

FAMILY LIVING IDEAS

May 2004

TAKE CARE OF YOUR PERSONAL INFRASTRUCTURE

Yesterday, I talked about the need to conscientiously maintain and improve our infrastructure, the basic facilities and services needed for the functioning of society: water and power lines, transportation and communications systems and public institutions such as schools, post offices, and prisons. If we want to live happy and fulfilling lives, it's equally important to tend to our personal infrastructure: the body, mind, heart and soul.

First, we must safeguard our physical well-being. It's easier said than done, but we know we should eat wisely and watch our weight, exercise regularly, avoid unnecessary or imprudent risks and stay away from tobacco, drugs and excess alcohol.

We also must pay attention to our minds. Be careful about frittering away precious hours in mind-numbing activities like instant messaging, video games, junk magazines, TV and ceaseless sporting events. Like our bodies, our minds need to be worked, stretched and strengthened

through continual learning and reflection. Stay up with current events; read great novels, history and nonfiction; take classes; write journals — whatever works for you. Keep getting smarter and wiser.

We should also feed our hearts. We need to understand and satisfy, as best we can, our emotional needs for love, friendship, belonging and fun, and cope with negative emotions like anger, jealousy, frustration, fear and loneliness. One of the best roads to emotional happiness is through meaningful relationships: form them, service them and treasure them.

Finally, we need to acknowledge spiritual needs. Through religion or philosophy or both, we should contemplate the higher purpose and the deeper meaning of our lives. Think about the good life — and try to lead it.

It's a lot of work. But if we take care of our infrastructure, we improve our lives.

Source: Michael Josephson, Josephson Institute of Ethics

MASTER FOOD PRESERVERS

There is not enough interest in the Master Food Preserver Class this year so I will not be teaching it in May and June.

We have bulletins on Food Preservation in the office so stop by or give us a call at 754-2011 or 765-2160, Ext. 413 for more information. Some are on the WEB at <http://pubs.wsu.edu/cgi-bin/pubs/index.html> and can be downloaded.

*Cherish all your happy moments;
they make a fine cushion for old age.*

Potassium power

A new government report recommends at least 4,700 milligrams of potassium a day to help prevent hypertension. Americans, on average, consume only half that much. Eat more of the following:

FOOD	POTASSIUM (mg)
Spinach, cooked, 1 cup	840
Potato, baked, with skin, medium	800
Sweet potato, baked, medium	700
White beans, 1/2 cup	600
Yogurt, nonfat, 1 cup	600
Halibut, cooked, 4 oz	600
Brussels sprouts, 1 cup	500
Orange juice, 1 cup	500
Lima beans, 1/2 cup	475
Banana, medium	470
Broccoli, cooked, 1 cup	460
Squash, winter, 1/2 cup	450
Avocado, 1/2 medium	440
Cantaloupe, cubed, 1 cup	430
Tomato sauce, 1/2 cup	400
Grapefruit juice, 1 cup	400
Corn, 1 cup	390
Milk, nonfat, 1 cup	380
Lentils, cooked, 1/2 cup	365
Salmon, baked, 4 oz	350
Cereal, bran, 1 oz	340
Pork chop, cooked, 3 oz	320
Kale, cooked, 1 cup	300
Tomato, medium	290
Mushrooms, 1/2 cup	275
Orange, 5 oz	250
Grapefruit, 1/2 large	230
Carrot, 2.5 oz	230
Strawberries, 1/2 cup	230
Almonds, 1 oz	210

Source: UC Berkeley Wellness Letter, May 2004

New Guidelines for Water, Sodium and Potassium — New advice for fluid intake may be easier for consumers to swallow than the old statement to drink 8 glasses of water a day. The latest guidance from the Food and Nutrition Board of the Institute of Medicine is to let thirst be your guide. Water comes not only from the tap but also from milk, juice and moisture in foods. The report also debunked a myth about coffee and cola, saying that caffeinated beverages do help meet hydration needs as well as those without caffeine. New sodium guidelines jolted the food industry with the newly set Upper Limit of 2,300 mg/day. Most Americans consume far more than this, largely from processed foods. The new Adequate Intake for potassium has increased from 3,500 to 4,700 mg, which will be a challenge for Americans to meet, since most adults consume only half of this recommendation.

Source: Take 5, April 2004

WASHINGTON GROWN

Fresh This Month — Greens mark the beginning of Washington’s spring harvest, including baby lettuce, baby spinach, watercress and salad mixes. Look for fresh herbs, chive blossoms, rhubarb and asparagus.

Produce Decoded

Those little stickers on fruits and vegetables at the supermarket aren't just for the checkout clerk to find the price. You can use these numbers to figure out how the produce you are buying has been grown. A sticker with 4 digits means the food was conventionally grown. Five digits starting with an 8 indicates genetically-engineered produce (the food's generic material has been altered) and 5 digits starting with a 9 means the food was organically grown (without the use of most conventional pesticides or synthetic fertilizers). Don't worry if you can't remove all of the sticker adhesive, it's required to be safe to eat.

Source: The Topic Tickler, Chelan and Douglas Counties, April 2004



Chopped Onions Without Tears — If chopping onions at dinnertime is enough to make a cook weep, a Walla Walla company has a solution. Winsoms has started marketing its pre-chopped onions in resealable bags, much like bags of salad greens or baby carrots. Available already in Walla Walla at supermarkets and to restaurants, the bagged onions will be test-marketed at ten Costco stores beginning late April. The product is expected to be a hit with consumers and food service since it reduces prep and cooking time, and the onions can be stored in the refrigerator up to six weeks. Winsom’s dices onions grown in Eastern Washington and Oregon, then uses high pressure processing, a process that kills salmonella, listeria and other pathogens. High pressure alters the sugar molecules, making the onions milder and sweeter – that’s why they start with the more pungent yellow Spanish onions rather than Walla Walla Sweets.

Source: Chris Pauley, Winsom’s

Local Lamb — For hundreds of years, leg of lamb has been the traditional centerpiece of Passover Seders and Easter dinners. In the springtime, when lamb came to market, families could hardly wait to feast on this much-anticipated tender meat. Now lamb is available year-round, and much of it comes from our state. If you’ve lived in Washington awhile, you’ve likely seen the Superior Farms building when driving along I-90 just west of Ellensburg. That’s where Superior Farms started in 1963, growing to become the largest processor of lamb in the country. Although lamb is no longer processed locally, Washington is still a key state in lamb production. Lamb is a good source of iron and zinc, and its protein is easy to digest, perhaps a reason why it’s often one of the first meats introduced to babies. Because the meat is from a young animal, lamb has little marbling and is low in fat. Since the animals are a year of age or younger, they aren’t given growth producing hormones. Culinary trend-watchers predict that lamb will be seen increasingly on menus, reflecting recent immigrants’ preferences for lamb in their ethnic diets, and also because of the increased interest in Greek and Moroccan cuisine.

Source: Teddie Crippen, Superior Farms

What is a Family?



Families are where children learn how to act. Family members care for one another by providing love and support. Families provide basic needs such as food and

shelter. There are many kinds of families and living arrangements in today's world. Regardless of the arrangement, loving supportive families seem to share certain characteristics. Research shows that successful families spend quality time with one another, are committed to one another, show each other appreciation, have good communication skills, view crises and stress as opportunities for growth and value spirituality. Think about your family and how you're doing. For those areas you would like to strengthen, write down some ideas to try.

Source: MSU Extension Service

Another plus for nuts and fish: they may reduce the risk of advanced macular degeneration, the leading cause of vision loss in older people. Harvard researchers recently looked at 260 people with early stages of macular degeneration and found that a high fat intake, whether from animal or vegetable sources, increased the likelihood that the disease would worsen. Only the fats in nuts and fish seemed to improve the odds.

Source: UC Berkeley Wellness Letter, May 2004

Distilled Wisdom

Will vinegar clear your sinuses, combat allergies and arthritis, aid your liver and detoxify your body? Will vinegar capsules help you lose weight and lower your cholesterol? Such claims are nothing new, except that they are now also on the Internet. Even the Vinegar Institute, which exists to promote the sale of vinegar, say there is no research to substantiate any medicinal claims. And nutritionally, there's not a lot to say for vinegar. Mostly water, its chief ingredient is acetic acid. It contains no vitamins and only a minuscule amount of minerals

Still, there's something mythic about vinegar—such an ancient and useful liquid, available in so many pleasing varieties (made from apples, grains, potatoes, molasses or wine), handy not only for salads but for many tasks around the house. Thanks to its acidity, vinegar kills bacteria, so it's an excellent preservative and is used to pickle a wide variety of foods. As a household cleanser, it dissolves soap film and rust, as well as some stains in clothing; it cleans coffee makers, refrigerators and counter tops. Try mixing vinegar with water and keeping it in a spray bottle: this works as well as many expensive cleansers. For more household uses, go to the Vinegar Institute's website at www.vinegar.org.

Source: UC Berkeley Wellness Letter, May 2004

Dietary Guidelines You Should Know About

If you spent only one minute looking for health information on nutrition, you would likely come up with literally thousands of sources containing different and conflicting advice. So, where can you turn for good nutritional advice?

The best advice you can follow is the FDA's Dietary Guidelines for Americans. By following these guidelines—which are outlined below—you can enjoy a longer, healthier life.

- **Eat a variety of foods** to get the energy, protein, vitamins, minerals and fiber you need for good health.
- **Balance the food you eat with physical activity** to maintain or improve your weight and to reduce your chances of having high blood pressure, heart disease, stroke, certain cancers and diabetes.
- **Choose a diet with plenty of grain products, vegetables and fruits** which provide needed vitamins, minerals, fiber and complex carbohydrates, and can help you lower your intake of fat.
- **Choose a diet low in fat, saturated fat and cholesterol** to reduce your risk of heart attack, certain types of cancer and to help you maintain a healthy weight.
- **Choose a diet moderate in sugars.** A diet with lots of sugars has too many calories and too few nutrients for most people and can contribute to diabetes and tooth decay.
- **Choose a diet moderate in salt** to help reduce your risk of high blood pressure.
- **If you drink alcoholic beverages, do so in moderation.** Alcoholic beverages supply calories, but little or no nutrients. Drinking alcohol is also the cause of many health problems and accidents, and can lead to addiction.

Did You Know?

Despite what the fashion industry thinks, the average clothing size in the US is not a svelte 8 for women and 40 regular for men. The average women's size is 14, the size at which "plus-sized" clothing begins. And the average size for men is 44. US citizens are not only bigger in weight and height, but also just about every measurement in between, according to the new Size USA survey, a first of its kind look at our measurements that has been taken since World War II.

Spruce: Netscape Home & Real Estate Page, March 9, 2004



Alzheimer's And Other Dementias:

What Can You Do?

Alzheimer's and related conditions can have a particularly devastating effect on a person's quality of life. Alzheimer's and other forms of dementia often cloud a person's memory and severely limit their functional ability. And though it receives much less attention than other serious diseases and conditions, Alzheimer's alone affects 4.5 million Americans today. Despite the fact that Alzheimer's disease is associated with family history and age, there are a number of steps you can take to gain control over some of the risk factors.

Exercise For Mind And Body

Your brain is similar to a muscle in that, the more you use it, the stronger it gets. And when you don't use it, you quickly lose it. By constantly stimulating the brain with challenging learning activities, you'll continue to further develop complex brain tissue, which can help protect you from early dementia.

An active, healthy lifestyle combined with a good diet also lays a solid foundation for preventing Alzheimer's and other forms of dementia.

Keep the following risk factors in mind when it comes to measuring your risk of Alzheimer's and other dementias. If you have any of the risk factors below, find ways to increase your activity—both physically and mentally.

- Family history of Alzheimer's or other dementia
- Fifty years of age or older
- Work/career that's not mentally challenging
- Irregular reading habits and mentally stimulating activities
- Poor diet
- Lack of regular physical activity
- Excess consumption of alcohol

Source: David Gobble, PhD, Ball University, Muncie, Indiana



American women are consuming 335 more calories a day than they did 20 years ago, and men an extra 170 calories a day, according to the latest government statistics. Almost all the extra calories come from high-carbohydrate foods such as sugary snacks and soft drinks. Fat intake has remained about the same. But fat provides a smaller percentage of our daily calories now than it did two decades ago, simply because of the rise in total calories.

Source: UC Berkeley, May 2004

To control your weight, all it takes is 30 minutes a day of walking at a moderate pace, or an equivalent activity. In a recent study from Duke University, sedentary overweight people who walked 11 miles a week (about 30 minutes a day) but did not change their diet either maintained their weight or lost a few pounds. Meanwhile, a comparison group who did not exercise or diet gained two to three pounds, on average, over the eight-month period. Another group, who exercised more vigorously, lost an average of eight pounds (they actually lost 11 pounds of body fat and gained 3 pounds of muscle.).



Source: UC Berkeley Wellness Letter, May 2004

WASHINGTON STATE UNIVERSITY



GRANT/ADAMS COUNTY EXTENSION

Betty J. Meloy

BETTY J. MELOY - Family Living

M. Christine Price - Chair - 4-H/Youth

John L. Kugler - Agronomy/Forages

Karen M. Lewis - Tree Fruit

Andy McGuire - Ag Systems

Gary Q. Pelter - Vegetables/Vegetable Seed

Sarah Smith - Animal Science

Helping You Put Knowledge To Work

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Washington State University Extension is implied. Layout and design by Laurie Berens, member of the Grant/Adams Area Extension Team.

Grant & Adams Area Extension
Washington State University
Courthouse, PO Box 37
Ephrata, Washington 98823
OFFICIAL BUSINESS
PENALTY FOR PRIVATE USE \$300
RETURN SERVICE REQUESTED

PRSR STD
US POSTAGE PAID
EPHRATA, WA 98823
PERMIT #28