



## Halloween does not mean nutrition is out the window

The leaves have fallen from the trees and the grass no longer has a green hue. Pumpkins are decorating porches around the neighborhood. The candy aisle at the grocery store is fully stocked with a variety of treats. This can mean just one thing... Halloween is right around the corner.

For many children, Halloween not only means deciding what they want to dress up as, it also means a bag full of candy.

There are parents who may be concerned about the amount of candy their child receives while trick-or-treating, said Janice Hermann, Oklahoma State University Cooperative Extension Service nutrition education specialist.

“From a child’s perspective, the more candy the better,” Hermann said. “This is a great time for parents to take this moment and turn it into a learning opportunity about nutrition. Children will be excited when they come home with their plastic pumpkin or goody bag filled to the brim. As a parent, you play a key role in helping your children understand the importance of good nutrition and how special treats such as Halloween candy can fit into a healthy eating plan.”

Parents can avoid handing out sugary treats by opting for healthier choices.

“Instead of stocking your treat bowl with sugar-laden goodies, try handing out individual packs of crackers, trail mix or nuts,” she said. “Small boxes of raisins, mini bags of microwave popcorn or cereal, sugar-free gum or mini juice boxes also make great treats. If you can’t resist the urge to hand out candy, try miniature candy bars or other small candies.”



It is OK for children to have small amounts of candy as long as they are eating a variety of healthy foods from the MyPyramid.

Hermann said parents can involve children in food choices by having them help with meal planning and shopping.

For those who wish not to hand out food of any type, try giving away pencils, erasers or even pennies.

“Once you have the candy at home after trick-or-treating, sort through it and throw away anything your child doesn’t like,” she said. “After that, portion the candy into small bags. This will help your child visualize how much candy can be consumed each day. If your child ends up with more candy than can be consumed in a short amount of time, consider freezing it for a treat at a later date. Chocolate candies such as M&Ms could be added to a batch of cookie dough or brownies.”

Hermann said it is important for parents and children to keep in mind that candy is not necessarily ‘bad’ for children.

## Portion distortion can cause people to eat more than they need

Bigger is not always better, especially when it comes to portion size. Over the past 20 to 30 years, portion sizes have grown dramatically.

In fact, portion sizes have gotten so big they result in our losing track of how much we eat, said Deana Hildebrand, Oklahoma State University Cooperative Extension Service nutrition specialist.

For example, a person may think she just had a bagel for breakfast, when in reality she had a bagel large enough to serve two or three people.

“Consumers have gotten so used to seeing larger portion sizes, both at home and at restaurants, that when they see a normal sized portion, it seems very small,” Hildebrand said. “One reason portion sizes have gotten larger over the years is that dinner plates and bowls are made larger these days. We fill our plate full and presto – we have portion distortion. Rather than just eating until we are full, most of us simply eat the amount of food that is put on the plate. Adults are not the only ones to succumb to portion distortion. Children are affected by it, too.”

Eating more calories than are needed results in weight gain. Eating just 100 calories too many each day can add 10 pounds per year. Years ago, a hamburger from a fast food restaurant contained about 2.8 ounces of meat and just over 200 calories. Today’s fast food hamburgers weigh approximately 4.3 ounces and contain 310 calories.

If consumers want smaller portions when eating out, Hildebrand suggests sharing large entrees with a friend. Another strategy is to put half of the portion in a takeout container before you start eating and having that portion for another meal. Also, children’s menus feature smaller portions.

“Keep in mind there is a difference between portion size and serving size,” she said. “A portion is what you serve yourself or what a restaurant gives you. In reality, a portion is usually larger than a serving size. To help determine the right amount of food to consume, check the Nutrition Facts on the packages of all foods.”

One way to help visualize serving sizes is to compare it to something else. The palm of the hand is about the same size as 3 ounces of meat. The thumb or a domino is the size of 1 ounce of cheese. An ounce of nuts is a small handful. A large handful

equals about 1 ounce of shredded cheese.

A baseball is the size of 1 cup of leafy, raw vegetables, a medium apple or orange, a cup of ready-to-eat cereal, 1 cup of yogurt or a cup of cooked, dry beans.

Keep in mind that serving sizes for children are generally about half the size of an adult serving.

Hildebrand said another way to keep a handle on portion sizes is to look at how much space specific foods take on your plate. Half of a dinner plate should be filled with fruits and vegetables; a quarter with whole grains and a quarter with meat, fish, poultry or cooked dried beans.

“It’s important for consumers to know that there aren’t any ‘bad’ foods out there. It’s more about how much we eat, not what we eat. Reading labels, recognizing appropriate portion sizes and eating a wide variety of foods in moderation will help ensure a healthy lifestyle,” Hildebrand said. “By following the USDA MyPyramid and keeping portion sizes under control, you can still have that occasional treat to satisfy your sweet tooth.”

### A Calorie is a Calorie is a Calorie: It Depends on Who You Ask

While nutrition is an evolving science, health professionals, government, and nutrition scientists alike have long agreed on one thing—calories. Specifically, it has been



established that 1) calories are important; 2) weight is managed based on calories consumed and calories expended; and 3) a calorie is a calorie, regardless of the source (i.e., dietary fats, carbohydrates, protein). In other words, while we know that dietary fats contain more calories per gram than carbohydrates and protein, it is the total amount of calories that an individual consumes in a day, along with the amount that they burn off, that affects the ability to maintain their weight.

# HCE LEADER LESSON SCHEDULE FOR 2008

MONTH	LESSON TITLE	EDUCATOR	PRESENTED- LOGAN 9:30 A.M.	PRESENTED- BLAINE 10:00 AM KINGFISHER 12:30
January	Memory Improvement	Cathy James	Mail out	Mail out
February	Cheeses & How to Use Them	Cathy James	Jan. 29	Jan. 31
March	The Buzz About Honey	Paula Post	Feb 19	Feb. 28
April	Herbs & Their Uses	Cathy James	Mar. 25	Mar. 27
May	Home Maintenance	Joy Rhodes	April 22	April 24
June	Free Month			
July	Kitchen Gadgets and Shortcuts	Joy Rhodes	June 24	June 26
August	Thrifty Fashions	Paula Post	July 22	July 24
September	State Lesson Let's Regain Our Patriotism or Buying USA Products	Each is responsible in own county	Aug. 28	Mail-out
October	State Lesson Gambling, The Risks and the Odds	Joy Rhodes	Sept. 23	Sept. 25
November	Grandmothers Remedies That Actually Work	Paula Post	Oct. 28	Oct. 23
December	Free Month			

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### *HCE News & Notes*

**HCE County Cookbook** – Don't forget that these cookbooks would make great, inexpensive Christmas presents.

**Leader Lessons** - Sept. 27 Say the Right Thing  
October 26 (Friday not Thursday) Trim the Tree

#### **ELECTION OF OFFICERS, DUES AND DONATIONS**

Your Sept./Oct. meeting is the time to elect officers and collect dues and donations. Officers names, dues, and donations need to be turned in by Oct. 10th. Make checks payable to Kingfisher County HCE. New members need to fill out a membership form to be on the mailing list.

**October 25 is the Leadership Conference in OKC at the Clarion Hotel.** Anyone can attend this meeting, officers are encouraged to attend.

**Apron Annie's will host Fall Co. Council** on Oct. 23rd at 6:30 p.m. The theme is Girlfriends, Sisters, Mothers and Others. Our speaker will be Delinda Barnett. Please bring a side dish of your choice. This is a good opportunity to bring a guest! The HCE Cookbooks will be available.

#### **SPECIAL THANKS SUPERINTENDENTS!**

##### **HCE SUPERINTENDENTS**

**Food Preservation**-Doris Brehm, Kim Richter

**Culinary**-Dena Hart, Marge McConnell

**Clothing**-Jan Wittrock, Debbie Winters

**Home Management**-Cody Brinkmeyer, Nancy Streigl

##### **OPEN CLASS**

**Homemaking**-Theresa Wilczek, Eva Ryan, Toddie Rollins

**Photography** - Tammy Matthews, Cindy Wilczek

**Clothing**—Rosemary Winters

**Art:** Bethel Hackett, Sue Miller

**Culinary**—Cheryl Bullis, Linda Wilcox

**Canned Products** -Irene George, Loretta Kretchmar

#### **MOST TOTAL POINTS– Happy Homemakers**

1st	Loyal Neighbors	2507
2nd	Surprise	2211
3rd	Happy Homemakers	1728
4th	Plainview	1306

#### **WHEAT HEART – Sr. Division** Jo Anne Erwin

Jr. Division– Jessica and Marta Stangl

#### **KERR BALL CANNING**

Pickles-Marta Stangl, Jeanne Mackey

Soft Spread-Flo Hellwege, Jo Anne Erwin

Fruits-Irene George, Kristen Meyer

Vegetables– Esther Staggs, Dot Miller

#### **COMPLETE FAIR EXHIBIT**- Homemakers,

Surprise, Loyal Neighbors, Plainview, Omega.

#### **SPECIAL THANKS to Fair Board Secretary**

**Jeannie Boevers who keeps us organized!**

**Parenting Classes** are being offered by local churches on Wednesdays. These churches are providing meals and babysitting.

Classes are from 6-8:00 pm. What a great way to serve families!

If you are interested in taking a class or your church hosting a class, call the OSU Extension office at 375-3822..

**Parents on Board K-7**-Getting parents involved in child's education

**1, 2, 3, 4 Parenting**-for parents with children ages 1-4.

**Active Parenting**-for parents with children ages 5-12.

**Active Parenting for Teens**—for parents with teens

**Active Parenting for Stepfamilies**

Parenting videos available for checkout from the OSU Extension office:

Sincerely,

1, 2, 3, Magic

1, 2, 3, More Magic

Surviving Adolescents

*Paula Post*

Paula Post

Extension Educator, FCS/4-H Youth Dev.