

HILLSBOROUGH COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

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My Pyramid: Steps to a Healthier You

By Loveda C. Perry, Extension Faculty, Expanded Food & Nutrition Program

The new MyPyramid is out and can be found at website: www.mypyramid.gov

The new MyPyramid is designed to offer consumers a more personalized approach to healthy eating. The

MyPyramid symbol is designed without pictures of food in hopes that it will encourage consumers to find out what is right for them based on their age, sex and physical activity level. The new MyPyramid also helps to translate the principles of the new 2005 Dietary Guidelines for Americans, which was recently released as well (Jan. 2005).



THE PARTS OF THE MYPYRAMID:

The Steps and the Person climbing

Represent 1) daily physical activity and 2) Personalization

Color Bands

Represent Variety. Each of the food groups is represented in a color.

Width of the color Bands

Proportionality: suggest how much food a person should choose from each group.

Narrowing of the color Bands

Moderation: The wider part represents food with little or no solid fats or added sugars, while the narrower includes those types of foods. The more active you are, the more of the foods represented in the narrow group you can have.

Slogan: Steps to a Healthier You

Gradual improvements with small steps. Let's go "Inside the Pyramid" for a closer look:

When you first enter the MyPyramid website it will take you to "MyPyramid Plan". Here you will put in your age (your real age, for more accurate feedback), sex and activity level. The activity levels are based on the amount of activity you do in addition to the regular activity for everyday living. Additional activity for **moderate or vigorous** means brisk walking, aerobics, running, gardening or bicycling for example. Activity levels are defined as:

Sedentary: a lifestyle that includes only the physical activity of independent living.

Low Active: a lifestyle that includes at least 30 minutes per day of moderate physical activity in addition to the activities of independent living.

Active: a lifestyle that includes at least 60 minutes per day of moderate to vigorous physical activity in addition to the activities of independent living.

Now you have your results: the approximate calories level you need each day. This will take you to the "MyPyramid Plan". This plan will provide you with a calorie table of the food groups and serving amounts needed each day. By following the plan you will meet your individual nutrient needs as well as daily energy requirements.

Now it is time to learn more about the food groups that the plan has estimated that you will need each day. The food groups are represented by the color bands as follows:

- Orange-Grains
- Green-Vegetables
- Red-Fruits
- Yellow-Oils
- Blue-Dairy
- Purple-Meats/Beans

Left click on the colors to learn more about each food group. Under each group you can read about and print the following:

- What's in the food group
- How much is needed
- What counts as a serving
- Health Benefits and nutrients for that group
- Tips to help include the group each day.

Grains: Orange

Grains provide many nutrients in the diet including fiber. Research has proven that people who include whole grains have 1) lower risk of diabetes, cancer and heart disease, 2) lower incidence of constipation and 3) promotes weight management. The recommendations by the Dietary Guidelines is that at least ½ the grains eaten should be whole grains. Examples of whole grains are oatmeal, wholewheat bread, crackers and wild/brown rice. Refer to “What counts as an ounce equivalent of grains?” to see a list of grains and appropriate serving sizes. A gallery of grain foods is provided also.



Vegetables: Green

Eating a diet high in

vegetables (and fruits) has been shown to decrease a variety of chronic diseases including cardiovascular disease, diabetes and certain cancers. Because of the low calories and fat content of vegetables it also helps to maintain a healthy weight.

Vegetables have been categorized into 5 subgroups based on their nutrient content: Dark green, Orange, Dry peas/beans, Starchy and Other. It is recommended that the different groups be included through out

the week to provide variety and essential nutrients that each is especially high in. Vegetables may be raw or cooked, mashed or whole. See the “Vegetable Food Gallery” for the list of vegetables and their groups. Remember to wash fresh vegetables before preparing or eating them.

Fruits: Red

Most fruits are naturally low in Sodium, fat and calories; which makes them perfect to be part of a healthy diet. Fruits are a natural source of potassium (helps to maintain a healthy blood pressure); Vitamin C (helps to fight infection and heal wounds), and dietary fiber. See “Inside the Pyramid, What counts as a cup of fruit” to see fruits and serving amounts. As a general rule fruits are ½ cup fruit or juice but have some differences on the fruit itself, especially dried fruits. 100% fruit juice can be counted towards a serving of fruit as well-but will still need to be portioned as they also contain calories and too much juice can take you over your calories allowance.



Milk: Blue

Dairy products are calcium rich foods that

help to build and maintain bone mass and bone health. Dairy products should be included daily to ensure adequate Calcium and Vitamin D. Two (2) servings are required each day for children 2-8 years old; and 3 servings for children 9 and older and all adults. Check into the Milk Food Gallery to see the most common choices. Choose fat-free or low fat (1% or lower) milk, yogurt and cheese. Whole milk products may add to many extra calories and are also high in cholesterol and saturated fats. A serving from the dairy group is generally 1 cup (8 oz.) milk or yogurt and 2 oz of cheese. Take a look at “Tips” for ideas to include dairy each day, especially if you are not likely to drink milk.

Meats/Beans: Purple

Foods from this group are higher quality sources of protein which is essential for growth and maintenance of body tissue.

The meat group includes animal sources of protein as well as eggs,



dry peas/beans and seeds. Including a variety of these foods will provide your body with essential nutrients including the B vitamins, Vitamin E, Iron, Zinc and Magnesium. By including a variety of these sources instead of meat/poultry every day you will be able to increase your intake of monounsaturated fats and polyunsaturated fats. These fats have essential nutrients that our body does not manufacture and must be included in the diet. Many nuts and seeds are good sources of Vitamin E and fiber.

When selecting and preparing, choose lean or low fat meat/poultry as well as low fat cooking methods. Select fish rich in Omega 3 fatty acids. See the Food Gallery for more information and ideas.

calories in your daily allowance not just the calories from oil.

When choosing oils remember that the saturated and trans fat will tend to raise cholesterol levels, increasing risk of heart disease. Oils higher in MUFA and PUFA will lower cholesterol, reducing your risk of heart disease. Remember, however, that whether oil or solid these foods are still higher in calories and need to be limited.

Discretionary calories:

The new MyPyramid has allocated a section referred to as discretionary calories.

Discretionary calories represent a margin of calories left over after you have eaten all of the other foods outlined on your pyramid plan and have a few more calories you can have. The more active you are and the better you are at selecting low fat food choices, the more of these you can have. Foods that have added sugars are also part of this group. Remember to think about foods high in added sugars such as soda or sweets. These foods are part of the total calorie recommendation for you and may cause you to go over. When discretionary calories are allowed you can choose to include more of the other foods from the groups (nutrient dense) or occasionally adding sweet deserts.

The new MyPyramid encourages people to make healthy choices one step at a time. Activity is an integral part of this system. Including activities such as walking, aerobics, tennis, etc help to build and maintain bone health, along with a diet high in calcium. Including activities such as bike riding, swimming, walking, etc. helps to increase strength and burn calories. All activities help to burn calories, strengthen and maintain a healthy weight. Remember you can add activity throughout the day. 60 minutes of activity can be accomplished in several smaller sections, i.e. 15 minutes at lunch, 10 minutes at break, etc.

Good Luck on your personalized encounter with the new MyPyramid.



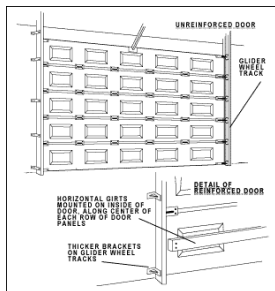
Oils: Yellow

Let's take a look at oils. It is easy to notice that the yellow

band is very narrow. That's because oils are very high in calories and should be limited to only as much as one needs to get essential fatty acids. The daily allowance for teen and adults is about 5-6 teaspoons and 3-4 teaspoons for children. Oils are fats that are liquid at room temperature and come from plants and some fish. Examples of oils are: canola, corn, olive, sunflower and safflower. Some foods are naturally high in oils, like nuts, olives, some fish and avocados. Foods higher in oil will be higher in polyunsaturated (PUFA) and monounsaturated fats (MUFA).

For choosing foods such as mayonnaise, salad dressing and margarine look on the label for 0 trans fat. This will be required on labels by 2006 but are on many labels now. Choosing oils from plant sources helps to limit cholesterol and saturated fat intake. Saturated fats are solid fats at room temperature. Sources include: butter, stick margarine, meat/poultry fat and shortening. When referring to the site "How do I count the oils I eat?" Remember to count the total





Is Your Home Ready for Hurricane Season?

By Lisa Leslie



Hurricane season begins June 1. Now is the time to follow through and complete your hurricane preparations and preparedness plan.

Reinforcing Your Home

Three key areas to secure are garage doors, windows and your roof. These areas have the highest potential for being effected by the wind or wind driven debris.

Garage doors installed to meet the requirements of the 2002 Florida building code are designed to meet current wind resistance standards. Garage doors installed prior to that date will need to be reinforced or replaced.

There are many options for reinforcing windows - plywood, shutters, impact resistance windows, and new products such as fabric or screen shields. Using masking tape or other adhesive products is NOT recommended. If you are using plywood be sure that you are using the proper fasteners.



Now is a good time to check your roof. Are shingles loose? Do you need to add hurricane clips? Choose carefully when hiring a contractor. Contractor licensing reports are available through the Hillsborough County Planning & Growth website, <http://www.hillsboroughcounty.org/pgm/resources/onlineservices/contractors/home.cfm> and licensing information for

contractors in the state of Florida can be found at www.myfloridalicense.com

Home Reinforcement Seminar

Hillsborough County Extension will again be offering the class "Preparing & Reinforcing Your Home for Hurricane Season." The class will be held on June 11, from 9:00 a.m. -12:30 p.m. at the offices of the Tampa Bay Builders Association. The Tampa Bay Builders Association is sponsoring the class, so there is no cost to attend. Seating is limited and pre-registration is required. Residents can register by calling Jennifer at (813)744-5519 x137 or online at <http://hillsborough.extension.ufl.edu>.

People with disabilities requiring special accommodations please contact Jennifer at least five working days prior to the program so that proper consideration may be given to your request.

The class will be an opportunity for residents to learn what steps they can take to prepare their home for the upcoming hurricane season. Class topics will include: tree care and protection; evaluating residential structures; reinforcing windows, garage doors and trusses; and preventing mold problems.



On a dead branch that has a collar of live wood, the final cut should be just beyond the outer edge of the collar.

Presentations will be given by a county forester, a professional engineer who is a disaster first responder, a building contractor, an Extension Agent, and a Hillsborough County building official.



Is Your Child Ready for Self-care?

Diana Converse, Family Life Faculty



Self-care can be a positive and rewarding experience for children who are ready for it and are properly prepared. It can help them develop independence and learn responsibility. It can give them confidence in their own abilities. However, if a child is not mature enough, self-care can be an anxiety-producing and dangerous situation.

In deciding whether a child is ready for self-care, parents must consider several factors, starting with the child's level of maturity and good sense needed to stay alone, but as a general guideline, most children before age 11 lack the decision-making skills necessary for self-care.

When assessing your child's readiness for self-care, ask yourself the following questions:

Is my child physically ready to stay alone? Can he/she:

- Lock and unlock doors and windows in the home?
- Perform everyday tasks such as making a snack, dialing a phone, and writing a message?



Is my child mentally ready to stay alone? Can he/she:

- Understand what "stranger" and "emergency" mean?
- Recognize danger and know how to stay safe?
- Know how to contact their designated person?
- Demonstrate responsibility, such as getting ready for school on time with little supervision?
- Solve small problems on his/her own, but know when to get help?
- Consider how his/her actions affect others?

Is my child socially ready to stay alone? Can he/she:

- Solve conflicts with siblings with little adult help?
- Talk easily to parents about what happens at school and his/her feelings?
- Feel confident enough to contact another adult if a problem arises?

Is my child emotionally ready to stay alone? Does he/she:

- Feel confident and secure when alone?
- Seem willing to stay alone?
- Know how to keep him/herself entertained?
- Know how to handle fear, loneliness, and boredom?

Even if your child does seem mature enough for self-care, you will also need to think about some other factors:

- Is your home safe?
- Is your neighborhood safe?
- How long would your child be alone each day?

Your own feelings as a parent are also important. Do you feel comfortable about your child staying alone? Are you ready to give your child more independence and freedom? If you are confident that your child will be safe and will make wise choices while home alone, you will feel good about self-care. Find our publication "Children in Self-Care," which includes information on establishing rules, trial periods, and preparing your child for self-care at: <http://EDIS.ifas.ufl.edu>.



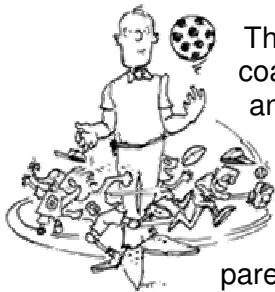
Dads As Coaches

Joe Pergola

Regional Family life Extension Faculty

One of the most satisfying times in my life was the 10 years I coached youth baseball when my son and daughter were growing up. Those kids played their hearts out. Some of those boys and girls were better athletes than others, but they all contributed to the team.

They had lots of experience in both winning and losing, but more importantly they learned some important basic life skills. For instance, they learned something about teamwork, a lot about themselves, and they had **fun**. It has been a while since I coached, but I still have connections to some of those kids. They remember not so much the winning and losing, but mostly the “good times” they had.



The parents who helped coach gave a lot of their time, and they had quite an important impact not only on their own children but on all the kids they came in contact with. Those parents who did not have the time to coach came out to the games to encourage the kids and enjoy the games.

O.K. There **were** some parents who did not quite get it. Some thought the important part of youth sports was about **winning**. They focused on the results and not the effort. If the kids tried hard but did not win, their parents had a lot to say about “losers.” And they didn’t hesitate to question the ability of the coach and the integrity of the umpires. Can you imagine that? Worst of all they took it out on their kids and other kids. They argued among themselves, badgered the opposing teams, complained, and whined. They yelled at their kids, shamed them, or tried to bribe them with money to hit home runs. Others tried to enhance their child by putting other kids down. Poor sports they

taught their children poor sportsmanship! Some parents today have upped the ante to include profanity and violence.

Dads, remember the kids are playing a game. They have a chance to learn skills, compete, increase confidence, become good team members, and have fun. They make mistakes, but can learn from them. If the game is filled with pressure from parents, they will expend energy trying **not** to make mistakes. They will resort to making excuses, blaming others, and complaining about umpires and coaches. Where do they learn this? Parents and coaches set the tone.

Parents may rationalize placing their children under pressure, saying it is for their own good. “If they want to do better, they have to learn to perform under pressure in this society.” The problem is that if mistakes are associated with failure, kids will not perform well under pressure. Focusing on winning and collecting trophies does not necessarily enhance athletic performance. Research shows that the best athletes focus on tasks not trophies. They focus on skill development and measure their progress by competing against their own past performance.

Dads, you decide. If you want to nurture a healthy competitive attitude in your children, then encourage them to do their best and learn from their mistakes by not overreacting. Praise participation and effort, not statistics.



Source: *Attitudes in Youth Sports: Parents Set the Tone*. Dr Darrell Burnett, Sports Psychologist, Coaching Youth Sports, November, 1995.



It Takes a Rainbow to Keep Bones Strong

Mary A. Keith, PhD, LD, Foods, Nutrition and Health Agent

That 'rainbow' is nutrients of course, not colors. Besides the rainbow colors of fruits and

vegetables that are important for strong bones, there are at least 6 specific nutrients, plus exercise, known to influence bone strength. Probably the first nutrient we think of when someone says 'bones' is **calcium**. It's true that the major ingredient in bone is calcium. And it's true that most of us don't get as much calcium as we need. The amount of calcium recommended for a woman over 50 is at least 1,200 mg. Dairy products, fortified orange juice and cereal, sardines and anchovies are our best sources.

But just putting calcium in our mouth is no guarantee that it will get into our bone. To make sure that we can absorb the calcium from our gut and that it can get out of the bloodstream and into the bone, we must have enough **Vitamin D**. While we in the Sunshine State have a better chance of getting our vitamin D by exposure to sunshine, the truth is that many people don't get enough. A daily supplement of 400 IU is recommended for those of us 50 years or older, and 600 IU once you pass 70 years.

Along with calcium we need another mineral, **potassium**. Because of medications, some people should try to limit their potassium. The rest of us should try to increase our intake. But taking too much can cause heart problems in anyone. This is one good reason to avoid potassium supplements and stick to fruits, vegetables and low fat dairy products.

Besides the potassium that **fruits and vegetables** provide, they also give us another benefit. Because of the way we digest them, they neutralize acid. If our blood is too acid, it will steal calcium from the bones to neutralize itself. This

makes it easier for the kidneys to work, but weakens the bones. Fruits and vegetables protect the bones by doing the neutralizing job first.

Vitamin K is another necessary nutrient that comes mainly from vegetables. This vitamin has to work before the calcium gets to the bone. Vitamin K helps build the frame, the scaffolding so to speak, that the calcium and potassium will be put into. Without its frame, bone can't use calcium. As with potassium, there are some people who need to avoid vitamin K, but most of us need more than we get. And the best place to get it is green leafy vegetables.



Protein has a less clear position in this rainbow. On the minus side, protein in the diet makes acid that can take calcium out of bone. But in those people, especially older persons, who have enough calcium in their diet, more protein strengthens bones, and speeds up the healing of broken bones. Like vitamin K, protein helps build the frame and stimulates bone growth.

Whether you're a child or an elder, **exercise** is important. The more weight and movement put on a bone, the stronger it will grow. The less a bone is used, the thinner it will be.

Finally, one nutrient to avoid in high amounts - **vitamin A**. Too much A seems to double your chances of a break. Read the vitamin bottle label and don't take more than 3,000 IU a day from supplements.

Keep the rainbow shining for strong bones all life long.

