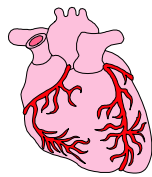


Family Nutrition In Action

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September is National Cholesterol Education Month Are You Cholesterol Smart?

Test how much you know about high blood cholesterol with the following questions. Circle each true or false.

- T F 1. High blood cholesterol is one of the **risk factors** for heart disease that you can do something about.
- T F 2. To lower your blood cholesterol level you must stop eating **meat** altogether.
- T F 3. **Fish oil** supplements are recommended to lower blood cholesterol.
- T F 4. **Saturated fats** raise your blood cholesterol level more than anything else in your diet.
- T F 5. All **vegetable oils** help lower blood cholesterol levels.
- T F 6. **Reading food labels** can help you eat the heart healthy way.

Answers to the True/False questions:

1. **True.** High blood cholesterol is considered a **controllable** risk factor for heart disease. High blood pressure, cigarette smoking, diabetes, overweight, and physical inactivity are the others.
2. **False.** Although some red meat is high in saturated fat and cholesterol, you do not need to stop eating it or any other single food. To cut back on the amount of saturated fat and cholesterol that you eat choose lean cuts of meat with the fat trimmed and watch portion sizes of meat products.
3. **False.** The use of fish oil supplements has not proven to reduce blood cholesterol levels. However, fish is a good food choice because it is low in saturated fat.
4. **True.** Saturated fats raise your blood cholesterol level more than anything else. So, the best way to reduce your cholesterol level is to cut back on the amount of saturated fats that you eat. These fats are found in largest amounts in animal products such as

butter, cheese, whole milk, ice cream, cream, and fatty meats. They are also found in some vegetable oils--coconut, palm, and palm kernel oils.

5. **False.** Most vegetable oils--canola, corn, olive, safflower, soybean, and sunflower oils--contain mostly mono- and poly-unsaturated fats, which help lower blood cholesterol. However, a few vegetable oils-- coconut, palm, and palm kernel oils--contain more saturated fat than unsaturated fat.
6. **True.** Look on the nutrition label for the amount of saturated fat, total fat, cholesterol, and total calories in a serving of the product. Use this information to compare similar products. Also, look for the list of ingredients. To choose foods low in saturated fat or total fat, go easy on products that list fats or oil first, or that list many fat and oil ingredients.

Adapted from *CHECK YOUR CHOLESTEROL AND HEART DISEASE I.Q.* Prepared by the National Heart, Lung, and Blood Institute. U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Public Health Service National Institutes of Health

Simple steps to help reduce the risk for coronary heart disease:

- **Know your numbers!** You can find out your total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride numbers by having a “lipoprotein profile” blood test. Discuss the results with your doctor and take steps to reduce your risk factors.

Goal for people without coronary heart disease:	
Total blood cholesterol	Less than 200 mg/dL*
LDL “bad” cholesterol	Less than 130 mg/dL*
HDL “good” cholesterol	Greater than 35 mg/dL*
*Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.	

- **Learn how to read a food label -** Choose foods that are low in saturated fat and cholesterol. Low in saturated fat means no more than 1 gram of saturated fat per serving and low in cholesterol means no more than 20 mg of cholesterol per serving.
- **See how your weight measures up.** Obesity is a risk factor for heart disease. Making changes toward healthy lifestyle practices can help you maintain or lose weight (if needed.) Make it a goal to eat healthy and to be physically active.
- **Participate in physical activity every day for at least 30 minutes every day.** Try low-to-moderate level activities, such as walking, taking the stairs instead of the elevator, gardening, and housework. You can also include regular aerobic activity, such as brisk walking, swimming, bicycling, or playing tennis. (*Consult your doctor before starting any exercise program or increasing your physical activity.*)

For more information visit the National Heart, Lung, and Blood Institute, National Institutes of Health at <http://www.nhlbi.nih.gov/index.htm>

October 7-13 is National Fire Prevention Week

Practice cooking safety all year long! Cooking is the number one cause of residential fires. Data collected on fires has helped identify behaviors that lead to cooking fires.



These are major behaviors leading to cooking fires:

- Unattended cooking
- Ignition of grease
- Food left on the range
- Combustible materials left on the range-top

Simple steps to prevent cooking fires:

- **Turn it.** Move pot handles away from the edge to prevent spills.
- **Keep it clear.** Remove grease build-up and flammable materials (dish cloths, pot holders, flammable cleaners) from the heat.
- **Watch it.** Keep an eye on your cooking and stay in the kitchen.

Information from: The Association of Home Appliances Manufacturers. Visit the National Fire Protection Association web site at <http://www.nfpa.org>



Healthy Halloween in October

Halloween is known for the abundance of tricks, treats and parties. To make sure that you and your kids enjoy the moment, try the following suggestions:

- Make sure the kids have a good nutritious meal BEFORE they go out trick or treating. With a balance of whole grain, fruits and vegetables, meat and dairy foods from supper in their tummies, there won't be so much room for empty-calorie foods like candy.

- Instead of eating all their goodies at once, encourage children to eat a small piece or two as desert or as a snack.
- When handing out treats, choose healthy treats- small bags of pretzels or popcorn, juice boxes, fresh fruit, fruit rolls or individual sized dried fruit, like raisins. Include non-food treats like stickers, erasers, little glow-in-the-dark figures or other small toys.

Parties are becoming popular. Parties are a terrific way for children and adults in the neighborhood to get to know each other. They also provide a safe alternative for fun. Consider these tips to make a party more healthful.

- Instead of sugar drinks, try 100 percent fruit juices in your punch.
- Serve "finger foods" that could include baby carrots, low-fat cream cheese, sliced almonds and salsa. Place cream cheese on carrot tips and press in almonds to get a literal "finger food."
- Use cookie cutters to shape sandwiches into pumpkins, leaves, witches and ghosts.

Information from: "Halloween Celebration Tips for Your Children" Colorado State University Cooperative Extension.
<http://www.colostate.edu/Depts/CoopExt/PUBS/COLUMNCC/cc971023.htm> Web site accessed 8/30/01.

Local Family Nutrition Program:



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