



National Nutrition Month



'Step Up to Nutrition & Health'

By Leighanna Konetski,
Community Nutritionist

Every March the American Dietetics Association, the official organization of nutrition professionals, celebrates National Nutrition Month. All across the nation Registered Dietitians and nutrition professionals are educating others and celebrating the benefits of eating well as an important part of overall good health. The theme for 2006 is 'Step Up to Nutrition & Health.' The key messages for this year's campaign are:

- **Make smart choices from every food group**

Variety is the spice of life. Eat different nutrient-packed foods every day from each of the food groups.

- **Get the most nutrition out of your calories**

Choose foods that are packed with vitamins, minerals and fiber.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

- **Find your balance between food and physical activity**

Regular physical activity is important for your health and fitness.

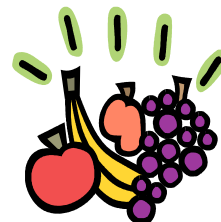
- **Play it safe with foods**

Prepare, handle and store food properly to keep you and your loved ones safe from food borne illness.

In addition to these key recommendations, the new "MyPyramid" is a great tool for evaluating your eating habits. Check out the remainder of this newsletter for more information on MyPyramid and other tips that will help you to achieve overall good health. Remember, National Nutrition Month is only once a year, but overall good health is something you should be working towards every day of the year.

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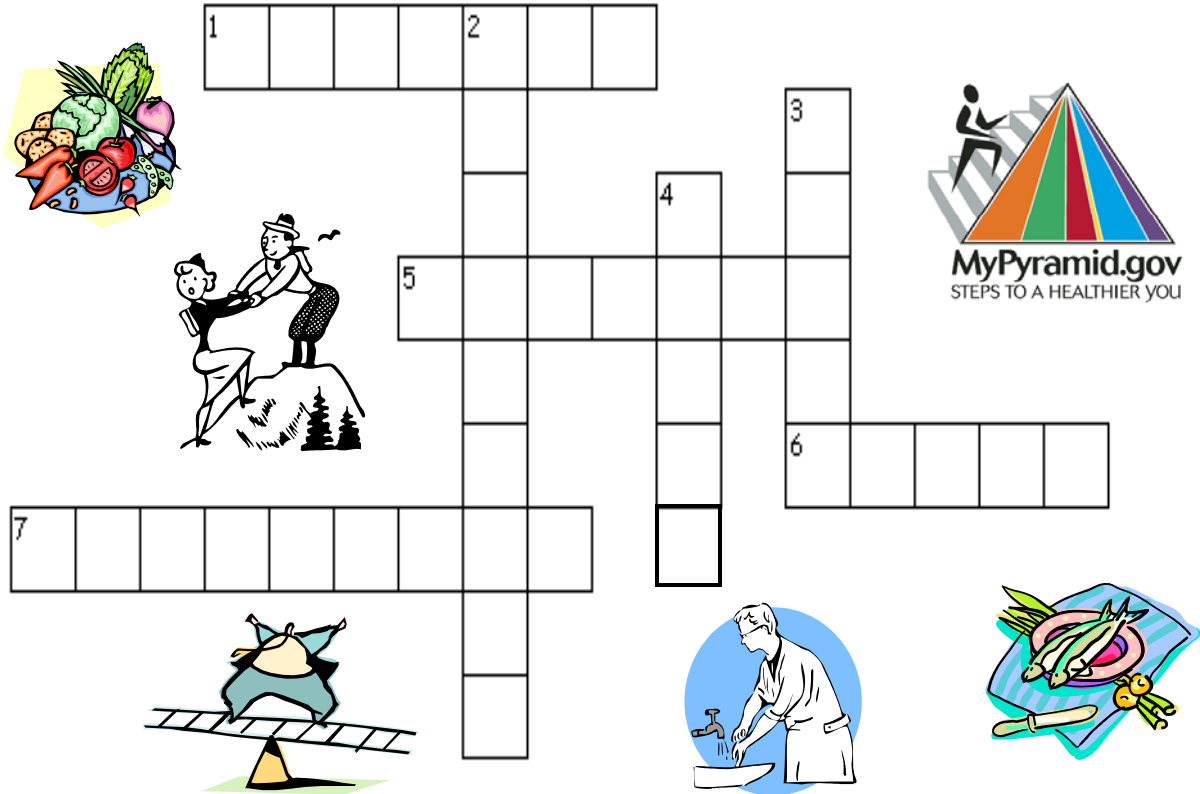
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Why Do Regular Physical Activity?

- ⇒ It's important for your overall health and fitness
- ⇒ It helps control your body weight
- ⇒ It reduces risk of chronic disease
- ⇒ It promotes a feeling of well-being

Step Up to Nutrition & Health Crossword Puzzle



Use this month's newsletter to find the answers to the above crossword puzzle.

Across

1. Find your _____ between food and physical activity.
5. Go lean with _____.
6. Know the limits on fat, _____ and salt(sodium).
7. _____ has now taken the place of the former Food Guide Pyramid.

Down

2. March is National _____ Month.
3. Wash _____ and surfaces often.
4. Regular physical activity promotes a feeling of well _____.

Answers to last month's crossword puzzle.
Across 2. Severe 3. Myths 4. Out 5. Steaming
Down 1. Separate 2. Symptoms



Quick Fix Recipe of the Month

Sausage & Sauerkraut

Yield: 4 servings
Serving Size: About 1 cup



Ingredients:

- 1/2 pound smoked turkey sausage
- 1 (16 ounce) jar sauerkraut, drained
- 1 cup unpeeled potatoes, thinly sliced
- 1/4 cup thinly sliced onion

Method:

1. Place sauerkraut in casserole dish and top with onions and potatoes.
2. Cut sausage into serving pieces (about 5) and place on top of onions and potatoes.
3. Cover and cook at 350 degrees for 1 hour or until potatoes are tender.

Recipe taken from the 'Low Fat & Light Four Ingredient Cookbook.'

Lou's

Food Safety Tip of the Month— Play it Safe with Foods

One of the key messages for National Nutrition Month this year has to do with food safety. This message was included to remind us that food borne illness is always a concern. Remember the following tips to help you "play it safe."

⇒ Never wash or rinse raw poultry or meat. This helps prevent bacteria from being spread to other foods.



⇒ Chill perishable foods promptly and thaw foods properly.

⇒ Cook meat, poultry and fish to safe internal temperatures to kill bacteria. (For a list of temperatures contact the VOA office.)

⇒ Wash hands and surfaces often.

⇒ Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing them.

Nutrition Facts

Serving Size About 1 Cup (218g)
Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Cholesterol 35mg **12%**

Sodium 1220mg **51%**

Total Carbohydrate 13g **4%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 9g

Vitamin A 0% • Vitamin C 20%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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We're on the web!
www.voacolorado.org

The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at: 303-297-0408.

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging.

MyPyramid—Just For YOU

In the late spring of 2005 the USDA (United States Department of Agriculture) introduced MyPyramid, the new food pyramid (pictured to the right). MyPyramid has now taken the place of the former Food Guide Pyramid.

Whereas the old pyramid's focus was only on food, MyPyramid focuses on both food and physical activity. MyPyramid takes an individualized approach to food and physical activity. The USDA no longer recommends a "one size fits all" approach. Everyone can log onto the MyPyramid.gov site on the internet and enter in their age, sex, and physical activity level to get their own personalized pyramid. If you don't have access to a computer and/or the internet, call Leighanna Konetski at the VOA office and we will send you your very own personalized MyPyramid.



MyPyramid emphasizes the basics.

- 1) Keep good nutrition simple.**
- 2) Be physically active.**
- 3) Stay within calorie limits.**
- 4) Enjoy foods rich in essential nutrients from all five food groups.**

The food groups and their main points include:

- ⇒ **Grains:** Half of all grains eaten should be whole-grains
- ⇒ **Vegetables:** Vary your veggies
- ⇒ **Fruits:** Focus on fruits
- ⇒ **Milk:** Get your calcium rich foods
- ⇒ **Meats & Beans:** Go lean with protein
- ⇒ **Fats, sugar, and salt(sodium):**