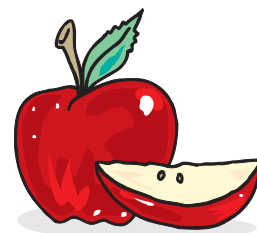


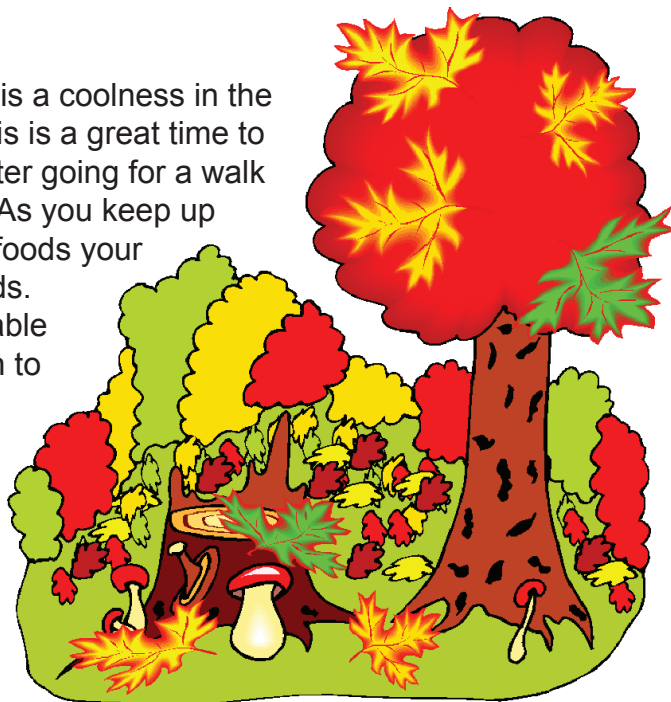
Healthy Choices for Healthy Families

*This material was funded by USDA's Food Stamp Program through
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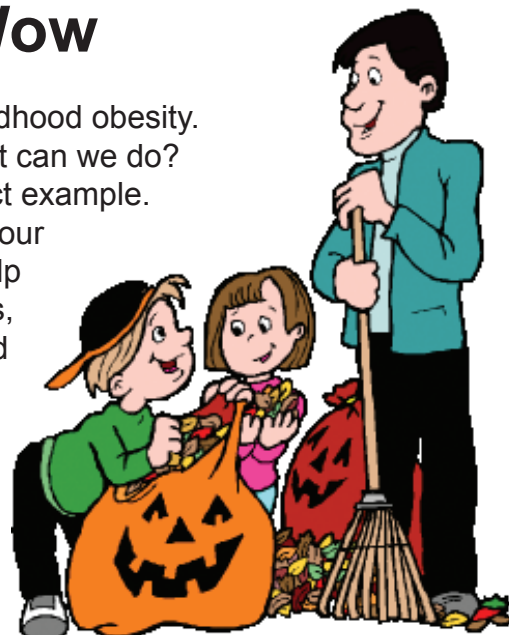
Introduction

Leaves are beginning to turn bright colors, there is a coolness in the air, and the excitement of the fall season is here. This is a great time to continue your physical activity program outdoors. After going for a walk or playing a game outdoors, you will feel refreshed. As you keep up your physical activity routine, also keep in mind the foods your body needs to stay healthy. Choose a variety of foods. Remember the food pyramid. There are foods available now that were not available in the summertime. Plan to try a new food this month.



Parents' Pow-Wow

News reports have shown us that there is an increase in childhood obesity. Look around and we can see children who are overweight. What can we do? First, be a good example. Let's do what we can to set the correct example. Choose healthy, low-fat foods from a variety of sources. Show your family that physical activity is fun. Being active every day will help keep off unwanted pounds. Remember, what goes in as calories, must be expended in physical activity. If not, the calories will add pounds to our bodies and we have done nothing to correct the problem of overweight in the United States. Adults who are overweight have many medical problems. Choose healthy foods and be active!



Senior Section

Top Five Reasons to Have a Diet Rich in Whole Grains

1. Packed with nutrition

These foods provide complex carbohydrates, vitamins (including vitamins B6, folate, riboflavin, thiamin, and niacin) and minerals (including iron, magnesium, and phosphorus.)

2. Low in fat

Most foods from this group are low in fat. It's what you add to these foods such as butter and margarine that increase the fat content.

3. A good source of fiber

Whole wheat grain products such as whole wheat bread, whole grain rye crackers, bran muffins, oatmeal, and brown rice are good sources of fiber. It is recommended that you get between 25 and 35 grams of fiber each day, along with plenty of water. Consuming at least three servings of whole grains each day will help you meet these recommendations.

4. Fills you up

A diet rich in grains doesn't leave much room for foods high in fat and simple sugars. If you fill up on grain products, you will be less tempted to eat cookies, cakes, and other sweets.

5. Tastes great

Try whole grain foods and see how good they taste.

So, how many servings of grains do you need each day? For most seniors, approximately 5-6 ounce equivalents a day is enough. This might seem like a lot of food, but because the serving sizes are small it is easy to get the amount you need.

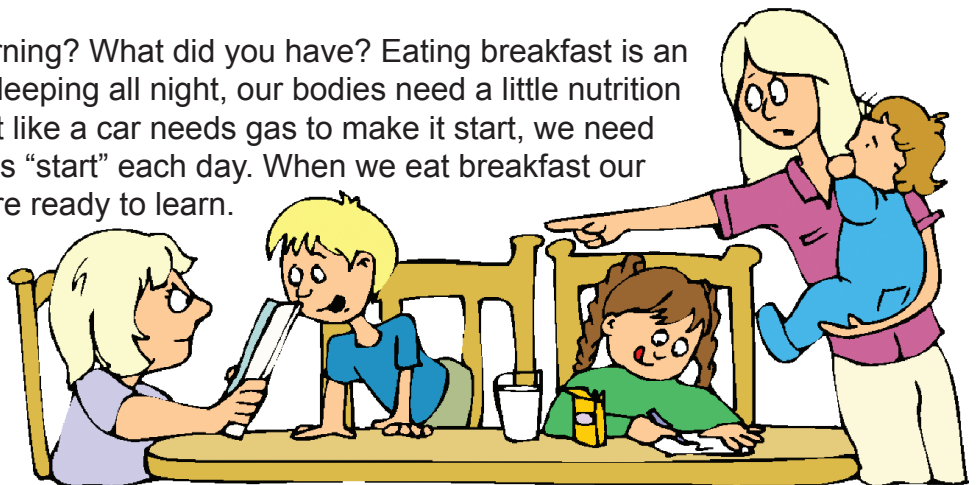
An ounce equivalent equals one slice of bread, 1 cup ready-to-eat cereal or ½ cup cooked cereal, rice, or pasta.

-Information adapted from Colorado State University, Cooperative Extension, Department of Food Sciences and Human Nutrition

Kids' Corner

Did you eat breakfast this morning? What did you have? Eating breakfast is an important habit to choose. After sleeping all night, our bodies need a little nutrition to get started in the morning. Just like a car needs gas to make it start, we need food (nutrition) to make our bodies "start" each day. When we eat breakfast our minds become sharper and we are ready to learn.

This is important every day. It doesn't really matter what you eat for breakfast as long as it is healthful and nutritious. So, remember – eat breakfast every day!



Newsletter quiz for kids:

What is the most important meal of the day? _____ (Answer on next page)

Basic Budget Bites



As our thoughts are turning to festive holiday meals, let's talk a little about turkey.

How much should you buy?

Count one pound of turkey per two servings. This does not allow for leftovers. Buy a larger turkey if you want leftovers. Larger birds are better buys. Look for turkeys that weigh at least 14 pounds.

Remember to properly thaw your turkey.

A turkey that weighs 14 to 20 pounds will take 3 to 4 days to thaw in the refrigerator. A larger turkey will take longer. Follow recommended cooking times and storage tips to keep the food safe.



Try this recipe:

White Turkey Chili

- 1 tablespoon oil
- ¼ cup onion, chopped
- 1 cup celery, chopped
- 4 cups cooked turkey, chopped
- 3 cans (15.5 ounces) Great Northern beans, drained
- 1 can (12 ounces) whole kernel corn, undrained
- 4 cups low-sodium turkey or chicken broth
- 1 teaspoon chili powder

1. Heat oil in large saucepan (at least 4 quarts) over medium heat.
2. Add onion and celery, cook and stir 2 to 3 minutes.
3. Place rest of the ingredients in saucepan. Stir well.
4. Cover and cook about 15 minutes over medium heat, stirring occasionally until thoroughly heated.

Makes 8 servings

Recipe adapted from: *COOK IT QUICK!*,
University of Nebraska Cooperative Extension
(<http://lancaster.unl.edu/food/ciq.shtml>)

Nutrition Analysis per serving:

310 calories; 32g protein; 30g carbohydrate;
10g fiber; 5g total fat; 50mg cholesterol;
980mg sodium

Menu Idea: White Turkey Chili, Crackers,
Lettuce Wedge, Apple Crisp, Lowfat Milk

Best buy for October: Apples, Cauliflower,
Pork

Best buy for November: Cranberries,
Turkey, Turnips, Squash



Kids' Corner Answer: Breakfast

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USDA is an equal opportunity provider and employer.

The Food Stamp 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 the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY).

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Local Events

Let's Cook Together

Little hands can help! Emma cut cheese in funny shapes with cookie cutters. Jackson made smiles on peanut butter sandwiches with apple slices and raisins. Tonya tore lettuce for a salad. Jeffrey poured milk.

Children are natural kitchen helpers. They like to share simple tasks of food shopping and picking foods for meals. They enjoy preparing and serving food to the family.

Cooking builds self-esteem.

Helping in the kitchen builds confidence and early skills of independence. Most kids feel proud and important when they help prepare food. Sharing in family tasks helps them feel that they belong in the family.

Cooking teaches.

Kitchen tasks give your child a chance to measure, count, and see food change. That's early math and science learning. Your child can learn new words and symbols by cooking with you. Talk about the food and what you are doing. Read words together on food containers.

Small muscle skills develop, too, when your child uses his or her hands to help with kitchen tasks.

Cleanup teaches responsibility. It's part of many creative, messy things we do.

Cooking together is fun family time.

Kitchen time offers a special parenting change. Cooking together creates closer bonds and lifelong memories. It's also a chance to talk and hear what your child has to share.

If you are interested in nutrition classes contact the Extension office.

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