

Eat Right for Your Stage in Life



The Academy of Nutrition and Dietetics recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life. Janice Hermann, Oklahoma State University Extension nutrition specialist, said what worked in a person's 20s won't necessarily work in their 50s.

"As you age and evolve, so do your health and nutritional needs. That's why it's so important to eat right for life," Hermann said. The Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year.

Hermann said the new 2020-2025 Dietary Guidelines for American provides research-based advice to help people of all ages meet their dietary needs while limiting added sugars, sodium and saturated fat.

DGA guidelines for healthy eating include:

- Teens to 20s: Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Some non-dairy options for calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.
- 20s to 30s: Eat more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds in an effort to reduce the risk of chronic diseases such as obesity. Women of childbearing age should include sources of folate, such as beans, peas and leafy greens, as well as foods that are fortified with folic acid, such as breads, cereals and other grain products.
- 30s to 40s: Continue with a wide variety of foods, especially fruits and vegetables, whole grains and beans, as well as peas and lentils. These foods contain essential vitamins, minerals, antioxidants and dietary fiber.
- 40s to 50s: Continue incorporating regular physical activity. This is important because the body is changing due to fluctuating hormones and slowing metabolism. In addition, fine tune your healthful eating habits. Limit foods and beverages with added sugars, salt and saturated fats.
- 60s and beyond: A variety of protein-rich foods are a must to maintain bone strength in this stage of life. Try to incorporate strength-building activities to help maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which can be a concern for older adults. Check with your healthcare provider about a vitamin B12 supplement.

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**TULSA COUNTY
EXTENSION**



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Thank you!



April: Stress Awareness Month

One of the difficulties with stress is that people experience stress in different ways. This contributes to stress manifesting itself differently.

So, it would be wrong to over generalize when giving advice on how to identify stress in others. However, what we can say is that because stress has negative effects, it will usually manifest itself one way or another.

Stress targets the weakest part of our physiology or character; if you are prone to headaches or eczema, this will flare up. If you have low levels of patience or tolerance for others, this will be the first area to present under times of stress. Stress isn't avoidable but it is manageable. A key action in order to minimize risk is to identify stress-related problems as early as possible, so that action can be taken before serious stress-related illness occurs.

There will be changes in the stressed person. These changes may be emotional, physical or behavioral, or a combination of all three. So, the key thing is to look out for negative changes of any kind. Of course, we all experience 'bad days', so we are really talking about situations where people display these negative changes for a period of time (e.g. 5 days in a row).

Prolonged stress undoubtedly makes people ill. It is now known to contribute to heart disease, hypertension and high blood pressure, it affects the immune system, is linked to strokes, IBS (Irritable Bowel Syndrome), ulcers, diabetes, muscle and joint pain, miscarriage, allergies, and even premature tooth loss.

Getting the conversation going about mental health.

If you are concerned about someone's mental health or stress level, it can be tempting to ignore some of the signs that this person is struggling, or you might find that you worry about worsening the situation. However, asking that person how they are or voicing your concerns can be the first step to showing that you care for them and acknowledge that right now things are difficult. If you're unsure on how to start that first conversation about mental health, here are a few tips:

1. **Step away from the labels:** it is best to leave the diagnosing of any conditions to the professionals. Even if you feel that the individual may fit a diagnosis, it is advisable to stay with the feelings and support of the person, rather than be tempted to provide a diagnosis of what you feel the 'problem' is and a plan to fix it.
2. **Listen well:** when we are actively listening, we do more than hear. Allow the person to lead the conversation. Try not to interrupt (even if you feel that it would be helpful information), and be encouraging when they are sharing their feelings. Lead the conversation and acknowledge what they are saying by nodding or repeating certain phrases to ensure you have understood it. This will encourage them to share and feel respected and cared for.
3. **Communication is key:** being close to people isn't always possible. However, you can reach out to share feelings via phone calls, Zoom, text, email, or social media as an alternative to face-to face-contact. Now more than ever, there are different ways to communicate and connect to get the conversations going.
4. **Respect their readiness:** it can be difficult when you feel someone may be struggling and not talking about it, yet we need to respect that they may not want to talk. It could be the wrong time, or they do not feel comfortable and pushing a conversation that someone doesn't want to have can have the opposite effect. If this happens, it is best to acknowledge that you respect they don't wish to talk and remind them that you are there for them, if they change their mind.

Sources: <https://www.stress.org.uk/how-it-affects-us>, <https://www.healthassured.org/blog/time-to-talk-day-2021>.

What's the Difference Between Soluble and Insoluble Fiber?

Fiber — a type of carbohydrate — is the unsung hero of the nutrition world: It helps you lose weight, keeps your digestive system regular and is even linked to preventing serious conditions such as heart disease. It's one of those nutrients that's so essential to our everyday function, and yet, most of us aren't meeting our daily requirements, per 2017 research in the American Journal of Lifestyle Medicine. The Institute of Medicine recommends men get 38 grams of fiber and women get 25 grams per day from two types of fiber — soluble and insoluble fiber — both of which come with their own health perks.

What Is Soluble Fiber?

Soluble fiber is most often touted as an all-star in regulating blood sugar levels for people with diabetes, due to the way the body processes it, registered dietitian and nutritionist, Jim White, RDN, ACSM, says. Soluble fiber slows down our digestion and the way we absorb foods by linking with water molecules. This creates a gel-like substance that helps reduce blood glucose spikes, thus stabilizing our energy and mood, according to the Mayo Clinic. In other words: You can help prevent energy crashes by adding more soluble fiber-rich foods to your eating plan.

"Soluble fiber also attracts unhealthy fats to lower cholesterol levels — specifically LDL (the harmful type) — and can reduce the risk of heart disease," White says. "This fiber interferes with the absorption of cholesterol into the blood, which prevents cholesterol from entering the bloodstream which, in return, keeps cholesterol levels lower."

Foods High in Soluble Fiber

Apples – Beans – Barley – Carrots - Citrus fruits - Oats – Peas
Psyllium (fiber derived from the *Plantago ovata* plant)



What Is Insoluble Fiber?

While soluble fiber slows down your digestion, insoluble does just the opposite — it speeds up the process in which food moves through the stomach and intestines, according to the U.S. National Library of Medicine. "Insoluble fibers are not completely digested, which allows these fibers to bulk up stool and collect water for bowel movements," White says. Simply put, insoluble fiber can help relieve constipation.

Foods High in Insoluble Fiber

Cauliflower – Beans - Green Beans – Nuts – Potatoes - Wheat Bran - Whole-Wheat Flour

How to Get Both Types of Fiber:

If you want to experience some of the benefits of soluble and insoluble fiber — start small. "If we increase our fiber intake too quickly, we can experience symptoms of gas, bloating and abdominal discomfort," Shelby Burns, RD, LDN, says. The average American gets about 16 grams of fiber each day, per the American Journal of Lifestyle Medicine study. So, if you add 5 more grams of fiber to your daily meals (for a total of 21 grams per day) for a week, note how you feel before adding more to meet your daily requirements.

~ Tip ~ :

Burns also suggests drinking more water since it will help to keep everything moving and minimize side effects. Another smart tactic is to not lean too heavily on one type of fiber over another; instead, try for a smart balance. "Aim for a combination, and balance both insoluble and soluble fiber as often as possible," Burns continues. "You can easily begin incorporating more fiber-rich foods by jumpstarting your day with a bowl of hearty oatmeal, sprinkling in nuts on top of a dark green salad, serving up fruit as a snack or dishing out a bowl of warm bean soup."

Source: <https://www.livestrong.com/article/13723365-soluble-vs-insoluble-fiber/>

Distracted Driving Awareness Month

It just makes sense that a person can't text and drive a car at the same time. Distracted driving causes crashes, and people can get hurt or killed. That's why responsible drivers don't text and drive (or talk on the phone while driving), and they don't allow other distractions to pull their attention from the road.

What is Distracted Driving?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger and bystander safety. These types of distractions include: Texting, Talking on the phone, Eating, Drinking, Talking to passengers, Grooming, Looking up directions on a GPS device, Looking at a map, Adjusting the radio, AC, etc.

In other words, basically anything other than driving is considered a distraction.

3 Main Types of Distractions: Driving distractions fall into one of three categories:

Manual: Anything that involves taking your hands off the wheel.

Visual: Actions that take your eyes off the road.

Cognitive: Activities that take your mind off driving.

Some activities fall into more than one distracted driving category. Take texting for example. That is a manual, visual & cognitive distraction.



Below are some stats on how different distractions impact driving:

- Texting takes your eyes off the road for 4.6 seconds. At 55 MPH, that's like driving an entire football field blindfolded.
- A National Highway Traffic Safety Administration survey revealed only 20% of drivers between the ages of 18-20 stated that texting doesn't affect their driving.
- The National Safety Council (NSC) estimates that cell phones were being used during 25% of car crashes in the U.S.
- Drivers are 4 times more likely to be involved in an accident while using a hands-free device.
- The 2019 Distracted Driving and Social Media Report from DriversEd.com found 55% of U.S. drivers check social media while driving.

These are just a few of the eye-opening distracted driving statistics. For more on distracted driving among teens, you can read the AAA's Teen Driver Safety study.

How Dangerous is Distracted Driving?

The National Safety Council (NSC) estimates that 9 people a day are killed in distracted driving accidents and 1,000 others are injured. Distracted driving is so risky it's worse than drunk driving. According to the National Highway Traffic Safety Administration (NHTSA), driving a vehicle while texting is six times more dangerous than driving while intoxicated.

Commit to driving distraction-free by taking the NSC Just Drive pledge! <https://cloud.safe.nsc.org/ddam-pledge>

Sources: <https://www.nsc.org/road-safety/get-involved/distracted-driving-awareness-month>, <https://teendriving.aaa.com/OK/>

Tulsa County-OHCE Week Activity

May 3rd-6th Essential Workers

Scavenger Hunt

To say Thank You to the many Essential Workers that have helped keep us going over the past year, we will be making THANK YOU cards at the Tulsa OSU Extension office May 3rd, Noon-4:00pm. We ask that you deliver the cards you make May 3rd through 6th to the departments listed on the scavenger hunt board, provided on the next page. We ask that you take a picture of you and your card at the location or have someone sign your card and submit them by Facebook to OHCE Tulsa or email to Tulsa County President Shari Munroe (sharilynmunroe@gmail.com) on May 6th by 4pm to be entered to win prizes. You may also drop your card off at the Tulsa County Extension Office by 4 pm. The more cards you make the more entries you earn (max 12). No limit on club participation. All counties invited to participate.

Spreading Thankfulness



Essential Worker Scavenger Hunt

Fire Department	Grocery Store	Police Department
OSU Extension Office	Other (Your Choice)	Hospitality Workers
Post Office	Nurses	Doctors
Eldercare	Library	Teachers





SHOUT OUT FROM SHARI

Happy Spring! Thank you to all of you who attended our NE District Meeting in March. We learned so much and we found out about the Member Award Winners! A BIG Shout Out to Ashley Overall as our Young Member and to Cheryell Romere as our Rookie of the Year for Tulsa County!! We are so proud of both of you!

A HUGE Shout Out to our Membership Committee for planning a BINGO Day and something REALLY SPECIAL for us to do during OHCE WEEK! I hope that you will take this opportunity to start calling everyone on your "Friends List" and invite them to come and have some fun!

I'm so excited about our "Essential Workers Scavenger Hunt" during OHCE Week as we Spread Thankfulness! I know I'm looking forward to this week, you don't want to miss out on the fun! See everyone soon.

Nuts About OHCE! *Shari*



MEMBERSHIP:

Our OHCE BINGO Day is going to be so much fun! You can RSVP to come to either the 1PM or 6PM session. We will be able to accommodate 23 at the Extension Office **OR** you can sign up to play via LIVE ZOOM!!! **RSVP to Shari Munroe by April 9th!** Be looking ahead to our OHCE WEEK! Please see pages 5 and 6 for more details regarding our "Spreading Thankfulness" project!
 ~ Shari Munroe, Membership Chairperson

WHAT'S HAPPENING



April:

- 2: Good Friday, Extension Office Closed
- 9: RSVP for BINGO to Shari Munroe
- 12: Chat and Create 10:30 Auditorium
- 20: BINGO 1PM & 6PM (OSU Extension & Live Zoom) Sessions
- 26: Chat and Create 10:30 Auditorium

May:

- 2-8: OHCE Week! ~ "Spreading Thankfulness" in the community
- 3: 12:00 - 4:00 - Make "THANK YOU" Cards – Extension Office
- 3: President's Quarterly Zoom Meeting 7:00 pm
- 3 - 6: Thank our Essential Workers! (See pages 5 and 6)
- 6: Deadline to submit "Spreading Thankfulness" entries to Shari by 4:00.
- 10: Chat and Create 10:30 Auditorium
- 18: Leader Lesson training in Bartlesville 10:00 am *Pending*
- 19: 9:00 Board Meeting, 10:00 Business Meeting, *location pending*.
- 24: Chat and Create 10:30 Auditorium
- 31: Memorial Day – Extension Office Closed

Please remember:
While attending an OHCE event:
Masks and Social Distancing
are required.



Oklahoma Home and Community Education (OHCE), consists of eight groups that meet in and around Tulsa. The groups meet once a month, at various times. The groups meet in at libraries, churches or community centers. To start or join a group in your neighborhood or community, call the Tulsa County OSU Extension Office at 918-746-3706.



OHCE UPDATES



CHAT & CREATE: is meeting again at 10:30 a.m. on the 2nd and 4th Mondays of the month. We are busy making fidget blankets, adult bibs and other needed items. We like to have fun as well as helping others. If sewing or being crafty isn't your thing, come anyway and have a good time visiting with old friends and meet new friends. Hope to see you soon.

~ *Pat Thomas*



RESOURCE MANAGEMENT

Spring planting season has begun.

As you begin preparing a list of items you need to get started, please put RESOURCE MANAGEMENT at the top of the list.

"Thought Question" for April

Why should RESOURCE MANAGEMENT be implemented when planting a basic vegetable garden using Oklahoma proven plants?

~ *Dolores Williams, Resource Management Chairperson*

Can vaccinated people still spread the coronavirus?

For more information about the vaccines and what they do.

<https://theconversation.com/can-vaccinated-people-still-spread-the-coronavirus-155095?>

~ *Charline Romine, Healthy Living Committee Chairman*



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