

4-H Alumni Division at 2008 Fair

Open to any past 4-H member (4-H Alumni) regardless of age (19 to 100+)

New this year, Beaver County Free Fair and the State Fair of Oklahoma will offer a new 4-H Alumni Division open to previous 4-H members beyond current membership age—19 years and up. All exhibits in the 4-H Centennial Alumni division are intended to document and preserve our 4-H heritage. Think of these exhibits as our own “4-H Antique Road Show.”

The new division will be in the 4-H Fairbook under Division **3048-325—Oklahoma 4-H Centennial**. The 2008 4-H Fairbook and 2008 Open Fairbook will be available after May 1st on our new website at: <http://www.oces.okstate.edu/beaver>. Once you enter the website, click on Beaver County Fair on the left and it will take you to a fair menu of books and events. We encourage all previous members to enter in one or all of these 14 classes.

4-H Collections—Print Materials, Buttons, Medals, Patches, Jewelry, Posters, Banners, Pennants, 4-H Gate Signs, Other 4-H Collectables and Original 4-H Project Work—One item exhibited at Competitive Event.

Scrapbook—Individual’s Personal Scrapbook or Family Scrapbook.

Historic Photography—Single Picture or Story Board.

4-H Record Book

IT’S FIESTA TIME

The OHCE lesson for May will be taught on April 29th as a Lunch and Learn entitled Mexican Cooking ~ The Low-Fat Way. It will be held at Noon in the Fair Building. This program will detail ways that cooking at home or eating out can result in healthier choices. Please RSVP.

GREEN COOKBOOKS

A limited number of the state OHCE Cookbooks are available on a first come-first serve basis for \$10.00 each.

OHCE WEEK

Each OHCE group is asked to plan something special to observe OHCE Week: May 5-11, 2008. This would be a perfect opportunity to invite others to learn more about your commendable organization. Spring Council is tentatively set for May 5th. Check the yearbook for your duties.

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BEAVER COUNTY FAMILY AND CONSUMER SCIENCES

Newsline

APRIL 2008

Beaver County Extension Office ~ Check us out on the web at
<http://countyext.okstate.edu/beaver/>

MEXICAN COOKING ~ THE LOW-FAT WAY

NOON LUNCH AND LEARN
APRIL 29
BEAVER CO. FAIRBUILDING



Hispanics have had a profound and lasting influence on American history, values, and culture. One especially important influence is the integration of Mexican food into the American diet. However many of these dishes can be high in fat.

Studies show that obesity is on the rise. Over 30% of adults in this country are overweight. Excess weight puts one at greater risk for diseases such as diabetes, heart disease, high blood pressure, and some forms of cancer.

The free program, Mexican Cooking ~ The Low-Fat Way, will detail changes in cooking at home or eating out that can result in healthier meals. Several low-fat dishes will be available for tasting. Ice tea will also be provided.

Lunch and learn programs are designed for all busy people to get information on their lunch hour and get back on their way. Please RSVP to the Extension Office at 580-625-3464 by April 28th.

MYPYRAMID MENU PLANNER

Most people have little idea whether they’re eating a balanced diet or not. The USDA wants to change that. On March 11, 2008, the U.S. Department of Agriculture announced the release of the *MyPyramid Menu Planner*, a new state-of-the-art, on-line nutrition guidance tool to help individuals and homemakers plan healthier menus based on the recommendations of the MyPyramid food guidance system and the *Dietary Guidelines for Americans*.

It has three benefits:

1. Based on the information you provide, it interactively shows whether your diet is balanced and allows you to track it.
2. It gives you an easy way to know whether you are losing or gaining weight based on what you plan to eat.
3. And it helps you plan upcoming meals.

To use the *Planner*, go to www.MyPyramid.gov and click on the *MyPyramid Menu Planner* link.

The *Menu Planner* will be useful to not only those interested in healthful and nutritious diets, but also high school and middle school classes, and dietitians, health professionals, and nutrition educators for use in counseling and educational programming.

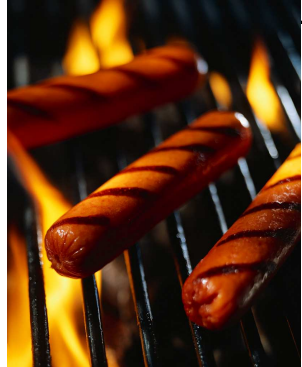


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THE TRUTH ABOUT HIGH PROTEIN, LOW CARBOHYDRATE DIETS



High protein diets are not new. In fact, high protein, low carbohydrate diets have been around since the 1970's. Many people turn to these diets for help in losing weight. But it is important to ask yourself these questions: Do high protein, low carbohydrate diets work? Are they safe?

High protein diets promote ketosis.

High protein, low carbohydrate diets work by promoting ketosis. When stored fat is broken down too fast, a condition called ketosis occurs. Ketosis is caused by not eating enough carbohydrate and it can lower the appetite and cause weakness, constipation, nausea, vomiting and dehydration. When your body is dehydrated, you may suffer from headaches, feel tired, weak, or dizzy.

High protein diets stress the kidneys.

High protein diet can put strain on the kidneys. Your kidneys will have to work harder than usual to flush out the extra protein in your body. High protein diets are not recommended for people with diabetes or kidney problems.

High protein diets promote temporary weight loss.

When you are first on a high protein diet, you will lose weight fast, but most of the weight lost is actually due to water loss, not body fat. If you continue to lose weight on a high protein, low carbohydrate diet, it is probably because you are eating fewer calories. In the long run, the weight loss does not last. Many people who lose weight start eating the way they used to eat and actually gain all the weight back and sometimes they gain back even more than they lost.

High protein diets are low in important nutrients and fiber.

High protein, low carbohydrate diets are not good for health in the long run. Foods limited on high protein diets, like whole grains, vegetables and fruits, have vitamins, minerals and other nutrients that can help reduce your risk of diabetes, heart disease, cancer and other health problems. High protein diets are high in fat. High protein, low carbohydrate diets are usually high in fat, saturated fat, and cholesterol. Most nutrition and health experts recommend a diet that is low in fat, saturated fat, and cholesterol to reduce your risk of heart disease and some types of cancer.

High protein diets are bad for the bones.

High protein, low carbohydrate diets cause your body to lose calcium. Losing calcium weakens the bones and increases the risk of osteoporosis and fractures.

The bottom line

Be wary of diets that promise a quick fix or sound too good to be true. Aim for a long term plan. Your best bet for permanent weight loss and good health is to:

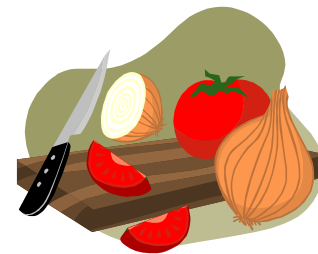
- Choose high fiber low fat foods like fruits, vegetables, whole grains, beans, low fat dairy products and lean meats, poultry and fish.
- Limit high calorie snack foods like cookies, cakes, pastries, crackers, potato chips and snack chips.
- Watch how much food you put on your plate.
- Increase your activity throughout the day.



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KITCHEN ESSENTIALS

CUTTING BOARD SANITATION HELPS ENSURE FOOD SAFETY



“Whether you are cutting, chopping, mincing or slicing, a cutting board and a good knife are essential tools in the kitchen. Cutting boards come in a variety of materials,” said Barbara Brown, Oklahoma State University Cooperative Extension Service food safety specialist.

“Cutting boards can be made of wood, plastic, marble or other material,” Brown said. “What you need to keep in mind is to follow proper food handling and sanitation practices to help prevent cross-contamination that can lead to foodborne illness.” Every kitchen should have at least two cutting boards. One should be used exclusively to cut raw meat and poultry. The other cutting board can be used for cutting fruits and vegetables.

Brown said it is crucial to frequently sanitize your cutting board. Use a solution of 1 tablespoon bleach to 1 gallon of water to sanitize the board after it has been thoroughly cleaned with soap and hot water.

“Be sure the surface of the cutting board is hard and smooth to prevent pitting. Cutting boards that are pitted could harbor growth of illness-causing bacteria,” she said. “Replace cutting boards that have become worn and battered.”

GOOD KNIVES ARE INDISPENSABLE



Just as a cutting board is an essential tool, a good knife also is a vital part of food preparation. Make sure the knife is easy to clean, fits your hand and has a good quality blade. In addition, know how to properly use the right knife for the right cutting job.

Since most stainless steel blades are rust-resistant, it's important to clean and wipe them dry after each use. There is a difference between rust-resistant and rust-proof. High-carbon stainless steel is rust-resistant, but harder to sharpen. Non-stainless high carbon blades rust more easily but are easier to sharpen.

Take care when cleaning sharp knives. Those with synthetic handles can be put in the dishwasher, but the cutting edge can be damaged and dulled if it bumps against other things during the wash cycle. Make sure the blade does not touch other cutlery, pots or pans in the dishwasher.

The best choice when cleaning knives is to wash them by hand. Knives should be dried immediately after washing and stored. For greatest efficiency, knives should be stored at the first place of use. Some good cutlery comes in a specially designed tray that fit into any drawer, stand on the cabinet, or may be hung on the wall. When no tray has been provided, a place in the drawer should be partitioned with hardwood and fitted with grooves for each knife. A magnet may be hung on the wall near the place of use for storing the knives rather than putting them in a drawer, if desired.

Always remember, a cheap dull knife may prove to be the most expensive and hazardous knife you own. For more on purchasing and sharpening knives, contact the Beaver Co. Extension Office for “Putting an Edge on Knives” OCES Fact Sheet ASI-9411

Oklahoma Cooperative Extension
Fact Sheets
are available on our website at:
<http://osufacts.okstate.edu>