

SEPTEMBER IS RICE MONTH!

We salute the rice farmers here in Acadiana with the celebration of rice the whole month of September. Did you know that rice is produced in many parishes in Louisiana with Crowley being the Rice Capital of the World. Rice is considered a grain according to the USDA's MyPlate. Rice can fit into anyone's diet because it's non-allergenic, gluten-free, easily digested, is sodium and cholesterol free and has a trace of fat. Rice is considered a complex carbohydrate with one-half cup of white rice containing 103 calories and one-half cup of brown rice contains only 108 calories. Rice also has all eight essential amino acids and is a good source of nutrients such as thiamin, riboflavin, niacin, phosphorous, iron and potassium.

Rice can be purchased today in many forms: cooked, uncooked, refrigerated, frozen, ready to heat and eat. This makes rice so versatile. There are many types of rice available as well to the consumer.

- **Brown Rice** - is rice where only the hull has been removed. Cooked brown rice has a chewy texture and a nut-like flavor.
- **White Rice** - is the most common form of rice. It is enriched with vitamins and minerals and can be found in short, medium and long grain varieties.
- **Parboiled Rice** - is rice that has gone through a steam-pressure process before milling. Parboiled rice is extra fluffy and is separate when cooked.
- **Precooked Rice** - commonly known as instant rice and this type of rice cooks within a few minutes. It comes in either white or brown rice that is completely cooked and dehydrated after milling.

To achieve perfectly cooked rice follow these tips.

- Always accurately measure your rice and cooking liquid.
- Set timer to prevent under or over cooking of rice.
- Keep the lid on the pot or rice cooker to prevent steam from escaping.
- When the rice is cooked, fluff with a fork to prevent sticking.
- For those wanting to switch to brown rice, start off by cooking white and brown rice and mix them when cooked.

Make sure to incorporate rice into your favorite meals and support our Louisiana rice farmers!



1 cup uncooked rice	Liquid	Cooking Time	Yield
Regular milled long grain	2 cups*	15 minutes	3-4 cups
Regular milled medium grain	1½ cups	15 minutes	3 cups
Regular milled short grain	1¼ cups	15 minutes	3 cups
Whole grain brown	2¼ cups	40-45 minutes	3-4 cups
Parboiled	2¼ cups	20 minutes	3-4 cups
Precooked, flavored or seasoned mixes	Follow package directions	Varies	Varies

A NEW FOOD ICON

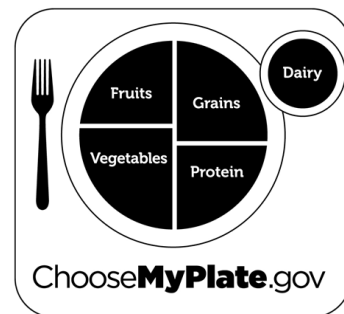
First there was the 4 Basic Food Groups, then the Food Guide Pyramid, MyPyramid and then on June 2, 2011 the new food icon, MyPlate was released.

MyPlate breaks down the food groups into: fruits, vegetables, grains, protein foods and dairy products. We should make half of our plates with foods from both the vegetable and fruit groups. Just like MyPyramid recommended, we need to make half of our grain servings whole grains. Protein foods changed its name from the meat and beans group from MyPyramid. Though we only need ¼ of our plate to come from lean sources of protein. Rounding out our plate is dairy, which helps us get essential calcium in the diet. When choosing foods from the dairy group remember to choose fat-free or low-fat dairy products.

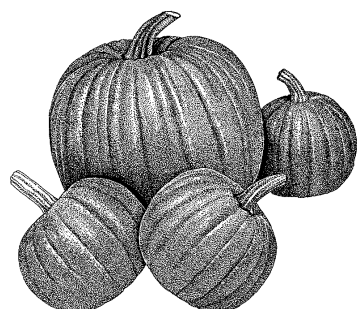
Foods in the food groups are:

- **Fruits** - canned, fresh, frozen, 100% fruit juice and dried fruit.
- **Vegetables** - Dark green, red, orange, starchy vegetables; some beans and peas; one hundred percent vegetable juice, canned, frozen or fresh vegetables.
- **Grains** - whole grains and processed grains. Remember to choose at least half of your grains to be whole grains such as whole wheat, brown rice, oatmeal, etc.
- **Protein Foods** - meat, poultry, seafood, eggs, beans, peas, processed soy, nuts and seeds.
- **Dairy** - skim or 1% milk, fat-free yogurt, cheese (make sure to choose items that are low in fat, sugar, sodium and rich in calcium).

For more information visit choosemyplate.gov to make a personalized meal plan for you and your family.



SPOTLIGHT ON: PUMPKINS



October usually means Halloween and fall vegetables such as squash, sweet potatoes and pumpkins. Pumpkins with their deep orange color contain antioxidants to help fight off chronic diseases such as cancer and heart disease.

When buying a pumpkin to use for cooking, look for one that has a deep orange color with a dry, attached stem. The pumpkin should be free from cracks and if stored in a cool/dry place prior to cutting.

To cut up your pumpkin, halve or quarter and remove the seeds and stringy portion. Cut the pumpkin up into small pieces, cutting off the rind. Cook in a small amount of lightly, salted boiling water for 25-30 minutes. Make sure to use only a little water because pumpkin is a watery vegetable. Drain and mash well. Place mashed pumpkin in a strainer, and let drain for about 30 minutes to remove excess liquid. Once it's strained you may put it in the freezer. One five pound pumpkin will yield 4½ cups of mashed, cooked pumpkin.

CHOLESTEROL 101

Everyone knows that heart disease is the Number 1 killer of men and women in the United States, but did you know your cholesterol level if elevated can increase your risk? The higher your cholesterol level the higher the risk for developing heart disease or heart attack.

Too much cholesterol in our bodies, builds up on the artery walls and can cause hardening of the arteries and blockage. Health experts recommend that every five years people should get their cholesterol checked. Cholesterol blood tests can test total cholesterol levels; LDL (bad) cholesterol levels; HDL (good) cholesterol levels; and triglycerides. Numbers to aim for total cholesterol less than 200 mg/dL; LDL (bad) cholesterol less than 100 mg/dL; HDL (good) cholesterol 60mg/dL and triglycerides less than 150 mg/dL. To lower elevated levels it's recommended to exercise regularly and decrease the fat you consume in your diet. Also lower the amount of cholesterol you eat in your diet. If you are overweight, try losing weight, even if it's 10 pounds, as it can help lower cholesterol levels.

Other recommendations include:

- Consume less than 10% of calories from saturated fatty acids.
- Replace saturated fats with monounsaturated and polyunsaturated fats.
- Consume less than 300 mg/day of dietary cholesterol.
- Keep trans fat consumption to 2 g or less per day. Limit intakes of foods that contain partially hydrogenated fats.
- Reduce intake of calories from solid fats and added sugars (SOFAS).

UPCOMING EVENT

- Lunch & Learn Program - Skillet Meals - A **free** program that will be held on Tuesday, September 20th from 12:10 - 12:50 at the Abbeville Branch Library. Bring your lunch and join us to learn some quick healthy menu ideas.
- Rouse's Cooking Demos—The following cooking/nutrition demonstrations will be presented at Rouse's Supermarket in Youngsville from 10:00 a.m. to 12:00 noon. Rouse's is located at 405 E. Milton Highway in Youngsville.
 - September 10—Topic: Low Fat and Low Cholesterol
 - October 8—Topic: Fall Vegetables (Squash, Yams, Pumpkins)
- News on Diabetes—A four part educational series on diabetes, diabetes and nutrition, and living with your diabetes will be held at the Vermilion Extension Service Office on September 13, 15, 20 and 27 at 6:00 p.m. The program should last 1-1½ hours each night. The program is open to the public and a total cost of \$10.00 per person will be charged to cover the cost of supplies for the program. Please call 898-4335 to sign up for the class by September 12 or for more information.
 - Session 1—Tuesday, September 13—What is Diabetes?
 - Session 2—Thursday, September 15—Nutrition and Diabetes
 - Session 3—Tuesday, September 20—Exercise and Modifying Recipes
 - Session 4—Tuesday, September 27—Living Well with Diabetes

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For more information on any topic in this newsletter or any other topic please contact our office at :

337-898-4335

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Next Issue Features:

Healthy Holidays, Exercise Tips for the Fall and
Much More!!!

Kindest Regards,

Mandy G. Armentor, MS, RD, LDN
Assoc. Extension Agent (FCS-Nutrition)
Vermilion Parish Extension Service

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