



University of California
Agriculture and Natural Resources

University of California Cooperative Extension Programs Newsletter- March 2016

The following updates and resources are brought to you by your local UCCE office. These resources will help guide your program participants to make healthier lifestyle choices. For more information, contact:

Nutrition Resources

Going Green on your Plate

Everyone eats—and we eat for many reasons. From pleasure to flavor, food is where we absorb our nutrients to live our life. “comfort food”, which many describe to be fatty, savory foods to eat are now on a decline. Many have noticed (and have started to) eat “greener”. In this, people are buying food that is more sustainable, local, or organic. Some ways to eat greener are to eat produce that are in season. The less time it takes to travel to you, the fresher it is! Cooking at home can also be a healthier option. By cooking at home, you can have more control over your ingredients. Doing so, you will likely reduce the sodium content and calories in your meals. You can also grow your own food. Something as simple as a basil plant can help reduce costs of food. With this, people are jumping on the train to go green. Are you? [Read more.](#)

Benefits of Calcium

One of the most important nutrients for the body is calcium. Why? Calcium has many benefits towards growth and overall development in children. That’s not to say that you don’t need calcium when you’re an adult. Bones are living organs, which means they are constantly breaking down and rebuilding themselves—and they need calcium to do so. However, bones are not the only organ that needs this nutrient. Calcium also helps neurons fire in the brain and blood to pump in the heart. As children it is important to build up as much calcium as possible to be stored through out adulthood. One way to get the daily recommendation of calcium is to eat low fat dairy products like yogurt and cheese. If dairy products are not an option, other sources of calcium include fish, tofu, fortified orange juice, beans, and leafy greens! Consuming calcium rich food is the best way to insure you are getting what you need. Calcium will help you maintain support and structure of your bones throughout your life. [Read more.](#)

Newsletter Editors: Christine Davidson, Nutrition Program Representative, Melissa Tamargo, Nutrition Program Representative, and Katie Panarella, EFNEP Director, Youth, Families and Communities Statewide Program, University of California, Agriculture and Natural Resources.

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Did You Know?

Promoting physical activity in children

Physical exercise and activity has been shown in studies to promote longevity and decrease health risks as we age. So what better time to start a routine of exercise than as a child—when we have the most energy and free time. Building a schedule and showing physical activity in good light will more often than not, stick with your child as they grow up. “Inactive children are likely to become inactive adults.” One suggestion that the American Heart Association recommends, is that you exercise with your child, which will not only benefit your child, but will also help you get in shape as well. [Read more.](#)

“My Diet is Better Than Yours”

A recently aired show called “My Diet is Better Than Yours” bases their concept on science-based nutrition and healthy lifestyle changes. Contestants are gathered and are each assigned to one trainer, whose job is to pick the right kind of diet for them over the course of a few months. The contestant who reaches the most milestones is declared the winner. Registered dietician nutritionist Dawn Jackson Blatner, and her assigned contestant, Jasmin worked together in order to not only win the competition, but also to reduce Jasmin’s body fat, cholesterol, blood sugar, and blood pressure by the end of the season. With their efforts, and “The Superfood Swap” diet, Blatner and Jasmin followed a simple ingredient substitution plan that fit with Jasmin’s lifestyle—and at the end, proved fruitful as Jasmin emerged victorious. [Read more.](#)



Cranberry Chicken Salad

Start your day right with this easy 15 minute salad recipe. You can even use leftover cranberry sauce and bulk it up by adding your own mix of cannellini beans!

Ingredients:

- 2 skinless chicken breasts
- 4 tbsp canola oil
- 2 red onions, thinly sliced
- 2 1/2 cups mixed leaves
- 1/2 cucumber, sliced
- 1/4 cup dried cranberries
- 3oz cranberry sauce
- 1 lime

Directions:

1. Slice each chicken breast in half horizontally to get 4 thin breasts. Rub with half the oil and season. Heat a non-stick frying pan and fry the chicken for 3 minutes on each side until cooked through. Set aside on plate.
2. Heat the remaining oil on a pan and fry the onions for 5 minutes.
3. Set aside a bowl of mixed leaves.
4. Slice the chicken, collecting any juices, and layer up with the onions, leaves, cucumber, and dried cranberries.
5. Mix cranberry sauce, lime juice, 2 tbsp. of water and any chicken resting juices and drizzle over the salad.

[Source.](#)

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