

AUGUST IS KIDS EAT RIGHT MONTH!

The Academy of Nutrition and Dietetics wants us to celebrate Kids Nutrition Month. August is the perfect time because it's back to school time and focuses on healthy eating and exercise for kids.

Adults which are parents and caregivers play a role in shaping kids' overall health and nutrition. Adults can encourage the consumption of healthy foods, be a good role model and make sure physical activity is a regular part of their lifestyle. Here are some recommendations from the Academy of Nutrition and Dietetics for healthier lifestyles.

- **Be a Smart Shopper** → Have your children help select foods that will be served at home or to send in their lunch boxes. Challenge or encourage them to try new foods.

- **Cook Healthy** → Modify your favorite recipes to become healthier. Have kids assist with washing produce, cutting mixing and preparation of meals. This is the framework of cooking and it helps them learn.

- **Encourage Healthy Habits** → Try to set a good example for your kids by incorporating fruits, vegetables and whole grains. Try to decrease the consumption of sugary drinks and replace them with water. Switch to low-fat or fat-free milk and dairy products.

- **Family Meal Time** → Make time to sit down as a family and enjoy meal time. Disconnect from tablets, cell phones, the TV and enjoy conversation; even if you have to do it at a restaurant. Families who eat together have a stronger bond, and the children do better in school research indicates.

- **Move It, So You Don't Lose It** → Regular physical activity is vital to strengthen muscles, help achieve a healthy weight, support social and physical skill development and is a great way to spend time together. Kids need 60 minutes of physical activity each day and adults need 30 minutes most day of the week.

Remember the younger they learn about a healthy lifestyle the more likely they will adopt it as they become adults. This month take a look at your family's eating and exercise habits and see where you can make changes for a positive, healthy change.

LOUISIANA BLUEBERRIES

Blueberries are one of over 50 fruits and vegetables tested by USDA that were found to be the No. 1 source of antioxidants. The antioxidant found in blueberries is anthocyanins. These antioxidants work to help prevent heart disease, cancer and memory loss. Blueberries are a good source of fiber and one-half cup has only 42 calories. Blueberries are plentiful from May to August.

When buying or picking your own blueberries keep these tips in mind:

- Handle fruit gently to avoid bruising.
- Avoid picking or buying berries that are wilted, shriveled or molded.
- Store berries in the refrigerator but do not wash until ready to eat.
- Berries will stay fresh in the refrigerator for 3-5 days.
- To keep berries for longer use, you may freeze them.
- To freeze blueberries; do not wash them. Remove stems and trash, pack age tightly in freezer bags or containers or glass jars, leaving ½ inch headspace. Seal airtight and freeze. Remove from freezer, rinse in cold water and use immediately.
- Blueberries are versatile; they can be used in salads, cereals, muffins, tarts, breads, cheesecake, ice cream or even made into a jam or jelly.

This summer and all year round enjoy blueberries for good health.



WAYS TO GET FIT AROUND THE HOUSE

Time is short for most people and exercise is usually last on the "to-do" list of everyone. Getting physical activity in at home can be very easy. Listed below are 12 ideas to help you be more physically active at home.

1. Walk around the block or neighborhood. A few 10 minute walks in your neighborhood can help you get healthier.
2. Ride bikes with your kids. Yes, get a bike and go for a family bike ride.
3. Work in your yard. Yard work and gardening are great exercises.
4. Instead of having a riding mower on a small yard; invest in a push mower and while you cut grass, you can achieve a healthy weight.
5. Jumping is good for you. So try to jump rope and practice jump shots to help burn some extra calories and build up your endurance.
6. Use resistance bands while watching TV or sitting at the computer.
7. Invest in some small weights that are handheld and lift them while sitting for long periods of time.
8. Just Dance. Turn the music up or put in your earbuds and play your ipod with your favorite tunes while cleaning house, playing with your kids or doing laundry.
9. Invest in a few pieces of exercise equipment. Exercise machines can be a bonus if you use them often.
10. Take the stairs. Try to take the stairs as often as you can to help work the muscles in your legs.
11. Housework burns calories too. It's not glamorous, but mopping, sweeping and housework all help burn calories and offer exercise to help strengthen our muscles and bones.
12. Don't forget to laugh! The age old saying, "laughter is the best medicine" was right that when we laugh it has good health benefits.

Information adapted from Montana Dietetic Association.

LOUISIANA GROWN FRUITS AND VEGETABLES

The following lists of fruits and vegetables are available during the selected times. The produce can be found in home gardens, farmers markets and your grocery stores. Remember to try to incorporate more Louisiana fruits and vegetables in your diet for good health.

Produce Type	Time	Produce	Time
Acorn Squash	June—Early November	Mustard Greens	September—June
Apples	Late June—Late September	Okra	Late June—November
Arugula	October—April	Persimmons	Mid September—Late November
Banana Peppers	June—Early November	Parsley	October—May
Beets	Late October—May	Peaches	Early May—Early September
Bell Peppers	October—November	Pears	Mid July—Late September
Broccoli	October—May	Pineapple Guava	Mid October—Mid November
Butternut Squash	June—October	Pomegranates	Late September—Early November
Cabbage	Late October—May	Pumpkins	Late June—November
Cantaloupes	Late June—November	Radishes	October—May
Carrots	Late October—May	Rutabagas	Late October—May
Chinese Cabbage	October—May	Satsumas	Late September—Early February
Collards	September—June	Shallots	October—May
Cucumbers	Late May—November	Snap Beans	October—November
Cushaw	Late June—Early November	Southern Peas	Late June—October
Eggplant	Late May—October	Spinach	Late October—May
Figs	Late June—Mid October	Sweet Potatoes	November—June
Hot Peppers	Late May—November	Swiss Chard	October—May
Kale	November—May	Tangelos	Late November—February
Kohlrabi	October—May	Tangerines	Late November—February
Kumquats	November—Early March	Tomatoes	June—November
Lemons	Late November—February	Turnip Greens	September—June
Lettuce	Late October—May	Turnip Roots	September—June
Mandarines	Late November—February	Yellow Squash	Late May—November
Melons	Late June—November	Zucchini Squash	Late May—November
Muscadines	Early August—Early October	Watermelons	Late June—November

CENTSIBLE NUTRITION BUYS FOR JULY—SEPTEMBER

Cantaloupe	Chicken	Milk and Milk Products	Bell Peppers
Broccoli	Snap Beans	Irish Potatoes	Okra
Cabbage	Summer Squash	Bell Peppers	Peas
Collard and Mustard Greens	Tomatoes	Eggplant	Pork
Watermelon	Turnips	Green Beans	Beef
Chicken Leg Quarters			

BACK TO SCHOOL NUTRITION

By the time you read this letter, school has been back in session for a little over three weeks. Now that everyone has adjusted into the school routine let's take a few minutes and talk about Back to School Nutrition.

Healthy minds need healthy bodies. The best way to start this is making sure they eat breakfast. Kids who eat breakfast do better academically, have less behavior problems and overall have a better day.

Another thing is to review the lunch menu with your child to help plan what days he or she may bring their lunch. If your kids are packing a lunch from home, make sure to take them shopping with you and allow them to pick out healthy foods. The same goes for snacks as well. Also encourage kids to try new foods and plan for special snacks and treats for holidays. Make sure you give them fruits, vegetables, protein and carbohydrates in their breakfast, lunch and dinner according to the USDA's MyPlate. These tips will ensure your kids get a healthy start to the school year.

SPOTLIGHT ON SUMMER SQUASH

Summer squash are available in Louisiana late May to early fall. Summer squash have a soft shell, while winter squash have a hard shell. There are many types of summer squash: crookneck, straight neck, zucchini and patty pan. Most crookneck and straight neck are called yellow squash while patty pan is sometimes called scalloped or white squash.

Squash are very low in calories and fat. One-half cup cooked has about 15 calories, a good source of vitamin C and some beta carotene.

When buying squash, one pound raw will yield 2-3 servings if cooked. Young squash have a tender skin and glossy color. Zucchini is straight and under 10 inches in length, slender with a dark, green skin. Patty pan squash is best when the skin is still pale green and less than 4" in diameter.

Squash will keep for several days in the refrigerator. It can be frozen but must be blanched. Blanch sliced squash for three minutes in boiling water. Remove and place in an ice water bath for 3-5 minutes. Drain and package in freezer bags.

Squash can be eaten raw, steamed, grilled or mixed in casseroles, pasta and rice dishes. So try to enjoy squash in your diet.



DO YOU KNOW THE RIGHT PORTION SIZE ?

A lot of us have an inaccurate account of what a true portion size is. Most of us do not know what is a portion size of a particular food and do not know how much you are supposed to eat. When reading food labels, keep these two terms in mind: serving size and portion size. A serving size is a specific amount of food or drink that is defined by measurements such as cups, ounces or tablespoons. MyPlate and USDA guidelines refer to serving sizes and the nutrition facts label lists serving size. Sometimes the serving size of a food is different than what MyPlate recommends.

A portion size is how much food ends up on a plate. We all eat the wrong portion sizes at some point or another. Listed below are foods and their correct serving sizes.

Food Group	Serving Size	Food Group	Serving Size
Grains	1 slice of bread (1 ounce or less) 1 ounce ready to eat cereal ½ cup cooked rice, pasta or cereal	Dairy	1 cup milk 1 cup yogurt 1 cup soy or almond milk 1½ ounces natural cheese 2 ounces processed cheese
Vegetables	1 cup raw vegetables 2 cups leafy salad greens 1 cup 100% vegetable juice 1 cup cooked vegetables	Protein	1 ounce lean meat 1 ounce lean poultry 1 ounce lean seafood 1 egg 1 tablespoon peanut butter ¼ cup cooked beans or peas ½ ounce nuts or seeds
Fruits	1 cup raw vegetables ½ cup dried fruit 1 cup cooked fruit 1 cup 100% fruit juice		

These are based on a 2000 calorie diet from www.choosemyplate.gov



SEPTEMBER IS RICE MONTH

In Louisiana, we celebrate one of our oldest commodities, Rice. Rice is a staple in the diets of citizens in Louisiana and ask any rice farmer he can tell you how much gravy will dower his acres of rice. Rice is economical, part of a balanced diet and goes with any other food. Rice is nutritious because only one-half cup has about 100 calories; is sodium, cholesterol and gluten-free; has very little fat and no cholesterol; is nutrient rich containing over 15 vitamins and minerals.

Rice is grown in Arkansas, California, Texas, Mississippi, Missouri and of course Louisiana. Rice is a complex carbohydrate, is gluten free, and in 2013, rice was produced on over 405,000 acres in Louisiana for a total production of 3.1 billion pounds of rice. Rice production in Louisiana has an economic impact of over \$659 million.

There are many types of rice available and what kind you use is up to your taste preference and recipes. A good rule of thumb is that long grain works in entrees, side dishes, salads and in dishes that you want separate grains. Medium grain and short grain rice are good choices that require sticky rice such as risotto, rice puddings, sushi and Asian dishes. Try some of the other varieties of rice that are aromatic; your taste buds may be surprised.

When storing rice, make sure it is in cool, dry place and in a tightly closed container. To increase the shelf life of brown rice, store in the refrigerator. Once rice is cooked, it will stay in the refrigerator for 3-5 days or can be frozen up to 6 months. To ensure you are getting a quality rice product, make sure your rice package has the Grown in USA logo on it. There are many types of rice and as a consumer you may not know what are the different types. Below are some of the different kinds of rice and their characteristics.

- White Rice → is enriched with iron, niacin and thiamin and the most commonly eaten variety of rice. One cup of enriched white rice provides 23% of the daily value of folate.
- Whole Grain Brown Rice → retains the nutritious bran and germ layers. It has more fiber, vitamins and minerals than white rice.
- Ready to Heat Rice → found in individual cups or serving pouches that are microwaveable. They are convenient, ready in very little time and are a healthy option.
- Aromatic Rice → varieties like basmati and jasmine just to name a few. The flavor and aromas are similar to popcorn or roasted nuts. Other varieties available are: red and black japonica rice.
- Parboiled Rice → has a distinct, nutty and sweet flavor that cooks in 25-30 minutes. When it's cooked the grains are separate and fluffy.
- Arborio Rice → this rice is used primarily in Risotto, it has a creamy texture around a chewy center and has the ability to absorb flavors.
- Pre-cooked Rice → also known as instant rice; which has been precooked and dehydrated so it cooks more rapidly.
- Wild Rice → a rice that is a whole grain, but high in protein and often blended with white or brown rice varieties.

Try to enjoy rice as part of your family's meals and salute our Louisiana rice farmers this September.

UPCOMING EVENTS:

- October 6—6:00 p.m.—Rouse's Cooking Demonstration on Fall Vegetables. Rouse's Supermarket, 2900 E. Milton Ave, Youngsville.
- October 10-11—Cattle Festival Cooking Contest and Livestock Show

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

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Next Issue Features:

Sweet Potatoes, Diabetes Month, Healthy Holidays and Much More!!!

Kindest Regards,

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