

FCS Nutrition Food For Thought



SWEET POTATOES RANK NUMBER ONE IN NUTRITION

The single most important dietary change for most people, including children, would be to replace fatty foods with foods rich in complex carbohydrates, such as sweet potatoes. Sweet potatoes contain almost twice the recommended daily allowance of vitamin A, 42 percent of the recommendation for vitamin C, four times the RDA for beta carotene, and when eaten with the skin, sweet potatoes have more fiber than oatmeal.

Physical Activity: A Key Element of Good Health

Fall brings with it the turning of the leaves, the smell of fireplaces warming the crisp air, the excitement of football season, and the veritable food fest of Thanksgiving Day.

Don't forget to include physical activity during the holidays. Regular physical activity helps improve your overall health and fitness, and reduces the risk for many chronic diseases.

Adults need at least 2 hours and 30 minutes each week of moderate-intensity aerobic activity such as brisk walking, or 75 minutes of vigorous-intensity aerobic activity such as jogging or running, or an equivalent mix of moderate and vigorous-intensity aerobic activity.

Children and adolescents should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of your child's physical activity each day such as brisk walking. Children should include muscle strengthening activities such as gymnastics or push-ups at least 3 days per week as part of the 60 minutes. They should also include bone strengthening such as jumping rope or running at least 3 days per week as part of the 60 minutes.

Not enough time? Start by doing 10 minutes of physical activity a day and gradually work your way up to 30 minutes a day.

A Recipe For Glazed Sweet Potatoes

Preheat oven to 425. Spray 1 quart casserole dish with cooking spray . Place 1 lb of sweet potatoes, peeled and cut into 1/2 inch thick slices in the bottom of the dish. Combine 1 Tbsp cornstarch, 1 Tbsp brown sugar, 3/4 cup unsweetened orange juice , and 2 Tbsp lemon juice in a small bowl and mix well. Pour mixture over potatoes, cover, and bake at 425 for 40 minutes or until potatoes are tender and glaze is thickened. Make four 1/2 cup servings.

Nutrition facts per serving: Calories 140, Total Fat 0g, Sodium 65mg, Total Carbohydrates 34g (Dietary Fiber 3g, Sugars 13g), Protein 2g, Vitamin A 320%, Vitamin C 30%, Calcium 4%, Iron 4%.

Trails for Health

"Our Nation's trails, parks, lakes, and rivers provide numerous opportunities for recreation and physical activity." (Gale A. Norton, Secretary, U.S. Department of the Interior)

Visit www.americanhiking.org for information on more than 30,000 hiking trails.

Visit www.recreation.gov for the location of National recreation Trails

