

## Something NEW for the Bundle of Joy



A new MyPyramid web site designed specifically for pregnant and breastfeeding mothers was recently launched by the USDA. The new interactive guidance tool is found at [MyPyramid.gov](http://MyPyramid.gov). It provides unique, individualized nutrition guidance to meet the needs of expectant and new moms.

Obtaining a personalized "MyPyramid Plan for Moms" requires only a few steps. A pregnant woman enters her age, height, pre-pregnancy weight, physical activity level, and due date. A breastfeeding woman enters similar information and the baby's birth date. Breastfeeding women will also select if they are feeding their baby breast milk only or supplementing with formula.

Following these entries, a personalized MyPyramid Plan for Moms will be provided on their computer screen which can be downloaded as a full-color printout.

The original [MyPyramid.gov](http://MyPyramid.gov) released in 2005, which contained the MyPyramid Plan and MyPyramid Tracker, was followed by MyPyramid for Kids and in Spanish: MiPiramide.

Within the next few months, USDA plans to release another on-line tool known as MyPyramid Menu Planner. The Menu Planner will be a simple, easy to use meal planning tool based on MyPyramid recommendations that will provide users with real-time feedback on planned food choices.

So if the stork will be delivering any bundles to your family or friends, please let the mother know about this site.

From USDA News Release No. 0306.07

## OHCE NEWS

### Awards

OHCE Member Recognition Awards need to be filled out and returned by January 15, 2008. Take pride in your own or another's accomplishment and submit an award form. Forms are available in the Extension Office or on-line at [www.ohce.org](http://www.ohce.org).

### Child Care Provider Seminar January 12, 2008

HCE provides lunch for the participants of this seminar. Please make note of the date and start menu planning.

### January Lesson

Underground Railroad Quilts will be a mail-out lesson giving the leaders one less meeting to have to attend during this busy month. Each club's lesson leader needs to contact the Extension Office in December to get a copy of this program. Yearbooks will also be available at this time.

This newsletter is published monthly by the Beaver County OSU Extension Office, PO Box 339, Courthouse, Beaver, OK 73932 (580) 625-3464, and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.



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## BEAVER COUNTY FAMILY AND CONSUMER SCIENCES

# Newsline

DECEMBER 2007

Beaver County Extension Office \* Courthouse \* Box 339 \* Beaver OK 73932 \* (580)625-3464

## A Healthy Eating Plan Can Fit into Your Holiday Schedule

Turkey, dressing, pecan pie, candy canes, egg nog, fruit cake, and a champagne toast are all holiday traditions but they can wreak havoc on waistlines over the holidays. Food is one of the pleasures of the holiday season. Just because a person is trying to maintain a healthy eating plan does not mean holiday parties should be avoided.

The secret to fitting a healthy eating plan into holiday festivities is moderation and balance, said Janice Hermann, Oklahoma State University Cooperative Extension Service nutrition education specialist.

"It's not a good idea to go on a 'diet' during the holidays. You're simply setting yourself up for disappointment," Hermann said. "Instead of trying to lose weight, just try to maintain your weight. Also, if you know you'll be attending a party later in the evening, try eating lower-calorie meals earlier during the day. This way you can enjoy the party foods without overdoing your calorie intake for the day."

Hermann also suggests eating a small, low-fat snack such as fruit or a bagel before heading out to a holiday party. This will help take the edge off your hunger and help you maintain your willpower.

Once you arrive at the buffet, do not head straight for the food tables. Take some time to greet the host or hostess and mingle with friends.

"You should also get something to drink and settle into the festivities before eating," she said. "Avoid drinks containing alcohol because they are just empty calories. Opt instead for a glass of sparkling water with lemon. This drink contains zero calories and is light and refreshing."

To avoid unconscious nibbling, socialize away from the buffet table. Conversation can take your attention away from the food and can easily lead to over indulging.

Although the array of holiday foods may be tempting, make just one trip to the buffet table. Make sure to choose the foods you really want and keep portions small. In addition, choose some lower-calorie foods such as raw vegetables or fresh fruit.

Hermann said broiled shrimp with cocktail sauce or lemon is a good choice. Go easy on fried appetizers, cheese cubes or other "not-so-healthy" choices.

"If possible, bring a healthy dish of your own, but be sure to check with the hostess first," she said.

In party situations that involve a sit-down dinner versus a buffet, make your first helping small. That way if you do take second, the total amount should be about the same as a normal portion size.

Hermann said one of the key things to keep in mind is holiday foods and parties are not an all-or-nothing situation. Do not deprive yourself of special holiday foods or feel guilty when you eat them.


"When it comes to planning your own holiday parties and meals, make substitutions that will lower the fat content of your food selections," she said. "Your guests probably won't know the difference. However, if you have a special holiday food that just wouldn't be the same prepared any other way, simply prepare it as you would normally and take a smaller portion. Sometimes just a taste can satisfy your craving."

For those who find that they have over indulged at a party, step up the exercise. Try to get at least 30 minutes of vigorous physical activity on most days of the week.

"Be sure to keep in mind that sharing food is part of the holidays. Enjoying holiday meals or parties with family and friends doesn't mean you have to abandon your healthy food habits," Hermann said.



Got a sweet tooth? Hide goodies behind cupboard doors, give to a friend, or freeze treats for later. High-fat and sugar treats left out are too tempting.



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## Shop Locally This Holiday Season



If you like shopping, there are plenty of opportunities during the holidays. Groceries, candies, a Christmas tree, decorations, cards, and gifts are just a few of the normal *extras* purchased this time of year. Try to make as many of those purchases as possible in your own community.

The economic well-being of local businesses is essential to the economic well-being of the entire community. Local businesses pay taxes, provide jobs, and their success enhances residential and other property values. Their income this holiday shopping season could be the deciding factor in determining success or failure, and thus influence whether they stay in business here or not<sup>1</sup>

Shopping locally keeps dollars in the community. There is a strong multiplier effect within the community for every dollar spent locally, whether it is for retail goods or services. For example, a dollar spent in a retail store may then be spent by the store owner to buy groceries, the grocer may spend the dollar at the gasoline station, the gasoline station owner may spend the dollar at the pharmacy, and so forth. It is when the dollar is taken down the road to the store in the next city or state that the multiplier effect of that dollar is really diminished. Every dollar that a community member spends outside the community diminishes the economic health of the community.<sup>2</sup>

Many consumers indicate that quality customer service is what they like most about shopping locally. Local retailers really know their loyal customers. Supercenter retailers like to emulate this by using friendly greeters at the door, or by having cashiers repeat the first name of a customer after scanning a credit card. However, it is difficult for them to know many of their customers well.<sup>2</sup>

Local businesses are usually owned by fellow community members. Local owners contribute to the local community in tangible and intangible ways. For example, they add to the tax base of the community. They provide resources for community improvement. When you shop out of town, how often do those merchants contribute to your local charitable organizations or causes? Who advertises in the high school annual? Who sponsors Little League baseball teams? Who donates their facilities for a youth group car wash? Consumers like “keeping my money local” and “supporting the local economy.”<sup>2</sup>

When you don't spend money on fuel to drive to distant shopping destinations, more of your money is available to spend locally. For example, if the cost of operating an automobile is \$.45 per mile, the cost of just a 25 mile trip is \$.45 x 25 x 2 or \$22.50. Also add up the hidden costs to your out-of-town trip; do you eat out or impulse buy things that weren't on your list?<sup>2</sup>

We've all seen what happens to a community when its businesses are closed and abandoned. But you can prevent that from happening by shopping locally this holiday season and throughout the year.<sup>1</sup>

Source: 1. Downy Eagle Newspaper <http://citywd.com/E/eagle/2001/nov30/editorial.htm>  
2. The Importance of Shopping Locally, Nebraska Cooperative Extension @<http://extension.unl.edu/cplussions/hef547.pdf>

## Chocolate Molten Lava Cake

*I frequently order this type of dessert at restaurants; however, ice cream is a requirement not an option! Make this as an elegant treat and no one will guess how easy it really is.*

### For Filling:

1 1/3 cup semisweet chocolate pieces  
1/2 cup whipping cream  
1 Tablespoon butter

### For Cake:

4 ounces semisweet chocolate pieces, coarsely chopped  
1/2 cup butter  
4 eggs  
1/2 cup sugar  
1/2 cup all-purpose flour

Vanilla ice cream (optional)

Prepare filling ahead: In a small saucepan, combine chocolate pieces, whipping cream, and 1 Tbsp butter. Cook and stir over low heat until chocolate is melted and mixture is smooth. Cool at room temperature for 15 minutes. Cover and chill for 1 to 2 hours or until fudge-like in consistency.

Preheat oven to 375<sup>o</sup>F. Generously butter eight 6-ounce ramekins.

For Cake: In a small saucepan, combine chopped semisweet chocolate and 1/2 cup butter. Cook and stir over low heat until chocolate is melted and mixture is smooth. Cool slightly.

In a large bowl, combine eggs and sugar; beat with an electric mixer on medium-high speed for 5 minutes. Beat in flour and melted chocolate mixture. Spoon batter 1-inch deep in bottom of each ramekin.

Divide chilled filling into eight equal portions. Working quickly, roll each piece into a ball. Place a ball in the center of each ramekin making sure filling does *not* touch the side of the dish. Evenly spoon remaining batter among ramekins covering filling balls.

Bake for 15 minutes. Remove from oven; let stand 10 minutes. Using a paring knife, loosen sides; invert onto serving plates. Serve immediately with a scoop of vanilla ice cream. Makes 8 servings.

To Make Ahead: Prepare and assemble cakes as directed but don't bake. Cover and chill for up to 4 hours. Bake and serve as directed.



## EAT, DRINK, AND BE MERRY THROUGH THE HOLIDAYS

As you make those holidays merry, you need to keep track of and make smart decisions about your beverage consumption. During the holiday season many people expect that they will gain weight. What they may not know is that what they are drinking is impacting those added pounds.<sup>1</sup> Beverages can add up quickly, especially if they contain alcohol.

The choice is yours to decide -- where would you prefer to get your calories? One gram of alcohol has seven calories compared with 4 for carbohydrates and protein. Ounce for ounce, you can eat almost twice as many carbs and protein as you can alcohol.<sup>2</sup>

Choose fat-free milk drinks and limit alcohol and sugar sweetened beverages to help keep your holidays healthy. Eggnog is a holiday favorite and tradition in many families. An eight ounce glass of non-alcoholic eggnog made with whole milk has 343 calories. Spiked can add 150 calories.

A glass of wine or beer has roughly 125 to 150 calories, a pina colada can add close to 300 calories. But it depends on the size of the glass and how often you refill that glass. It is hard to know exactly how much you have consumed because all too often, the glass is continually refilled. It is safe to say that the average serving size of wine and alcoholic beverages is usually more than you think it is.

The savvy dieter finishes one serving then switches to a nonalcoholic, non-caloric beverage such as sparkling water before considering another serving of alcohol. This way, you not only reduce the risk of over-consuming calories and alcohol, but this strategy also helps meet your fluid needs. And your head will thank you in the morning when you awake feeling chipper without a hangover!

Not only do cocktails boost calories but they also have a powerful impact on mood and inhibitions. Your resolve can be really strong going into that party but after a few drinks, you may find yourself mindlessly overeating the nuts, dips, or whatever food is within striking distance. Yet another reason to limit your consumption!<sup>2</sup>

According to Science News, the thing providing the most calories in the American diet is soda and fruit drinks. Adults are getting 14% of their calories from soda and fruit drinks containing less than 10% juice.<sup>1</sup> What's worse, the liquid calories fulfill your thirst but do little to satisfy hunger.<sup>2</sup> A 20 ounce bottle of soda contains no nutrient value but adds 250 calories from sugar.<sup>1</sup> Artificially sweetened beverages are a fine alternative but even those should be limited to a few servings per day.

Choosing a glass of fruit or vegetable juice is a great option, chock full of nutrients and disease-preventing antioxidants. Vegetable juice contains the least amount of calories and can be very pleasing. Fruit juice that is 100% juice contains almost twice as many calories as vegetable juice and while very nutritious, can add up to several hundred calories in large glasses.



One of the best thirst quenchers is good old-fashioned water. Sparkling water makes a nice substitute if you like the effervescence of soda. Jazz up noncaloric waters with fresh citrus, a splash of juice, or a sprig of fresh mint. This is a great way to meet your daily fluid needs without any extra calories.

Spice up your favorite warm ciders with spices or vanilla beans to heighten your senses. Make your hot chocolate with skim milk and top with a dollop of light whipped cream for a delicious and satisfying treat. Hot herbal teas and coffees are equally as tasty. Order up your specialty coffee with skim milk (skinny) and hold the whipped cream; some of those large fancy coffee drinks with syrups, whole milk, and whipped cream can set you back as much as 600 to 700 calories!

Staying well hydrated during the cold winter months is very important. Drink plenty of fluids, especially if you are suffering from colds or flu, and remember to choose them carefully.<sup>2</sup>

1. **Drinks Can Contribute to Holiday Weight Gain**  
By Tammy Roberts, MS, RD, LD, <http://missourifamilies.org/features/nutritionarticles/nut152.htm>

2. **Holiday Beverages That Are Light and Right** By Kathleen Zelman, MPH, RD, LD @ <http://www.medicinenet.com/script/main/art.asp?articlekey=56687>

### Miniature Cheese Balls

*Jazz up your cheese tray with this impressive appetizer.*

8 oz. Chive & Onion Cream Cheese Spread  
8 oz pkg. Mozzarella Shredded Cheese Or 3-Cheese Crumbles  
4 slices bacon, cooked, minced  
1/2 tsp Italian seasoning  
1/2 tsp garlic powder  
1/2 cup toasted walnuts, ground

Mix cream cheese spread and cheese until well blended. Stir in bacon and seasonings. Shape into 54 balls, 1 level tsp. each. Roll in nuts. Cover with plastic wrap. Refrigerate at least 2 hours.

### Cookbooks Make Great Gifts

The OHCE Cookbooks, *A Century of Tempting Treasures*, are almost gone. They are a once in a century gift for only \$10.00 each. Come by the Extension office SOON to get one, as there are only 15 left.

### Tour of Homes December 13, 2007 Fee \$10.00

(Meet at the Beaver Co. Chamber of Commerce office at 6:15p.m. Tours will begin at 6:30p.m.)

Mail this Coupon with \$10.00 Fee enclosed to:

Beaver Chamber of Commerce  
PO Box 878, Beaver, OK 73932

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone No. \_\_\_\_\_

Homes included in this year's tour are:

Leroy & Deanna Clower,  
Chris & Denise Janko, and  
Nick & Chanci Peterson.

