

HEALTHY EATING

Upcoming Events:

June 29, 2011
5, 4, 3, 2, 1 ... Go!
(Designed for everyone
11 years old & older)
Lifelong Learning
Center
Norfolk, Nebraska
9:00 a.m. to 3:30 p.m.
Cost \$15 (includes lunch
& snacks)

June 30, 2011
Technology to Manage
Diabetes
1:30 p.m. to 4:00 p.m.
Center, Nebraska
No Cost

Choose MyPlate

The USDA unveiled ChooseMyPlate as the new food guideline which replaces MyPyramid. The USDA's updated website states that, "MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting." MyPlate contains these key messages for consumers about choosing what's on their plate:

Balancing Calories

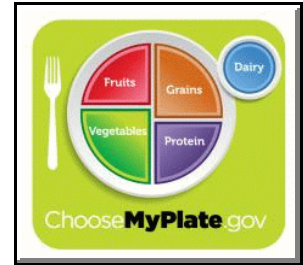
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals -- and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



Technology to Manage Diabetes

Thursday, June 30, 2011

1:30 p.m. to 4:00 p.m.

Courthouse Annex Meeting Room
Center, Nebraska

(Presented as a pre-taped program)



Topics:

New Technologies; How to Avoid Sugar Cravings; Menu Planning; Sugar Substitute Update

Instructors: **Mary Clare Stalp**, LMNT, RD, Franciscan Care Services; **Stacie Petersen**, RN & Certified Diabetes Educator, Franciscan Care Services; **Debra Schroeder**, MS, UNL Extension Educator in Cuming County

Nebraska School Food Service Association has approved this session for 2 hours of Continuing Education Credits.

To pre-register contact the UNL Extension Office in Knox County at 402-288-5611 or email knox-county@unl.edu.

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Activities include: make a nutritious snack, experiment with new recipes, fun fitness activities, touring the new UNMC Nursing School & HyVee Foods, learn what dieticians, nurses, or physical therapists do, understand what is in your foods/snacks.

Call your local UNL Extension Office to sign up.