



4-H HEALTHY CONNECTIONS

A 4-H Healthy Living Newsletter

December 2009

WHAT ARE YOU EATING?

Grains Are for Brains

Foods from the Grain Group should make up a large portion of the foods we eat.

Half of the grains we eat should come from whole grains such as whole wheat bread, brown rice, whole wheat pasta, oatmeal or popcorn. Look for whole grains listed as the first ingredient on the label. You'll

get the most nutrients and fiber if you choose whole grains.

Go easy on high-fat, high-sugar grain foods like cake and cookies. Most elementary school-age children need about 5 to 6 ounces of grains each day. Teens, especially athletes, need more. One ounce equals: 1

slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, or ½ cup cooked rice or pasta.

Check out www.mypyramid.gov to see how many ounces of grains you should be eating daily.

You can even plug in your stats and get a personalized daily calorie intake guide.

GIGGLE BOX

Why is history like a fruit cake?
Because it's full of dates!

What did the baby corn say to the Mom corn?
Where's Popcorn?

Why was the mushroom invited to lots of holiday parties?
Because he was a fungi to be with!

Lacy Oatmeal Cookies

Ingredients:

- 2 eggs
- 1 cup sugar
- 1/4 cup melted margarine
- 1/8 teaspoon salt
- 2 teaspoons baking powder
- 1/2 cup whole wheat flour
- 1 teaspoon vanilla
- 2 cups raw oatmeal

Instructions:

In a large mixing bowl, beat eggs well. Add remaining ingredients blending after each addition, adding oatmeal last.

Drop onto greased cookie sheet. Bake at 350 degrees for 10 minutes.

Remove from cookie sheet immediately with a spatula and let cool on wax paper lined surface until crisp.

Makes 2 to 3 dozen!



Karol Osborne
Extension Agent
114 N. Cedar
Tallulah, LA 1282

Phone: 318.574.2465

Fax: 318.574.9509

E-mail:
kosborne@agcenter.lsu.edu



Eat Whole Wheat!

L	A	E	R	E	C	B	V	M	G	R	A	I	N	W	X	P	BRAN
E	U	L	Q	W	G	S	R	A	K	B	Z	Y	U	L	I	N	BREAD
N	M	Y	C	C	W	E	D	J	R	M	A	O	T	Z	B	I	CARBOHYDRATE
R	G	P	K	A	G	F	W	D	E	O	X	K	R	W	F	E	CEREAL
E	B	O	Q	N	R	I	B	O	F	L	A	V	I	N	L	T	ENDOSPERM
K	I	R	A	J	T	B	S	R	O	G	O	P	E	Q	Y	O	ENERGY
T	Y	U	A	E	P	H	O	J	E	D	D	L	N	H	W	R	FIBER
G	O	E	T	N	Q	P	T	H	S	A	R	A	T	S	A	P	FOOD GUIDE
K	S	T	A	E	H	W	U	Z	Y	H	D	E	S	J	L	D	PYRAMID
E	M	B	J	R	Y	K	W	H	T	D	Q	Y	A	Y	O	Q	GERM
F	O	O	D	G	U	I	D	E	P	Y	R	A	M	I	D	F	GRAIN
K	A	P	S	Y	H	S	R	R	D	S	J	A	I	S	Y	D	IRON
B	I	T	M	A	J	K	I	O	M	U	W	N	T	B	S	Z	NUTRIENTS
R	E	B	I	F	V	W	L	E	N	D	O	S	P	E	R	M	PASTA
																	PROTEIN
																	RIBOFLAVIN
																	WHEAT KERNEL

Neat Treats!

- Pick a ready-to-eat or ready-to-cook whole grain cereal for a quick and easy breakfast or snack.
- Stir whole-grain granola or oats into yogurt for a quick snack.
- Make bi-color grilled cheese, PBJ and lunchmeat sandwiches with one slice whole wheat and one slice white bread.
- Go for popcorn instead of chips.

Know your whole grains

Whole grain foods contain all three parts of the grain -- the germ, bran and endosperm.

Whole grains are packed with healthy nutrients like B vitamins, minerals and dietary fiber. They also provide a feeling of fullness!

Refined grains are processed by milling to remove the germ and bran portions. However, most refined grains are enriched with B vitamins and iron added back.

Fiber is not always added back. Refined grain products include white bread, white flour and white rice.

Food products labeled with words such as wheat flour, multi-grain, stone-ground, 100% wheat, bran or added bran, and cracked wheat are usually **NOT** whole-grain products.

Check the label for whole grain content.

A **WHOLE GRAIN** should

be listed as the first ingredient.

Common whole grains include:

- whole wheat and whole wheat flour
- whole oats and oatmeal
- popcorn
- brown rice
- bulgur
- Buckwheat

Keep your whole wheat flour in the refrigerator or freezer to keep it fresh tasting.

In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

This material was funded by USDA's Supplemental Nutrition Assistance Program.

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).

A State Partner in the Cooperative Extension System

The LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating.