



4-H HEALTHY CONNECTIONS

A 4-H Healthy Living Newsletter

January 2010

WHAT ARE YOU EATING?

Go *lean* with *protein!*

You probably know already that proteins are important for building and repairing muscle...and we need muscle to be strong and healthy.

Proteins are important for every cell in the body. They regulate body functions, maintain fluid balance, and help us fight infection and disease!

But most of us eat too much protein, often with added fats that lead to increased calories. And we know what happens when we have too many calories!

Follow these tips to keep it lean:

- Avoid fried foods. Try broiled, grilled, or roasted meats.
- Skip the breading, sauces and gravies. It adds fat and calories.
- Eat more fish, nuts, dry beans and peas!
- Trim away all visible fat before cooking and drain off any fat from cooking.
- Remove skin on poultry before cooking.

GIGGLE BOX

Why do fish avoid the computer?
So they don't get caught in the Internet!

.....
What starts with "t" ends with "t" and is filled with "t"?
A teapot!

.....
Why don't chickens play sports?
Because they hit fowl balls.

.....
What did one knife say to the other?
Look sharp!

Power-Packed Peanut Butter Balls

Ingredients:

- ¼ cup honey
- ½ cup peanut butter
- 1 cup nonfat dry powdered milk
- 1 cup rice cereal

Instructions:

1. Mix honey and peanut butter together in a large bowl.
2. Add dry milk and cereal.
3. Knead mixture with your hands until it is

blended and holds together well.

4. Roll into bite-size balls and place on waxed paper or plastic wrap.
5. Store covered in the refrigerator.

Tips:

- Dip in melted chocolate using a toothpick. Allow to harden in fridge before serving.
- Roll in coconut.
- Dust with powdered sugar.



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Neat Treats!

- Instead of high-fat ranch dressing, dip your veggies in **hummus**, a creamy bean dip made from chick-peas.
- Instead of high-fat cheese dip, go for **guacamole** made with fresh avocados and salsa!
- Instead of high-fat chips or buttered popcorn, grab a handful of **edamame**, fresh steamed baby soy beans!

Alpha-bet-a-thon!

You'll need a partner or two to play this race to the finish game. Take turns selecting a letter of the alphabet. Fill in the 5 categories below with a word that begins with the chosen letter. The first player to fill out the whole row wins! See example of letter "B" below.

	Animal Food	Plant Food	Boys Name	Girls Name	Sport
B	Beef	Bread	Bob	Barbara	Baseball

Animal or Vegetable?

Have you ever played 20 Questions? Then you know that one of the first things you ask is "animal or vegetable," right?

Well if the word you chose was **PROTEIN**, your answer would be *both!*

Proteins can be either animal-based or plant-based. Proteins from animals are called *complete*, while plant-based proteins are *incomplete*.

What that means basically is this...

- Proteins are made up of four elements: carbon, hydrogen, oxygen and nitrogen.

- These elements come together to make something called **amino acids**, 20 of them in fact.

- Amino acids are protein's "building blocks" and each one is different, like the letters of the alphabet! They come together in many different ways to carry out many different jobs in the body, sort of like letters form many different words.

- Out of the 20 amino acids, our bodies can make 11, if we have the right nutrients.

- The other 9 have to be taken in from other foods. These are called **essential** because we

have to have them to remain healthy.

- Animal-based proteins, like eggs, meat and fish, have **all nine** of the essentials. But plant-based proteins, like nuts, beans and seeds, do not. That's why vegetarians have to carefully select plant foods that *combined* with other foods will provide all of the essentials together, like peanut butter and whole wheat bread!

Exercise is important for proteins to do their job. For a really cool fitness website, go to: http://www.bam.gov/sub_physicalactivity/index.html

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The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 225-219-0351 or 1-888-LA HELPU (1-888-524-3578).

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