

HEALTHY EATING

Upcoming Events:

March 28, 2012
Steps to Diabetes Self
Management
1:30 p.m. to 4:00 p.m.
Center, Nebraska
No Cost

To pre-register call 402-
288-5611 or email [knox-
county@unl.edu](mailto:knox-county@unl.edu)



Your Super Bowl Game Plan for Healthy Eating

Super Bowl Sunday is the second-largest day for U.S. food consumption, after Thanksgiving Day, according to Wikipedia.

Develop a winning Super Bowl “food game plan” by thinking like a football player on the playing field. Only, instead of the opposing team, your field is filled with food and refreshments. Here are eight winning strategies:

1. HAVE A GAME PLAN

Plan a successful defense against food that is excessive in fat and calories:

- Equip yourself - include some lower-calorie drinks & munchies.
- Position yourself away from heaping platters.
- Go in knowing what you will eat. For example, choose to have the three choices you will enjoy the most. You don't have to eat some of everything just because it's there.

2. SIZE UP THE OPPONENT

- Look at the stats on different foods. Check for a Nutrition Label that tells how many calories per serving.
- Eat food from a plate versus directly from a bag or box so you're not blindsided by the amount you're consuming.

3. GET IN CONDITION

- Lift a weight — other than your own, preferably at least twice a week! Take walks to whittle your waistline. The sooner you start, the greater the benefits. Physical activity and added muscle boost your metabolism and burn calories.

4. WATCH WHAT YOU EAT BEFORE THE GAME

- Resist overloading on calories before the game. Keep a few calories in reserve so you can enjoy goodies later without guilt.

5. AVOID PENALTIES

- Avoid later weight penalties from too many calories by choosing smaller portions.
- Don't let anyone get a penalty for drinking and driving. Remind your guests to have a designated driver and offer alcohol-free beverages.

6. KEEP YOURSELF IN THE GAME

Don't get taken out of the game because of food poisoning:

- Follow the “two-hour rule.” Leaving perishable food at room temperature more than two hours is a big mistake. When food sits out for more than two hours, bacteria can easily multiply and cause foodborne illness. Set out small amounts of perishable foods and replace those with clean plates of food within two hours.
- Or, keep hot foods hot (140°F or hotter) with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or using party trays filled with ice.

7. KEEP ADVANCING TOWARD THE GOAL LINE

- Pace yourself by alternating between higher and lower calorie foods.
- Make a successful passing play by bypassing seconds at the buffet table — or take half as much the second time around.
- Take an occasional time-out to put a halt in your eating.

8. TOUCHDOWN!

- Plan an effective running (or walking) conditioning strategy — by “pass” excessive food intakes and avoid penalties which keep you from moving toward the goal line — and you'll score a successful Super Bowl “Game Plan for Healthy Eating.”



Need a quick dip recipe for Super Bowl Sunday? How about a dip that doubles as a nutritious snack or perhaps ... even a mini-meal? Enjoy these dip recipes made from items commonly found in your fridge or cupboards. They're filled with nutrient-rich foods such as beans, fish, cheese, and salsa. Serve with vegetables and whole grain chips or cracker dippers.

Pinto Bean Salsa Dip

- 1 can (approx. 15 oz.) pinto beans, drained and rinsed or 1-1/2 cups cooked dried beans
- 1 cup shredded cheese
- ½ to 1 cup chunky salsa
- 1 to 2 tablespoons chopped onion (optional)
- 1/4 to ½ teaspoon chili powder or to taste (optional)

Mash beans with a fork. Mix in cheese. Stir in enough salsa until mixture is desired consistency for dipping. Add onion and seasoning as desired. Serve cold or cook, stirring, over medium heat until the cheese melts and the mixture is well blended and hot (about 5 minutes).

Tuna Veggie Dip

- 1 can (approx. 6 oz.) water-packed tuna, drained
- 1 stalk celery, chopped fine
- 1 medium carrot, chopped fine
- 4 to 6 tablespoons lower fat mayonnaise
- 1 teaspoon Italian seasoning or to taste
- 1/8 teaspoon black pepper

Mix ingredients until well blended with sufficient mayonnaise until desired consistency is obtained.

Source: <http://www.extension.unl.edu/web/fnh/superbowl>

Put In The Big Rocks First!

In First Things First , Stephen Covey tells a story that one of his associates heard at a seminar. The seminar presenter pulled out a wide-mouth gallon jar and placed it next to a pile of fist-sized rocks. After filling the jar to the top with rocks, he asked, "Is the jar full?" The group replied, "Yes."

He then got some gravel from under the table and added it to the jar. The speaker jiggled the jar until the gravel filled the spaces between the rocks. Again, he asked, "Is the jar full?"

This time, the group replied, "Probably not."

The speaker then added some sand and asked, "Is the jar full?" "No!" shouted the group.

Finally, the speaker filled the jar to the brim with water and asked the group the point of this illustration.

Someone replied that you could always fit more things into your life if "you really work at it."

"No," countered the speaker. The point is, if you don't put the big rocks in first, " . . . would you ever have gotten any of them in?"

As you start the new year, think of the "big rocks" in your life as the things you can do to make this a healthier and happier year for yourself and others. When making decisions during the moments, days and months of the year ahead, ask: "Is this a big rock?"

Say "yes" to your "big rocks" first. Don't feel you need to explain each "no" when the smaller gravel and sand try to fill your time. "No" can be a complete sentence!

Source: Alice Henneman, MS, RD, UNL Extension in Lancaster County



Creating Balance with Food & Fitness

Creating Balance with Food & Fitness is a wellness program for adults that is interactive, convenient, flexible, and fresh, has lots of variety, is professional, and can be a little or a lot depending on what you want.

You can take the class alone; get together with co-workers or friends, or a combination of both depending on your schedule. It is a great worksite wellness class that can be taken over the noon hour. The registration fee is \$20 which includes a wellness kit, postage, and class fees.

This seven-week series of interactive sessions will help you:

- Know your numbers (i.e. blood pressure, cholesterol)
- Develop goals to improve or maintain health
- Balance calories to manage weight
- Know which foods to increase
- Know which foods to reduce
- Increase your physical activity level

How the Class Works:

Live! Weekly Webinars Online

Thursdays for seven weeks (February 7 through March 20, 2012) from noon to 1:00 p.m. CST

Class members also participate on the Web using eXtension moodle campus, where you can:

- Have interactive discussions with other class members and UNL extension personnel
- Watch archived webinars
- Access additional resources, handouts, and links

Check out the website for additional information and viewing sites for small groups:
http://food.unl.edu/web/fnh/food_fitness

For registration and cost information:

Register on-Line at <http://go.unl.edu/creatingbalance> or contact Lisa Franzen-Castle at 308-632-1256 or your local Extension Office.

Knox County will be hosting this series at the Extension Office in Center. Contact Ruth at 402-288-5611 if you would like to attend.

