

HEALTHY EATING

Upcoming Events:

November 30, 2011
Control Diabetes for Life
Options for Control
1:30 p.m. to 4:00 p.m.
Center, Nebraska
No Cost

Topics:

Managing Your Meals;
Weight Loss Surgery; Are
There Good & Bad Carbs?;
Creative Casseroles

To pre-register contact
the UNL Extension
Office in Knox County
at 402-288-5611 or
email knox-

Healthy Holiday Substitutions

During the holiday season, eating healthy can seem downright impossible. Between shopping for the holidays, family and work responsibilities and sometimes not enough sleep, temptation to indulge in your favorite holiday foods can be hard to resist. This holiday season, instead of feeling bad about making and eating your favorite holiday dishes and treats, make some simple substitutions to bump up the nutrition and decrease the fat, calories, and sodium in your recipes to have a healthier holiday season. Check out the following tips on making healthy holiday substitutions.

Making Healthy Holiday Substitutions:

Flour: Try substituting whole wheat flour for half of the called for all-purpose flour in baked goods such as cakes and muffins to increase the nutrient content of your treats. Whole grains provide many nutrients vital for health, such as dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Cream: Top off holiday pies with frozen or low-fat yogurt instead of whipped cream or ice cream. When recipes call for sour cream, use plain, low-fat or fat-free yogurt to make snacks that are lower in fat and calories. Dairy products that retain their calcium content such as yogurt have calcium as well as potassium, vitamin D, and protein.



Seasoning Salt: When the recipe calls for seasoning salt, such as garlic salt, celery salt, or onion salt try using herb only seasoning, such as garlic powder, celery seed, onion flakes, or use finely chopped herbs garlic, celery, or onions. According to the 2005 Dietary Guidelines, a healthy adult should not exceed 2,300 mg of sodium a day, however many Americans consume twice that amount.



Eggs: For cakes, cookies, and quick breads try using egg whites or cholesterol free egg substitute instead of whole eggs. Two egg whites or 1/4 cup cholesterol free egg substitute can be used in many recipes in place of one whole egg. One large egg has about 213 mg of cholesterol, which is all located in the yolk, and it is recommended that healthy adults limit dietary cholesterol to less than 300 mg per day. Egg whites contain no cholesterol.

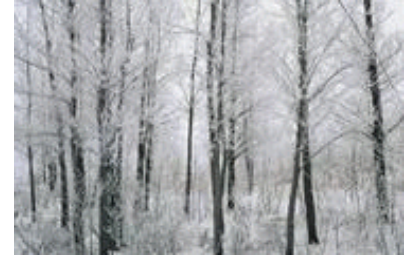
The National Institutes of Health say Americans gain about a pound every winter holiday season. Although one pound sounds small, over several years this adds up. Remember, obesity doesn't happen overnight, pounds accumulate slowly over time. So start a tradition this holiday season by getting creative and making your holiday recipes healthier through simple substitutions.

Source: Lisa Franzen-Castle, MS, PhD, RD; Extension Nutrition Specialist UNL Panhandle Research & Extension Center

Preparing for Winter Storm Emergencies

As Nebraskans, we take winter storm warnings in stride but these storms can often disrupt your usual routine. Winter storms can leave you without power or prevent you from getting to the grocery store.

Planning ahead for winter weather can eliminate a major source of stress for you, your family, or others you care for, such as an elderly relative or neighbor.



Planning ahead for winter storm emergencies can range from a well-organized 7-day emergency food supply to a few basic items to keep on hand. Regardless of where you are on the range of planning activities, keeping food safe in an emergency can help you plan what you'll need.

Always keep meat, poultry, fish and eggs refrigerated at or below 40 degrees F. and frozen food at or below 0 degrees F. This may be challenging if there is no power! Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Once the power goes off, the refrigerator will keep food safely cold for about four hours if it's unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it's half full) if the door remains closed.

Be prepared by stocking up on staples that don't need to be refrigerated. Either they are precooked and can be used cold, or only require the addition of hot water. Here are some examples to keep on hand.

- Water - one gallon per person per day
- Ready-to-eat canned foods - vegetables, fruit, beans, meat, fish, poultry, pasta
- Soups, canned
- Smoked or dried meats, i.e. - commercial beef jerky
- Dried fruits and vegetables - raisins, fruit leather
- Juices (vegetable and fruit) bottled, canned or powdered
- Milk - powdered, canned, or evaporated
- Staples like sugar, instant potatoes and rice, coffee, tea, cocoa mix
- Ready-to-eat cereals, and instant hot cereals
- High energy foods - peanut butter, nuts, trail mix, and granola bars
- Cookies, crackers, candy, chocolate bars, soft drinks, other snacks
- Ready-to-use baby formula for infants
- Pet food
- Manual can opener



Consider what you can do ahead of time to store food safely in an emergency. For example, keep an insulated cooler on hand to keep food cold if the power is out for more than four hours. Keep frozen gel packs or blocks of ice in your freezer and use these to keep perishable food cold in the cooler.



Source: acreage.unl.edu