

January/February 2020

# FAMILY AND CONSUMER SCIENCES

# **STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News**

## The power of dairy foods

The beginning of a new year is a great time to set some personal goals. Your goals could be developing a financial plan, setting aside designated family time or taking steps toward better health. If you are going to focus on better health, take note of the power of dairy foods. Dairy is an important component of a healthy diet, said Diana Romano, Oklahoma State University Cooperative Extension. "The amount of dairy foods you need to eat depends on your age and it can vary between 2 and 3 cups each day, and even more if you're very physically active," Romano said. "Typically, 1 cup of milk, yogurt or calcium fortified soymilk; 1.5 ounces of natural cheese or 2 ounces of processed cheese is considered a cup from the dairy group. When choosing dairy products, fat free and low fat are good options." However, not all dairy products are created equal. Milk and many foods made from milk retain their calcium content, including yogurt and cheese.

Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of the dairy group. Romano said consuming dairy products provides numerous health benefits, especially improved bone health. "Foods in the dairy group provide nutrients that are vital for health and maintenance of your body," she said. "These nutrients include calcium, potassium, vitamin D and protein. Calcium is used for building bones and teeth and maintaining bone mass. Dairy products are the primary source of calcium in American diets, and consuming 3 cups, or the equivalent, of dairy products can improve bone mass, which is vital as we age." Romano reminds us that diets rich in potassium may help to maintain healthy blood pressure, and foods such as yogurt, cheese, fluid milk and calcium fortified soymilk, provide this much needed nutrient.

In addition, consumers also can find vitamin D in dairy products. Vitamin D helps the body maintain proper levels of calcium and phosphorous, which helps build and maintain bones. Milk and soymilk fortified with vitamin D are good sources of this nutrient, along with yogurt and ready to eat breakfast cereals. "Keep in mind milk is a great source of high-quality protein, with an average of 8 grams per cup. Compare that to nondairy milk alternatives that typically have 1 gram or less of protein per cup," she said. "Also, as you read the label, keep in mind the sugar listed is not added; rather it's the naturally occurring lactose found in cows' milk." So, not only are dairy products tasty, those that contain calcium are linked to improved bone health, especially in children and adolescents. Also, consuming these products may reduce the risk of osteoporosis. To be even more health conscious, switch to fat free or low-fat dairy foods as a way to cut down on the consumption of saturated fats and cholesterol. Romano said consuming foods high in saturated fat and cholesterol can have lasting health implications.

"Diets high in saturated fats raise the LDL cholesterol levels in the blood. High LDL increases the risk for coronary heart disease," she said. "To help keep blood cholesterol levels healthy, limit the amount of saturated fats consumption. Also, high intake of fats makes it easy to consume more calories than needed."

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# **OHCE** News & Notes



**Woods County OHCE** 



**Achievement Night** 

February 24th @ 6:30 pm Registration

Perfect attendance awards, achievement awards, secretary's books, scrapbook, OHCE Member, Young OHCE Member, Rookie OHCE Member of the Year and Heart of OHCE Award winners will be named at the

Woods County OHCE Achievement Night on Monday, February 24th in the Women's Building at the Woods Co. Fairgrounds.

All nominees from local groups for Rookie Member, Young Member, OHCE Member of the Year and Heart of OHCE Member will be recognized!

Come early to enjoy the refreshments and feel proud of the work your group has done during the past year.

OHCE hostess group is:

Better Homes
All Duties



## Reminders

- Mark March 26, 2020 as the date for the <u>West District</u> <u>OHCE Meeting in Fairview,</u> <u>OK.</u> Details will be provided at our OHCE Achievement Night.
- ▼ Each group is asked to provide one (1) dozen cookies for OHCE Achievement Night, February 24th at 6:30 p.m.
- OHCE Member Awards due to Extension Office by January 17th.
- Reports & Secretary Books and Scrapbooks are due to Extension Office by January 17th.

Awards & report forms may be found at:

https://humansciences.okstate.edu/fcs/

Don't forget....





Come and pick yours up if you haven't already!



February 2020 OHCE Leader Lesson

"Meal Prepping"

January 23rd @ 1:30 pm
Woods County Courthouse

March 2020 OHCE Leader Lesson "Going Green in Your Home"

February 27th @ 1:30
Woods County Courthouse





Extension Educator-Family & Consumer Sciences/4-H

Susan Holliday

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# **Tuscan Bean Soup**

from the American Heart Association



# **Tuscan Bean Soup**

#### Ingredients:

- 1 teaspoon olive oil
- 1/2 red onion, chopped
- 1 medium stalk celery, chopped
- 1 clove garlic, minced
- 2 cups low sodium chicken broth
- 15.5 oz. canned, no salt added Great Northern Beans, rinsed and drained
- 14.5 oz. canned, no salt added diced tomatoes, undrained
- 1 teaspoon dried oregano
- 1/2 teaspoon thyme
- 1/4 teaspoon red pepper flakes
- 2 cups spinach
- 1/3 cup parmesan cheese, grated

#### Directions:

- 1. In a large sauce pan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook onion, celery, and garlic for 4-5 minutes, or until the onion and celery are soft.
- Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes.
- 3. Stir in the spinach. Simmer, covered, for 2-3 minutes, or until the spinach is wilted.
- 4. Just before serving, sprinkle the soup with the parmesan.



	r Contain	GI U	
Amount Per Se	rving		
Calories 12	0 Calo	ories fron	n Fat 2
		% Da	aily Value
Total Fat 3g		5%	
Saturated		5%	
Trans Fat	0g		
Cholesterol	5mg		29
Sodium 90r	ng		49
Total Carbo	hvdrate '	16a	5%
Dietary Fi			249
Sugars 3			
Protein 7g	,		
r Totelli 7g			
Vitamin A 15	· '	Vitamin (	2 10%
Calcium 109	6 •	Iron 10%	i
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400m 375g 30a

Source: American Heart Association



Did you know that the American Heart Association's website <a href="https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/">https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/</a> offers **Cooking Skills and videos** on many topics? Interested in knife skills—check out Knife Skills 101!



### Save the Date

"Back to Basics"

<< Jelly Roll Quilt Workshop >>
February 8, 2020

10 am—2 pm

Major County Fairgrounds

Fun for all levels of sewing expertise! Start and finish a complete "Jelly Roll" quilt in this workshop. Even if you have never tried this technique before, please join us. This workshop is perfect for beginners!

More information & supply list to come!

RSVP by February 3rd to the Woods Co. OSU Extension Office





## February is.....

### **American Heart Month!**

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use the month of February to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.

Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

#### 

HEALTHY LIVING OHCE STATE GOALS - 2020

Community Awareness for Healthy Living

Encourage OHCE members to be active proponents of their own health and safety

### **Health and Safety Issues Suggested Emphasis:**

- Healthy Eating and Active Living
- Supporting Emotional Well-Being
- Safety and Our Environment



## 50-60-70-Year Members and Groups

To receive the 50, 60, or 70-year OHCE member certificate, a member must contact the Extension Office with their name, address, and year joined by **March 1.** To be eligible for this certificate, a person must be a current OHCE member in state, county, and local group, and have been a member in good standing for a total of 50, 60, or 70 years. Members will be recognized at the State OHCE Meeting with a certificate and a corsage.

Also, groups that have been in existence for 50 years (in 2019) will be recognized at the state OHCE meeting.

Forms are also available for completion from the Woods Co. Extension Office.

