



University of California  
Agriculture and Natural Resources

## University of California Cooperative Extension Programs Newsletter January 2017

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:

### Did You Know?

#### Crunchy Wednesdays

A fast food establishment started “Crunchy Wednesdays” and published findings of changes in sales data in the Journal of Nutrition Education and Behavior. The day occurred once a month and included free fruit with every kids meal sold. During this 3 year period, sales of fruit as desserts increased overall with purchased kids meals, with the biggest increase on Crunchy Wednesdays. [Read More.](#)

#### Recipe App

There is an app from just about everything so why not use one for cooking! You no longer have to mark a recipe you would like to try in a cookbook, write down the list of ingredients and shop for them. BigOven has over 350,000 recipes; you can save your favorites and create a shopping list directly to your phone using the app. Other highlights include making a weekly menu, ideas for using leftovers and following friends or your favorite bloggers. You are now able to carry your cookbook with you at all times. [Read More.](#)

#### Is sugar really evil?

Many people are under the impression that all sugar is bad. Suzanne Piscopo, a Nutritionist at the University of Malta and the president of the Society of Nutrition Education and Behavior clarified this misconception stating that sugar comes in many different forms but are all broken down in the body to glucose. Some of these forms such as cane syrup and nectar can cause a spike in blood sugar and if not used up quickly will be added to the body’s fat storage. Continuous consumption of these types of sugars can lead to diabetes and heart disease. Other forms of sugar such as sugar in fruit, will be digested and broken down much slower giving a constant stream of energy. This type of sugar is a vital part of our diet and will help the body function better than sugars that spike blood sugar. [Read More.](#)

## Nutrition Resources

### Can Vegetable Protein Based Meals Help with Satiety?

It is a common perception that high protein meals consisting of meat are the best meals to make you feel full. A study out of the University of Copenhagen found that a high plant based protein meal can actually make you feel fuller than a meat based meal. This study included 43 young men who ate either a high protein based meal of veal and pork meat or legumes. The men who ate the plant based protein meal had higher satiety than those who ate the animal based protein meal. Since plant based proteins are lower in calories, eating these types of meals can lead to maintaining a healthy weight. [Read More](#).

### Physical Activity in Middle Schoolers

A recent study published in *Childhood Obesity*, found a link between the amount of moderate-to-vigorous physical activity (MVPA) to adiposity measures and weight. The study followed 658 adolescents for two years during their time from elementary to middle school. The study found those who participated in MVPA had favorable adiposity measures and weight status. This shows keeping active is important to keeping youth healthy and preventing obesity. [Read more](#).



### Chicken Noodle Soup

**Makes:** 8 servings

[Source:](#)

### Directions:

1. In large saucepan, over medium-high heat, heat chicken broth, chicken, noodles, carrots, onion, celery, dill and pepper to a boil.
2. Reduce heat; simmer 20 minutes or until chicken and noodles are cooked.

### Ingredients:

- 1 can (46 ounces) Chicken broth
- One-half pound boneless skinless Chicken, cut into bite-size pieces
- 1 1/2 cups uncooked medium Egg noodles
- 1 cup sliced Carrots
- One-half cup chopped Onion
- One-third cup sliced Celery
- 1 teaspoon Dill weed
- One-quarter teaspoon ground black Pepper

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