

## SEPTEMBER IS RICE MONTH!

We salute the rice farmers here in Acadiana with the celebration of rice during 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 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 and 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 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 to make the transition easier.

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

## SEPTEMBER IS NATIONAL CHOLESTEROL AWARENESS MONTH

September is National Cholesterol Awareness Month, to remind Americans to have their cholesterol levels checked. Heart disease is the Number 1 Killer of both men and women in the U.S. Cholesterol levels are associated directly with heart disease risk. It is recommended that you have your cholesterol levels checked every five years if you are not at risk for heart disease.

Cholesterol blood tests can test total cholesterol levels, LDL (bad) cholesterol levels, HDL (good) cholesterol and triglyceride levels. The important thing is to keep those numbers under the target range for the least risk of developing heart disease.

Aim for these numbers or less:

- Cholesterol 200 mg/dL
- LDL (bad) cholesterol 100 mg/dL
- HDL (good) cholesterol 60 mg/dL
- Triglycerides 150 mg/dL

If any of these levels are elevated it's recommended to make dietary and lifestyle changes.

Ways to lower cholesterol levels:

- Eat more fruits, vegetables and whole grains.
- Decrease the consumption of fat and saturated fats.
- Limit your intake of trans fats to no more than 2 g or less per day.
- Use lean cooking methods like baking, roasting, broiling or grilling.
- Consume less than 300 mg/day of dietary cholesterol.
- Try to reduce or eliminate your intake of SOFAS (solid fats and added sugars).

## YES YOU DO HAVE TIME TO EXERCISE!

Too often the reason people say they can't exercise is because they don't have time. Well, if you can make time for your favorite TV show, use this time to exercise too! Here are some tips to multi-task your way to better health:

- Put in front of your TV a piece of exercise equipment or put a TV near your treadmill so you can exercise while you watch TV.
- Walk around the block and go further each time you do it.
- Purchase an inexpensive set of weights and do arm exercises with them at your desk or while watching TV.
- Get weights that you can wear while walking.
- Invest in a fit ball or exercise mat to do exercises at home.

Doing any of these activities can make you more physically fit and some activity is better than no activity at all.

Source: *Communicating for Food and Health, 2007.*

## 10 TIPS FOR SMART SHOPPING FOR VEGETABLES AND FRUITS

The USDA Center for Nutrition Policy and Promotion has released 10 Tips for Better Health fact sheets in conjunction with the MyPlate icon. Each newsletter we will highlight a fact sheet. This newsletter we are focusing on fruits and vegetables. Fruits and vegetables can fit into any budget and it's recommended we consume them for better health.

- Buy fruits and vegetables in season - they taste better, are cheaper and are widely available.
- Check out your grocery store sale ads to see which fruits and vegetables are on sale and buy those.
- Plan your meals and grocery list ahead of time and you will save money.
- Try purchasing canned or frozen fruits and vegetables if the fresh versions are not in season or more expensive.
- Buy small amounts to be sure you don't throw food away.
- Buy in bulk when items are on sale.
- Purchase store brands. Store brands are usually cheaper than national brands.
- Purchase fruits and vegetables in their simplest form. Pre-cut, washed, ready-to-eat versions are convenient but cost more than the regular version.
- Plant a garden to grow your own fruits and vegetables.
- Plan and cook vegetable dishes in advance to help save time and money.

Source: [www.myplate.gov](http://www.myplate.gov)

## FRUITS AND VEGETABLES IN SEASON DURING FALL

The following fruits and vegetables are in season during the fall:

Acorn Squash	Brussel Sprouts	Garlic	Ginger	Turnips
Asian Pears	Butternut Squash	Grapes	Swiss Chard	Guava
Broccoli	Cauliflower	Jalapenos	Kumquats	Radicchio
Chayote Squash	Cranberries	Key Limes	Muscadine Grapes	Pumpkin
Mushrooms	Pears	Persimmons	Pineapple	Sweet Potatoes

Source: [Fruitsandveggiesmorematters.org](http://Fruitsandveggiesmorematters.org)

## HALLOWEEN TIPS

Before you know it, little ghosts and goblins will be knocking on your door saying trick or treat for some goodies. Of course for parents, Halloween may prompt you to ask yourself the following questions: "should I make my kids eat dinner?", "how much candy should I let them eat," and "when can the candy come out of the house?" Once Halloween comes the holidays are endless until Valentine's Day. One night of trick or treating and letting your kids eat a few pieces of candy doesn't make you a bad parent though. Here are some ideas for healthy Halloween treats and tips to get you through Halloween night.

- Make sure to feed your kids a nutritious dinner.
- Set limits in advance on your trick or treat route; what time you will stop trick or treating and how long the candy will stay in the house.
- Make sure to take the candy out of the house and don't give in to the "one more day" meltdown.
- Provide healthy treats to your trick or treaters.
- Buy candy treats you don't like so the temptation isn't there.
- Make sure to buy your candy as close to Halloween as possible to avoid the temptation of eating it.

### Healthy Halloween treats and other suggested treats:

pretzels	fruit snacks	trail mix	granola bars	yo-yos	bubbles
applesauce	gum	animal crackers	crayons	puzzles	stickers
erasers	pencils	toothbrushes	jump ropes	whistles	pens
pinwheels	spider rings	color books			

## UPCOMING EVENTS

- **Daytime Diabetes News Classes** — The LSU AgCenter and Vermilion Parish Library are partnering together to provide the Diabetes News Program. The four part series is on diabetes, diabetes and nutrition, and living with your diabetes. Classes will be taught by Mandy Armentor, Dietitian and Area Nutrition Agent with the LSU AgCenter and Tina Faulk, Registered Nurse with Abbeville General Hospital. The classes will be held at the Abbeville Library, 405 E. St. Victor St. on Tuesdays in October beginning at 9:30 a.m. You should attend all classes to get all of the information presented. Please register by September 25th by calling 898-4335. Due to the generosity of the Library sponsoring these classes they will be FREE of charge.
  - Class 1— Tuesday, October 2—What is Diabetes?
  - Class 2— Tuesday, October 9—Nutrition and Diabetes
  - Class 3— Tuesday, October 16—Exercise and Modifying Recipes for Diabetes
  - Class 4— Tuesday, October 23—Living Well with Diabetes
- **Evening Diabetes News Classes**—Diabetes News, our four part educational series on diabetes will be presented at the Vermilion Parish Extension Service Office on Tuesdays, October 30, November 6, 13 and 20 at 6:00 p.m. The classes will be taught by Mandy Armentor, Dietitian and Area Nutrition Agent with the LSU AgCenter and Tina Faulk, Registered Nurse with Abbeville General Hospital. The class costs \$10.00 per person to attend and call 898-4335 to preregister by October 26. You should attend all four sessions to get all of the information presented.
  - Class 1— Tuesday, October 30—What is Diabetes?
  - Class 2— Tuesday, November 6—Nutrition and Diabetes
  - Class 3— Tuesday, November 13—Exercise and Modifying Recipes for Diabetes
  - Class 4— Tuesday, November 20—Living Well with Diabetes
- **Plan Ahead Get Your Holiday Act Together**—Friday, November 9 at 9:30 a.m. at the Vermilion Parish Extension Office. Tickets are \$4.00 to attend and can be purchased at the Extension Office. Call 898-4335

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:

Diabetes Month, Holiday Food Questions,  
Sweet Potatoes and Much More!!!

Kindest Regards,

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