce the amount of added sugars people drink.

Offer healthier drink options

- Unsweetened coffee or teas, sparkling water, seltzers, and sugar-free flavored waters.
- Low-fat milk and fortified soy beverages with no added sugars.
- 100% fruit or vegetable juice.

Featured Vegetable

Let's see if you can guess what I'm describing before I give it away. I'm going to give you clues and you try to guess which vegetable I'm describing. No peeking by skimming through the paragraphs! The vegetable I'm thinking about is green with smooth and rough sections. Sometimes it stands tall like a mini tree or could be shorter like a bush sitting on your plate. It can be served in multiple ways, varying its texture from crunchy to soft. Sometimes the tiny pieces from the top become a mess when chopping up this vegetable. Do you know which vegetable I'm referring to... need more clues?

This vegetable provides important nutrients such as folate, potassium, calcium, and vitamin C. It can actually come in a slight variation of colors ranging from deep sage all the way to dark green and purplish green. The vegetable is available fresh or frozen for convenience. Fresh may be sold in bunches of one or more large heads, as smaller heads (or "side-shoots"), or in bags of florets cut from larger heads.

Surely by now you've recognized the vegetable being highlighted is broccoli! Broccoli is considered a cool-season produce item and is in-season through October. Broccoli grows best if it can mature in temperatures less than 80° F and this plant is very frost tolerant. When shopping for or selecting broccoli- choose dark green bunches that have tight blueish-green florets. Avoid broccoli florets that are starting to turn yellow. The floret leaves should be evenly colored with no wilting. Avoid thick, fat, or woody stalks, and remember that broccoli should be odorless. For best use, fresh broccoli will last 5 - 6 days in the refrigerator. Discard once it smells bad or starts to yellow or is slimy.

To begin preparing this versatile vegetable, first wash broccoli under cool running water to remove dirt. Next, cut off leaves and any woody spots. Enjoy it raw with a dip, add it to a salad, or make it the feature of a salad. It is delicious steamed in the microwave or on the stovetop with a small amount of water. You can sauté it in a small amount of olive oil by itself or with peppers, onions, carrots, and mushrooms. Additionally, broccoli is delicious roasted using an oven, air fryer, or grill if you like it slightly crispy.

Colorful Broccoli Salad

Ingredients:

4 cups broccoli florets
 1 cup red bell pepper – diced
 ½ cup frozen corn
 2 Tbsp. sunflower seeds shelled, roasted and salted
 ½ cup bacon (cooked & crumbled)
 ¼ cup sugar
 ¼ cup apple cider vinegar
 2 Tbsp. olive oil

Instructions:

1. Cook bacon and crumble. Meanwhile, chop broccoli and red bell pepper into bite sized pieces. Add corn and bacon crumbles. Set aside.
2. Place remaining ingredients in a medium-sized mixing bowl. Mix well with whisk.
3. Add dressing mixture to all other ingredients. Toss until coated. Cover and chill until ready to serve.



Broccoli Surprise Salad

Ingredients:

5 cups broccoli florets
 2 cups seedless red grapes, halved
 ½ cup red onion, diced
 1 cup mayonnaise
 ½ cup sugar
 2 Tbsp. apple cider vinegar
 ½ lb. sliced bacon, cooked and crumbled
 ⅓ cup slivered almonds, toasted
 ½ cup shredded cheese

Instructions:

1. In a large salad bowl, combine broccoli, grapes and red onion.
2. In a small bowl, combine the mayonnaise, sugar and vinegar. Pour over broccoli mixture and toss to coat.
3. Just before serving, gently stir in bacon, almonds and cheese.

Upcoming Public HHS Programming

Date	When	Where	What
Sept. 11	1:00 pm	Woodlawn Hospital	Dining with Diabetes begins
Sept. 20	11:00 am	Kewanna Public Library	Cooking for 1 or 2
Sept. TBD	1:00 pm	Rochester Public Library	Cooking Under Pressure
Oct. 11	11:00 am	Kewanna Public Library	What's the Buzz about Honey?
Oct. 27	9:00 am	Cass County Fairgrounds	Jams and Jellies Workshop
Oct. TBD	11:30 am	Rochester Public Library	What's the Buss about Honey?

Note: Registration required for Jams and Jellies Workshop.

Dining with Diabetes

This is a series of educational programs and cooking school that help adults with type 2 diabetes control their blood sugar to feel better and reduce risk of health complications. Participants learn how to prepare meals that are healthy, easy to prepare and taste good. Recipes will be demonstrated, and participants will have the opportunity to taste each one. Participants will also learn up-to-date information on nutrition, meal planning, exercise and how to understand common diabetes-related medical tests. Recipe and handouts will be given to each participant.

Diabetes is a very serious and costly disease, but research has shown that those who learn to manage their blood glucose (sugar) levels, eat a healthy diet, and exercise regularly can lower their risks of complications and lead a healthier and more productive life.

This is a fun and hands-on program. The current class is closed for registration but you'd like to receive more information about the class and when the next class will be scheduled, please call Jessica at 574-223-3397.



Did you Know?

A fun, new event was part of the 2023 Fulton County 4-H Fair; the Kiss A Pig contest. You may have seen the table full of cute pigs that were collecting votes to see who would win the opportunity to kiss a pig at the Farmer Olympics. Food was purchased with the money raised from the Kiss-A-Pig contest as part of Farm Credit Mid-America and Rural 1st's "Fight the Hunger, Stock the Trailer".

At the conclusion of the fair, the trailer was weighed and the Fulton County Food Security Alliance had 3,960 pounds of food items to distribute to local pantries that included United Ministries, Mathews Market, Joseph Storehouse (DeLong), Kewanna and United We Stand Ministries in Akron. These pantries help to ensure that more than 2,300 of our food insecure neighbors have access to healthy food.