



UNIVERSITY OF
FLORIDA

E X T E N S I O N

Institute of Food and Agricultural Sciences

HILLSBOROUGH COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

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March 2006

It's National Nutrition Month - Do You Need a Dietitian?

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

Okay, so it isn't as much fun as St. Patrick's day. But it is a lot more important, at least if you value your health. Getting good, reliable nutrition information is not as easy as finding a green beer. It seems every time you turn around there's another book, infomercial or website offering advice on what to eat.

dialysis. It's easy today to take a pill for so many illnesses. We forget that many times we could take fewer pills if we took better care of our nutrition.

But diet and nutrition are important at every stage of our lives. No matter how young or old, a dietitian is the person to turn to for good reliable advice when it comes to food and healthy eating.

Who can you trust?

The American Dietetic Assoc. (ADA) is the national organization for dietitians. Dietitians are professionals trained in the fine art of eating for health. A Registered Dietitian, or RD, has studied, worked in an internship, and passed a very difficult national examination.

In Florida we have Licensed Dietitians/Nutritionist. An LD/N has completed work and study equivalent to the RD, and passed the same exam. All RD's must be licensed as well if they want to work in Florida.

When Do You Need One?

We might think we only need a dietitian if we have diabetes or need

Reasons to Use a Dietitian



1. You have diabetes, cardiovascular problems or high blood pressure.

An RD or LD can help you change your eating patterns to keep you healthy without having to give up good taste.

2. You had, or think you want, gastric bypass surgery. You'll need help adjusting to a tiny stomach while still getting all the nutrition you need.

3. You have digestive problems. A sensitive stomach can ruin anyone's day. A dietitian can help you avoid what bothers you and keep you feeling fine.

4. You're pregnant, or hoping to be.

When you're eating for two there's more to good nutrition than just double of everything. Folate prevent birth defects in the nervous system. Other vitamins and minerals are very important too.

5. You're breastfeeding the baby.

You might actually need more food now than when you were pregnant, and you need extra iron, fluoride and some vitamins too.

6. Your tots and toddlers won't eat a meal.

They might be fine, they might need help. A dietitian can help you decide whether you need to worry, and what to do if you are worried.



7. Your teenager has issues with food.

Whether it's overweight or underweight, eating disorders or refusing to stick to a diabetic diet, a dietitian can help you and your teen navigate the tough times.

8. You want to gain or lose weight.

There are ways to gain or lose that don't put your heart or other organs at risk, and healthy foods that don't taste like cardboard! A dietitian can help you find them.

9. You're caring for an aging parent.

Age affects not only our appetite and taste but also how well we absorb what we eat.

Dietitians can help you manage medications, hydration, special diets and eating needs for your loved ones.



10. You want to be smart about your own diet.

A dietitian is the best source to help sort out the myths from the

reality, help you separate the facts from the fiction on a food label, figure out how to use convenient food in healthy ways, and resist the temptations all around us.

11. You or your teens want to improve your sports performance.

There are healthy ways to set and reach healthy goals, for a friendly game of neighborhood basketball or to prepare for next year's Gasparilla run. A dietitian can guide you through the steps.

12. Someone in the family has food allergies.

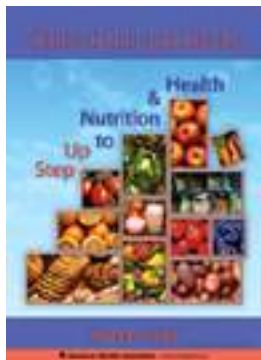
Some allergies are not as simple as they appear. A dietitian can help you decipher a food label, modify a recipe, or find a source for safe ingredients.

It's the smart way to eat healthy.

To find a registered dietitian, go to www.eatright.org and search by ZIP code. Or ask your doctor if there is one associated with the office.

March is National Nutrition Month

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



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This year ADA is promoting National Nutrition Month® 2006 as the perfect time to *Step Up to Nutrition and Health*, by remembering these 5 key messages to eat smart and stay physically active this month and all year long:

The food and physical activity choices you make today affect your health and how you feel today and in the future.

Make smart choices from every food group. A balanced diet meets your nutritional needs by including a variety of nutrient packed foods everyday.

Get the most nutrition out of your calories. Choose the most nutritionally rich foods from each food group that are lowest in calories.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness, plus it helps to control body weight, promotes well-being and reduces risk of chronic diseases.

Play it safe with foods. Prepare, handle and store food properly to keep your and your family safe.

National Nutrition Month® 2006 is also reminding consumer that registered dietitians are the most valuable and credible source of timely, science-based food and nutrition information.

ADA's Top Ten Reasons Why Consulting with a Registered Dietitian Can Benefit You

1. You have diabetes, cardiovascular problems or high blood pressure.
2. You thinking of having or have had gastric bypass surgery.
3. You have digestive problems.
4. You're pregnant or trying to get pregnant.
5. You need guidance and confidence for breastfeeding your baby.
6. Your teenager has issues with food and eating healthfully.
7. You are struggling with weight issues and need to gain or lose weight.
8. You are caring for an aging parent.
9. You want to eat smarter.
10. You want to improve your performance in sports.



Top Ten Reasons to Consult a Registered Dietitian

For the second consecutive year, in commemoration of National Nutrition Month, the American Dietetic Association is displaying "The Top Ten Reasons to Consult a Registered Dietitian" throughout March in a prominent window location in Rockefeller Center Plaza in New York City. More than 250,000 people pass the window each day, bringing ADA's healthful-eating messages directly to millions of New Yorkers and tourists alike.

7. You need to gain or lose weight.
8. You're caring for an aging parent.
9. You want to eat smarter.
10. You want to improve your performance in sports.

To learn more or find a registered dietitian go to <http://www.eatright.org>



Preparing and Reinforcing Your Home for Hurricane Season

Sponsored by: Tampa Bay Builders Association

- When:** April 8, 2006 – 9:00am – 12:30pm
- Location:** Hillsborough County Extension Office
5339 County Road 579, Seffner, FL 33584
- Cost:** \$7.00 per household
- Registration:** Pre-registration & prepayment is required. Seating is limited.
Registration deadline is March 31.
Registration form is below.

Class topics will include:

- Tree care and protection
- Evaluating residential structures
- Hiring a contractor
- Reinforcing your home – garage doors, windows, trusses
- Preventing moisture problems

Name:

Address:

Phone:

Email:

Type of payment enclosed: ___ Check ___ Money Order

We will send you a confirmation once we receive your form and payment. Please check how you would like us to send the confirmation: Email ___ Mail ___

Mail this form and registration payment to:

Traci Buck, Hillsborough County Extension
5339 County Road 579, Seffner, FL 33584-3334

If you need further information, contact Traci Buck at (813) 744-5519 x137 or TABuck@ifas.ufl.edu
For persons with disabilities requiring special accommodations, please contact Traci Buck at (813) 744-5519 x137 at least five working days prior to the program so proper consideration may be given to your request.

Communicating with Your Family Day Care Provider

By: Joe Pergola, Regional Family Life Faculty

It's been a tough day at work, you finally finished the project you've been working on all day, but now you are late for picking up your daughter at child care. Exhausted, fighting heavy traffic; you finally reach your destination. When you are assessed with a late fee by your provider, you really get upset. Kindly but firmly she assures you that is what you agreed upon in your contract.

When you arrive home, you quickly search for the contract you placed in your kitchen cupboard. Sure enough, there it is. Now you vaguely remember the provider mentioning that sometimes, because she works at home, people forget that her services are like any other business. As a licensed professional she offers quality care for your child. The personal in-home experience may be just what you want for your child, but the informal atmosphere may tend to blur the boundaries.

To avoid misunderstandings, it's important to get the facts up-front during the interviewing process. If you sign a contract, you need to read it and ask questions about what you are signing. Concerning payment, just what are your responsibilities and what are the responsibilities of the provider. When is payment due? Will you be charged the full week if your child is at home sick? Is there an agreed upon fee for late pick up? Are there additional charges for special activities, food, diapers? Will you need to find alternative care for provider vacation time or holidays? How will alternate care be arranged if the provider is ill or has an emergency? Who besides yourself is authorized to pick up your child? What are her policies about parents dropping by? If you do not work set hours, you need to negotiate with your provider a flexible schedule if possible. You cannot assume that because your provider is working at home, her schedule is flexible.

When you interview the provider at her home, bring your child with you. Notice how she interacts with your child. Is she warm, friendly, caring? Can you picture your child in her care? Also notice the surroundings. Is the home clean, organized and provide learning activities?



Ask the provider for references or evidence of training and experience. Just because she is licensed, it does not necessarily assure that you will agree on child rearing issues, methods of discipline or learning activities. Now is the time to discuss these issues. Your provider is a professional. She knows just how important a decision this is. The provider will share with you her own philosophy of child care and her expectations as well.

One other situation to keep in mind. Sometimes the provider is a friend who is licensed to provide care for her own child, your child and a few other children. Your friendship may be one of the reasons you entrust your child in her care. However, whether you are already friends or you became friends over time, remember your provider is still running a business. It would be best to respect the contract you mutually agreed on. You will be putting your friendship to a test if you expect her to wait on payment or to care for your child excessive hours.

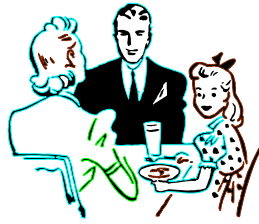
At the same time, friendship should not stand in the way of expressing any concerns you may have about your child's care. Express your concerns in a positive way. Confront the issue not the person. If your child complains to you that another child hit him, you'll need to discuss this with the provider - let her know your concerned about your child's safety, then **listen** to what she tells you. What are the facts from her point of view; how did she handle the situation; what does she suggest for follow up? This will allow you both to work together on resolving the issue a lot easier than if you angrily confronted the provider. On the other hand, if the provider needs to talk to you about her concerns, try to listen without taking offense.

If parents approach their relationship with the provider as a partner in raising the child, then the child benefits from a caring, consistent approach both at home and at child care.

Arguing in Front of the Children

Diana Converse, Extension Family Life Faculty

No family is an oasis of peace and harmony. In fact, all families have disagreements and arguments from time to time. As a parent, you may have asked yourself if it's appropriate to argue in front of the children. Some experts



caution that children feel anxious when their parents disagree, which results in tension and uneasiness within the family. They contend that children need the security of feeling that their parents are a united, unified pair.

Dr. Gregory Ramey, child psychologist at Dayton Children's Medical Center suggests that this protectionistic view underestimates children's resiliency. He states that children already know that their parents have different points of view and that arguing in front of children may be beneficial. Children and teens deal with disagreements all the time. When they hear one parent say, "We'll talk about that later," children recognize that as code words for "let's not tell the children that we are two independent people who have differing points of view. Watching their parents argue and resolve issues teaches them a great lesson about how they deal with the real world.

Parental arguments can be great learning opportunities for children. It teaches them that people who love each other can disagree passionately about an issue, and yet eventually come to some resolution. As your children's most important teacher, you can be a role model for teaching them about listening, respecting, and resolving differences.

Here are a few cautions to keep in mind about arguing in front of the children. Stay

away from certain topics, depending on the age of your children. You obviously wouldn't discuss personal marital issues in front of the children. Also, don't make it a routine; no one likes to be around people who argue a lot. Don't argue in front of the children if you don't know how to resolve an issue. A "good" disagreement involves a mutual understanding of the other's point of view and a resolution that both parents find acceptable even if it isn't their personal preference. "Bad" disagreements only teach children about name-calling, disrespect, and animosity, so don't fight in front of the children if you and your spouse don't know how to talk to each other in a courteous manner with a compromising attitude.

Obviously, children should not be an audience for physical violence or extremely hostile arguments between parents. The impact of witnessing this kind of anger can have far-reaching effects on children. Ongoing anger feeds on itself and can be extremely destructive for families. When anger is extremely intense or is happening too frequently, it may be time to get help.



Communication and problem solving skills are among the most important skills your children need to function in society. Be a good role model for them. Go ahead and have a good argument with your spouse today! Let your children hear how you express your point of view and listen to an opinion that is different from your own. Most importantly, help them learn to consider various alternatives and develop a compromise.