Southern University Agricultural Research and Extension Center

HEALTHY Prescriptions

NAVIGATE YOUR DAY WITH SCHOOL BREAKFAST

Do you feel adrift when you skip breakfast in the morning? Are you drowning in the bag of chips you grabbed instead of having a nutritious meal? School breakfast is here to throw you a life-raft and help you navigate the high seas of math class, history, and more. Tomorrow morning, and every morning, navigate your day with a school breakfast that gives you the energy you need. The U.S. Department of Agriculture requires that a school breakfast must have at least 25 percent of the Recommended Daily Allowance for protein, calcium, iron, vitamin A, vitamin C and calories, as well as meet the Dietary Guidelines for Americans.

A healthy school breakfast includes:

- **Milk**
- **100% fruit and vegetable juice**
- **Bread/cereal**
- **Protein**

For more information on this research visit: www.asfsa.org/childnutrition/research.

So why breakfast?

Several research studies found that kids who eat breakfast:

- **Perform better on standardized tests**
- **Make fewer visits to the nurse's office**
- **Get better grades.**

BARBEQUE RICE

- 3 cups rice, cooked
- 1/2 cup onion, chopped
- 2 (10 3/4 oz.) cans cream of chicken soup
- 1 tbsp. liquid smoke
- 1 cup celery, chopped
- 1 stick butter, *(unsalted)*
- 1 (14 1/2 oz.) can chicken broth *(low sodium)*

Directions:

1. Melt butter in skillet and add onion and celery. **2.** Cook until tender. **3.** Add soup, broth, and smoke. **4.** Mix in rice. **5.** Put in baking dish and bake at 350 degrees for 30 minutes.

Makes 6 servings

Nutrition Facts

Serving Size (316g)
Servings Per Container

Amount Per Serving	
Calories 230	Calories from Fat 90
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 6g	**30%**
Cholesterol 30mg	**10%**
Sodium 480mg	**20%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 7g	
Vitamin A 20% • Vitamin C 6%	
Calcium 4% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

2004 National Health & Nutrition Observances

March

American Red Cross Month
National Colorectal Cancer Awareness Month
National Kidney Month
National Multiple Sclerosis Education & Awareness Month
National Nutrition Month
Save Your Vision Month
Workplace Eye Health and Safety Month
National Patient Safety Awareness Week **(7th-13th)**
National School Breakfast Week **(8th-12th)**
Pulmonary Rehabilitation Week **(14th-20th)**
Brain Awareness Week **(15th-21st)**
National Inhalants & Poisons Awareness Week **(21st-27th)**
National Poison Prevention Week **(21st-27th)**
World Tuberculosis Day **(24th)**
National Sleep Awareness Week **(28th-April 4th)**
Kick Butts Day **(31st)**

April

Alcohol Awareness Month
Cancer Control Month

April continued

Candlelight Vigil for Eating Disorders Awareness
IBS (Irritable Bowel Syndrome) Awareness Month
National Donate Life Month
National Facial Protection Month
National Occupational Therapy Month
National STD Awareness Month
National Youth Sports Safety Month
Sexual Assault Awareness Month
Sports Eye Safety Month
Women's Eye Health & Safety Month
Alcohol-Free Weekend **(2nd-4th)**
YMCA Healthy Kids Day **(3rd)**
National Public Health Week **(5th-11th)**
World Health Day **(7th)**
National Alcohol Screening Day **(8th)**
National Volunteer Week **(18th-24th)**
National Minority Cancer Awareness Week **(18th-24th)**
2004 WalkAmerica **(24th-25th)**
National Infant Immunization Week **(25th-May 1st)**

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Resources/References:

1. American Public Health Association: www.apha.org
2. American School Food Service Association: www.asfsa.org
3. New Jersey Public Health Association: www.njha.org
4. Institute of Medicine Report. March 20, 2002 *Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care*
5. Using the Dietary Guidelines for Americans—USDA Center for Nutrition Policy and Promotion
6. Complete Food and Nutrition Guide—American Dietetic Association; Roberta Duyff, MS RD, CFCS
7. Trends in the United States: Consumer Attitudes and the Supermarket 2000; Food Marketing Institute
8. Nutrition for Dummies; Carol Ann Rinzler

For Additional Resources contact
Southern University Agricultural Research and Extension Center at (225) 771-2242.

Southern University Agricultural Research and Extension Center, an entity of the Southern University System, Leodrey Williams, Chancellor, Leon R. Tarver II, System President, S. Albert Gilliam, Chairman, Board of Supervisors. It is issued in furtherance of the Cooperative Extension Work Act of December 1971, in cooperation with the U. S. Department of Agriculture. All educational programs conducted by the SU Agricultural Research and Extension Center are provided to all ages regardless of race, national origin, or disability. Fifteen hundred copies of this publication were printed at a cost of $776.25

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Healthy Prescriptions

National Public Health Week

April 5 - 11, 2004

National Public Health Week is always the first full week in April. The theme for the 2004 observance is "Eliminating Health Disparities, Communities Moving From Statistics to Solutions." The American Public Health Association (APHA) will take the lead in partnering with other public health organizations, agencies, associations, foundations, and private entities to educate the public and policy makers about how this key public health issue effects all Americans. The goal during this week is to focus on highlighting a wide variety of projects and interventions to inspire other people who work on health care issues and want to reduce health disparities in their communities.

March/April 2004

Healthy Prescriptions is a bi-monthly newsletter published by the Southern University Agricultural Research and Extension Center. The newsletter is compiled by **Shantell Smith Jones**, *Assistant Specialist-Health* and **De'Shoin York Friendship**, *Assistant Specialist- Nutrition*. Design and Layout by **Donna Charles Badon**, *Creative Specialist*. This publication was made possible by a grant from the U.S. Department of Agriculture, Grant #99-ERHS-1-0483.

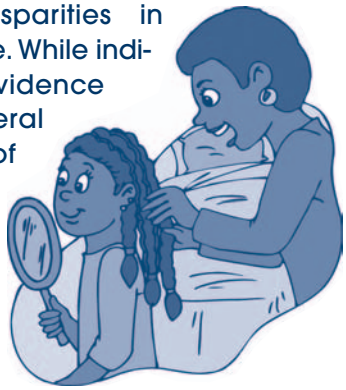
Statistics

Racial and ethnic disparities in healthcare exist and, because they are associated with worse outcomes in many cases, are unacceptable.

Racial and ethnic disparities in healthcare occur in the context of broader historic and contemporary social and economic inequality, and evidence of persistent racial and ethnic discrimination in many sectors of American life.

Many sources – including health systems, healthcare providers, patients, and utilization managers – may contribute to racial and ethnic disparities in healthcare.

Biased attitudes, stereotyping, prejudice, and clinical uncertainty on the part of healthcare providers may contribute to racial and ethnic disparities in healthcare. While indirect evidence from several lines of research supports this statement, a greater understanding of the prevalence and influence of these processes is needed and should be sought through research.



A small number of studies suggest that racial and ethnic minority patients are more likely than white patients to refuse treatment. These studies find that differences in refusal rates are generally small and that minority patient refusal does not fully explain healthcare disparities.

Fast Facts on Health Disparities

• African Americans are about 34 percent more likely to die of cancer than are whites, and more than two times more likely to die of cancer than are Asian or Pacific Islanders, American Indians, and Hispanics.

• According to the National Institute of Diabetes and Digestive and Kidney Disease, 40 to 70 percent of American Indian adults age 45 to 74 were found to have diabetes in a recent screening study in three geographic areas.

• According to the American Heart Association,cardiovascular disease

Celebrating National Nutrition Month®
"Eat Smart, Stay Healthy"

by De'Shoin York Friendship
Nutrition Specialist

The first quarter of the new year 2004 has come, and amazingly is almost over. So, how's your new year's resolution about healthy eating going? If it is like most Americans, it has been like a roller coaster, delayed, rearranged, postponed, improved, and depreciated in value. But why the drama when it comes to lifestyle changes? Most of us set unrealistic goals for making health or lifestyle changes, especially eating choices. Many of us are looking for quick and easy methods of change that bring the same results. Don't get me wrong—they work, but that quick response brings an even quicker response to regained pounds and an increase in original weight. Change is not an easy task; it has to come about in stages to ensure success. In this issue of *Healthy Prescriptions*, in celebration of the **National Nutrition Month's®** theme *"Eat Smart, Stay Healthy,"* we will provide the **ABC's** of good health.

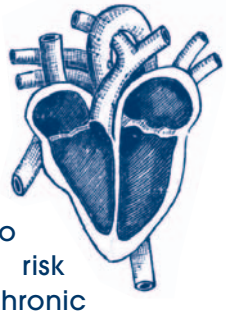
ABC's of Good Health

Aim for Fitness

Eating is something we all enjoy. The large variety of food selections are enormous and it can be fun to pick and choose from the bountiful produce available and the convenience of other food sources. Remember variety is the key to a healthy diet and lifestyle. There are three key points to remember when developing a healthy lifestyle:

- ***Aim for Fitness***
- ***Build a Healthy Base***
- ***Choose Sensibly***

By aiming, building and choosing sensibly, you can promote your health and reduce your risk of chronic illnesses such as heart disease, certain types of cancer, diabetes, stroke, and osteoporosis. Good diets can also reduce major risk factors for chronic disease such as obesity, high blood pressure, and high blood cholesterol. Food choices, lifestyle, environment, and family history affect your health. The Dietary Guidelines are just that, a guide to assist you with life-long dietary and health changes. So let's look a little closer at the ABC's for a healthy lifestyle.



You are probably saying to yourself, "I have looked at the chart and I could stand to lower my risk", or you may be saying, "I would like to maintain my healthy weight status." Here are some tips to help you reach that healthier lifestyle.

Build a Healthy Base

The Food Guide Pyramid is one of the best tools to help with selecting food and incorporating the idea of variety and balance. Different foods contribute different nutrients.

No single food contains all the nutrients you need. For example, oranges provide vitamin C and folate but does not contain vitamin B_{12}, However cheese provides calcium and B_{12} but not vitamin C. How can you get all the nutrients you need to be healthy? The Food Guide Pyramid is the answer. The Food Guide Pyramid, the new replacement for the Basic Four Food Groups, is the best start to incorporating healthy eating and other lifestyle changes. If for some reason you can not eat from various food groups, such as dairy foods due to lactose intolerance, seek other alternatives that can provide those nutrients in your eating plan.

Choose Sensibly

Making Trade-Offs

According to Trends, a report by the Food Marketing Institute (FMI), consumers continue to value taste above nutrition in choosing foods. Taste should be our bottom line in making sensible choices about eating. Eating is something that we should enjoy just like any other part of our life. However, there is no one set menu plan to eat healthy. Each person has his or her own likes and dislikes and trade-offs that they are willing to make. For example, you must have real butter with your toast. Instead of having 3 tablespoons of butter, maybe only 1 1/2 or maybe 2 tablespoons with a sugar substitute with your coffee. It may be as easy as changing from white bread to whole wheat bread. By making simple changes or trade-offs you can still enjoy eating and still make changes that will beneficial for a lifetime.

Let the Food Label Help with Trade-Offs

The nutrition fact label is the best source of information when making food decisions. Nutrition information on labels help you choose foods that fit into your overall eating plan. The nutrition fact label describes the amount of nutrients, cholesterol, fiber, fat, and calories in

see **Choices,** *page 3*

Health Facts, *continued from page 1*

accounted for 36.2 percent of all deaths in Asian Pacific Islander women.

• In 1999, the number of HIV-infection deaths among Hispanics or Latinos was 7.3 per 100,000 populations—just over ten times the target of 0.7 per 100,000 populations.

• According to the March of Dimes, in 2000, 75.7 percent of white mothers received either adequate or adequate plus prenatal care, compared to 67.1 percent of African-American mothers, 58.1 percent of Native American mothers, 73.9 percent of Asian or Pacific Islander mothers and 65.6 percent of Hispanic mothers. In addition, African-American mothers were nearly twice as likely and Native American mothers nearly 2 1/2 times as likely as white mothers to receive inadequate pre-natal care.

Thus, it is important to increase awareness of racial and ethnic disparities in healthcare among the general public and key stakeholders, as well as increase healthcare providers' awareness of disparities.

Choices, *continued from page 2*

that particular food item. Not only does it provide nutritional information but also a nutritional description, and health claims. With food labels, you can make nutrition related decisions as you shop.

National School Breakfast Week

Parents, what if you could do something for your child that meant:

• Improving standardized test scores, especially in math;

• A better attendance record and fewer tardy slips;

• Fewer trips to the nurse's office; and

• Fewer trips to the principal's office.

Did you know three different research studies show that eating school breakfast can lead to these results?

It's time to look at school breakfast.

If your children are too sleepy in the morning to eat breakfast before they leave home, have to catch an early bus before they're really hungry, or otherwise miss a good morning meal at home, kids can get a nutritious breakfast at school. Every day an average of 8.1 million students eat breakfast in 78 percent of the nation's schools. Since 1966 the School Breakfast Program has made the morning meal available to any child who wants to participate.

The American School Food Service Association celebrates school breakfast week every year in early March to remind you and your kids that eating a complete, healthy breakfast is an essential part of being prepared to learn in school. National School Breakfast Week is a perfect chance to try school breakfast again or for the first time. Whether your child eats at home or at school, don't forget to make time for breakfast.

How Many Servings Do I Need Each Day?

Food Group	Children ages 2 to 6 years old, women, some older adults (about 1,600 calories)	Older children, teen girls, active women, most men (about 2,200)	Teen boys, active men (about 2,800)
Bread, Cereal, Rice, and Pasta Group (Grain Group)-especially whole grain	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk, Yogurt, and Cheese Group (Milk Group)-preferably fat fee or low fat	2 or 3*	2 or 3*	2 or 3*
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group-preferably lean or low fat	2 for a total of 5 ounces	2 for a total of 6 ounces	3, for a total of 7 ounces

Adapted from US Department of Agriculture Center for Nutrition Policy and Promotion. The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.*The number of servings depends on your age. Older children and teenagers (ages 9 to 18 years) and adults over the age of 50 need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for older children and teenagers (3 servings). If you are overweight, the serving amounts may be altered to meet controlled and safe weight loss recommendations of 1 to 2 pounds a week.

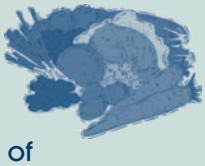
Dietary Guidelines for Americans

Aim for Fitness

- Aim for a healthy weight.
- Be physically active each day.

Build a Healthy Base

- Let the food pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.



- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose Sensibly

- Choose a diet that is low in saturated fat and cholesterol in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation

Label-Ease

Start with a closed fist.
Raise a finger if the food has:

10% or more Vitamin A
10% or more Vitamin C
10% or more calcium
10% or more iron
10% (5g) or more protein
10% or more fiber

Lower a finger if the food has either:

10% or more TOTAL FAT
or 200 calories or more
(excess nutrients)

Do not include sugars
(must look at individuals' entire diet to determine what is an excessive amount)

If any fingers remain up, the food has nutritional value.

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Resources/References:

1. American School Food Service Association: www.asfsa.org
2. Using the Dietary Guidelines for Americans- USDA Center for Nutrition Policy and Promotion
3. Adapted from US Department of Agriculture Center for Nutrition Policy and Promotion. The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.*The number of servings depends on your age. Older children and teenagers (ages 9 to 18 years) and adults over the age of 50 need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for older children and teenagers (3 servings). If you are overweight, the serving amounts may be altered to meet controlled and safe weight loss recommendations of 1 to 2 pounds a week.

"Linking Citizens of Louisiana with Opportunities for Success"

For Additional Information Contact:

Food Guide Pyramid

A Guide to Daily Food Choices