

Todd County Extension Homemaker Newsletter

**Cooperative
Extension Service**
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Inflammation, is there a Diet That Helps?

Picture going for a run and falling and cutting your knees, or working in the garden and having a rose thorn become lodged in your finger. When these and other injuries occur the body tries to remove the harmful, irritated tissues or damaged cells and begin the process of healing by producing inflammation. Redness, heat, swelling, pain and loss of function are signs of acute inflammation but some inflammation can occur without these symptoms. Inflammation can affect certain parts of the body and cause chronic diseases; for example, the joints (rheumatoid arthritis), bowel (Crohn's disease) and skin (psoriasis). With these conditions the inflammation process is not helpful and in fact the immune system mistakenly fights against the cells of the body.



Though some research suggests that foods such as fatty fish, salmon, sardine, and herring, berries and tart cherry juice can reduce the effects of inflammation, however, the role specific foods have on the inflammation process is still being studied. Research is showing that saturated fat from meats, butter, cream and trans-fats from processed foods actually turn on the inflammatory process.

Eating to Reduce Inflammation

The Academy of Nutrition and Dietetics suggests that eating with reduced inflammation in mind is not difficult and may be easier than many people think. They provided the following guidelines:

- At meals let fruits and vegetables make up at least half your plate. Take care to regularly fit in fresh, frozen or dried berries and cherries. Be sure to eat a variety of vegetables, including leafy greens such as kale, chard and Brussels sprouts.
- Opt for plant-based sources of protein including beans, nuts and seeds.
- Choose whole grains instead of refined ones. Give up white rice and replace it with brown, black or wild rice; whole oats or barley for cream of wheat; and whole-wheat bread instead of white.
- Pick heart-healthy fats as opposed to not so healthy ones. Olive oil, avocados, nuts and seeds are a few delicious choices.
- Choose fatty fish such as salmon, sardines and anchovies to get a heart-healthy dose of omega-3 fatty acids.
- Season your meals with fresh herbs and spices. They pack a flavorful and antioxidant-rich punch.



Though diet is important, it's not the only factor. Quality and duration of sleep, regular exercise, maintaining a healthy weight, can all have a direct impact on inflammation.

Reference:

The Academy of Nutrition and Dietetics. Inflammation and Diet. Accessed June 12, 2015 from <http://www.eatright.org/resource/health/wellness/preventing-illness/inflammation-and-diet>

Source: Ingrid Adams, Extension Specialist for Nutrition and Weight Management, University of Kentucky; College of Agriculture, Food and Environment

Be Comfortable In Your Own Skin

The media is constantly telling us what “looks good”, and how we are supposed to look. Photos of perfectly airbrushed models leave many women measuring up to unrealistic expectations while they look in their own mirror and see wrinkles, stretch marks or a few too many pounds. The body goes through many ups and downs as we age, and having constant media pressure to stay young, pretty and thin does not always make it easy.

Body image issues aren't only for women. Many men can be made to feel belittled by social expectations. The media pushes big, strong men, who can lift heavy objects and reinforces that men should be stronger than their female counterparts. But that is not always the case, and men, like women, come in all different shapes and sizes.

Due to the media and societal expectations that promote perfection, it can be difficult to be comfortable in your own skin. It is important to be accepting of your own body and to know what a healthy body is. It is also important to model these notions for your own children, so that they grow up knowing what healthy is.

- Know that your body changes over time. Life events such as puberty, giving birth and aging affect your body.

- Use positive language. Try to steer away from comments and thoughts related to weight and instead focus on eating habits and exercise.
- Celebrate goals. Set goals and treat yourself when you have achieved them by doing something you love to do.
- Encourage positive friendships. Surround yourself with healthy, positive people who lift you up and motivate you versus those who tend to tear you down or reinforce bad habits.

It can be easy to get caught up in the hype of having the perfect body, no matter what gender you are. So take the time to appreciate yourself and realize that nobody is perfect. The best body is a healthy one.

Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment. Sarah Christian, CFT Master's Student

Reference: Tween and teen health. (n.d.). Retrieved September 16, 2015.

<http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/healthy-body-image/art-20044668?pg=2>



Old-time Canning Recipes

Many old-time recipes are family favorites, handed down through the years and enjoyed by everyone. But for safe home canning, only current, research-based recipes should be used. Old or untested recipes from the internet, cookbooks or grandma's recipe stash should not be canned. Instead, enjoy those recipes freshly made, or frozen for longer storage.

Research-based home canning recommendations have changed over the years, as more testing has been done. Some

foods have changed, too. For example, many tomatoes now have lower acid levels than in the past. So, even previously tested recipes from Extension and other trusted sources may no longer be valid. The USDA *Complete Guide to Home Canning* was revised in 2009 and provides the basis for most current home canning recommendations.

For more information and current, research-based recipes for safe home canning, contact the Todd County Extension office or visit the website of the National Center for Home Food Preservation at <http://nchfp.uga.edu/>.

Source: Debbie Clouthier, Extension Associate for Food Safety and Preservation, University of Kentucky; College of Agriculture, Food and Environment



Fresh Corn Salad

5 ears of fresh corn
½ cup diced red onion
3 tablespoons cider vinegar
3 tablespoons olive oil
½ teaspoon salt
½ teaspoon black pepper
½ cup freshly chopped basil

Shuck and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob. Toss the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

Chill to allow flavors to blend. Just before serving, add fresh basil. Yield: 10, ½ cup servings.

Nutritional Analysis: 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

Squash Supreme

4 cups sliced summer squash
1 medium onion, sliced
½ cup diced red bell pepper
1 cup fat free sour cream
1 - 10¾ ounce can reduced fat cream of chicken soup
1½ cups dry corn bread stuffing mix
¼ cup melted margarine

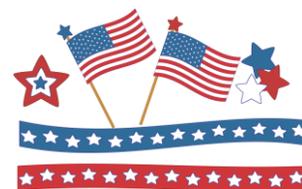


1. Preheat oven to 350° F.
 2. Steam the summer squash, onion, and red bell pepper until slightly tender.
 3. Combine sour cream and cream of chicken soup. Add steamed vegetables to soup mixture and toss to coat.
 4. Combine corn bread stuffing mix and melted margarine.
 5. Place half the stuffing mixture in the bottom of a greased 2-quart casserole dish.
 6. Add vegetable mixture; top with remaining stuffing mix.
 7. Bake for 45 minutes or until mixture bubbles.
- Yield: 8, ½ cup servings

Nutrition Analysis: 170 calories; 7 g fat; 1.5 g sat fat; 5 mg cholesterol; 370 mg sodium; 22 g carbohydrate; 3 g fiber; 7 g sugar; 4 g protein.

Sincerely,

Jill B. Harris
Extension Agent for
Family & Consumer Sciences



Announcements...

Canning Classes

Canning Pickles – July 19, 6:00 p.m. at Westside Church of Christ in Elkton

Canning Salsa – July 26, 6:00 p.m. at Westside Church of Christ in Elkton

There is no charge for the classes, but you must sign up by calling the Todd County Extension Office at 270-265-5659.

We need at least 5 people to have the class.

Homemaker Annual Meeting

“Rock and Roll” will be the theme of the Homemaker Annual Meeting, which will be held September 26 at the Senior Citizens Center in Elkton. Entertainment will be provided by the 4-H Performing Arts Troup. You won't want to miss this! See the attached flyer for details. The deadline for purchasing your ticket is September 15.

Council Officers Needed

At the County Annual Meeting, we will elect a new President, Vice-President, Secretary, and Treasurer for the County Homemakers Council. If you are interested in serving as one of these officers, please contact Betty Coppage, Linda Chester, or Janice Groves.

Trip to National Quilt Museum at Paducah

Fourteen homemakers attended the trip to Paducah where we visited the National Quilt Museum and Must Stitch Emporium.



Fit Together: Body Balance Classes

“FIT Together: Body Balance” is a series of classes designed to help you learn more about lifestyle changes you can make to help move more, eat better, lose weight, and reduce your exposure to pollution and other contaminants in the environment. Each session consists of a weigh-in, goal-setting, movement, educational topic and taste testing. You will leave with information, recipes, and actionable steps you can take to toward better health.



You are welcome to attend any or all of the remaining classes; they begin at 10:00 a.m., at the Todd County Extension Office meeting room; there is no fee to participate.

- July 21 – Picking Out Produce: All about Organic & Conventional Foods
- July 28 - Getting to Know GMOs
- August 5 (FRIDAY) – Cut Down on Environmental Pollutants in Your Food
- August 11– Prevalent Preservatives & Safe Storage
- August 18 – Deciding on a Healthy Drink
- August 25 – Nutritious Nuts & Seeds

Homemaker's Council

Todd County Homemaker's Council will meet Monday, August 22, 5:00 p.m. at the Extension Office Meeting Room.

The Buzz About Honey

The first leader training of the year will be “The Buzz About Honey.” It will be taught Wednesday, August 31, 3:30 pm at the Extension Office meeting room.

Officer Training

“Love Works” officer training will be Monday, August 29, 5:30 p.m. at the Extension Office Meeting Room. Dinner will be provided. Please RSVP to the Extension Office if you plan to attend.

