



# 4-H HEALTHY CONNECTIONS

A 4-H Healthy Living Newsletter

November 2009

WHAT ARE YOU EATING?

## Show Me the Variety!

You need a variety of foods every day to keep your growing body healthy.

No single food supplies all the nutrition we need, so it's best to eat a variety of foods from MyPyramid every day. MyPyramid food groups include Grains, Vegetables, Fruits, Milk, and Meat & Beans.



MyPyramid.gov  
STEPS TO A HEALTHIER YOU

[www.mypyramid.gov](http://www.mypyramid.gov) to see how much you should be eating from each food group daily. You can enter your age, your gender and how active you are to get a personalized pyramid for you.

Check out MyPyramid at

Eating a variety of foods means getting plenty of fruits and vegetables, whole grains, low-fat milk products, and lean meat, poultry, fish and beans each day.

Variety is the key to a healthy diet. Remember, go easy on the amount of high-fat and sugary foods you eat.

## GIGGLE BOX

How do you fix a cracked pumpkin?

With a pumpkin patch!

Which veggie plays a sport?

Squash!

What's the strongest vegetable?

A "muscle sprout!"

What did the lettuce say to the celery?

Quit stalking me!

## Cheesy Popcorn

The Native Americans brought it to the first Thanksgiving, but it didn't taste anything like this twist on an old favorite.

### Ingredients:

- 1/4 cup margarine
- 1/2 teaspoon dried Italian seasoning
- 1/4 teaspoon garlic powder
- 8 cups warm popped popcorn
- 1/3 cup grated Parmesan cheese

### Instructions:

Stir margarine in a large pan over medium heat until melted. Stir in the seasonings; drizzle over popped popcorn and stir until it is completely coated. Toss in the cheese and stir until it melts.

Serves 8.



Check out the 4-H Clubhouse at: [www.lsuagcenter.com/](http://www.lsuagcenter.com/)

# LSU AgCenter

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# A Thanksgiving Feast!

G L R V K C L G T D D Y C N S  
S W E E T P O T A T O R M N L  
D W U V K S Y R S C A I A V C  
I J F N O G M Q N N L C C N O  
U C A Q I P U I B U I G I N R  
B O M A P A X E R R C K B Y N  
G N I S S E R D E G P O V K B  
A G L H J R V M L M L Z P D R  
B U Y S Y O A X U K T I Z I E  
E X T L O E W P F W E S P X A  
Z N C U V E Y E K R U T A Z D  
I Y X I M P L X N M Z F Z E E  
A I T E G N S H A R I N G D F  
M A C U W K O E H X T F K W H  
N W Y T Z O N E T R Z A X D W

## Word List

- Autumn
- Cornbread
- Cornucopia
- Cranberry
- Dressing
- Family
- Feast
- Maize
- Native Americans
- Pilgrims
- Pumpkin
- Sharing
- Squash
- Sweet Potato
- Thankful
- Turkey

## Neat Treats!

- Add applesauce and cinnamon to plain oatmeal for a warm treat on a cold morning.
- Try pumpkin seeds for a healthy on-go-snack.
- Add dried cranberries and pecans to your green salad.
- Top a baked sweet potato with pumpkin pie spice for dessert.

## MyPyramid Tips for good nutrition

### 1 Make half your grains whole grains.

Choose from oatmeal, whole-wheat pasta, brown rice and breads.

### 2 Vary your vegetables.

Make a rainbow with purple cabbage, dark green broccoli and spinach, yellow squash, orange sweet potato and carrots and red tomatoes.

### 3 Get fruity.

Snack on fruit instead of sugary candy. Choose fresh,

frozen, canned or dried. Juice is good but go easy...it's sugar concentrated.

### 4 Be calcium-rich.

Choose low-fat and fat-free milk products at least 3 times each day.

### 5 Go with lean protein.

Eat more dry beans and peas. Toss in nuts or seeds into salads. Be sure to choose lean meats like fish, and white meat from chicken and turkey.

### 6 Change your oil.

Fat from oil is important for our diet. Keep it healthy with good fats from fish, nuts and cooking oils like canola, olive, soy or corn.

### 7 Say no to sugar.

Stay away from sugar drinks like colas and fruit-flavored drinks that list sugar (high-fructose corn syrup) as one of the first ingredients. If you are thirsty...grab a glass of water. Our bodies need lots of it!

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.

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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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