



K-State Research and Extension Family Nutrition Program

DINING ON A DIME

Eating Better for Less

July

Are soft drinks making our figures soft?

Data from the Centers for Disease Control and Prevention show that U.S. obesity rates have more than doubled in the last 10 years. Although many factors have been blamed for our growing waistlines, let's look at research about the beverages we drink.



Thirsty?

Since 1990, the U.S. intake of sweetened soft drinks and fruit drinks has tripled as a percentage of total calories. Two out of three adults drink 20 ounces of sweetened beverages a day, while U.S. children and teens consume an average of 24 ounces. People who consume sweetened beverages are more likely to be overweight than those who do not. Calories from sweetened drinks can add up fast and they provide few, if any, of the nutrients important for good health. Most sweetened beverages contain 100 to 150 calories for 12 ounces. Drinking just one can a day of a sweetened soft drink would add over 54,000 calories to your diet in a year! That is the amount of calories in 15 pounds of body weight.

Soft drinks can also pose a risk to teeth and bone health. The drinks contain phosphorus, which in high amounts removes calcium from bone. Their acid dissolves tooth enamel. And the high sugar content of sweetened drinks can lead to tooth decay.

Got Milk?

While we have been drinking more soft drinks and sweetened fruit drinks in the U.S., we have also been drinking less milk. Milk consumption per person has declined 23 percent since 1970. Dairy foods are great sources of calcium, which helps build bones. People over 8 years of age are advised to get three cups of low-fat milk products every day.

What can a person do?

Drink sweetened beverages less often and reduce the portion size. Drink more water and low-fat or fat-free milk. Your waistline, bones, teeth and wallet will benefit. Now here's to your health!

Being Savvy about Supplements

It seems that almost every day a new product is advertised with claims that it will trim our waistline, improve our health or lengthen our life. Many of these products are costly. How do we know that they won't actually harm our health?

Using herbals, vitamins, minerals and other supplements may be a wise decision, but they may be unnecessary. Even supplements with natural ingredients may create unexpected risks. Read on for some practical tips to help you become more savvy about dietary supplements!

Supplement Facts

Serving Size 1 Packet
Servings Per Container 10

Amount Per Serving	AM Packet		PM Packet	
		% Daily Value		% Daily Value
Vitamin A	2500 IU	50%	2500 IU	50%
Vitamin C	60 mg	100%	60 mg	100%
Vitamin D	400 IU	100%		
Vitamin E	30 IU	100%		
Thiamin	15 mg	100%	15 mg	100%
Riboflavin	17 mg	100%	17 mg	100%
Niacin	20 mg	100%	20 mg	100%
Vitamin B ₆	2.0 mg	100%	2.0 mg	100%
Folic Acid	200 mcg	50%	200 mcg	50%
Vitamin B ₁₂	3 mcg	50%	3 mcg	50%
Biotin			30 mcg	10%
Pantothenic Acid	5 mg	50%	5 mg	50%

Ingredients: Sodium ascorbate, ascorbic acid, calcium pantothenate, niacinamide, d-alpha tocopheryl acetate, microcrystalline cellulose, artificial flavors, dextrin, starch, mono- and diglycerides, vitamin A acetate, magnesium stearate, gelatin, FD&C Blue #1, FD&C Red #3, artificial colors, thiamin mononitrate, pyridoxine hydrochloride, citric acid, lactose, sorbic acid, tricalcium phosphate, sodium benzoate, sodium caseinate, methylparaben, potassium sorbate, BHA, BHT, ergocalciferol and cyanocobalamin.

Supplement Safety

An easy way to recognize a dietary supplement is to look for the Supplement Facts Panel, such as the one shown above, on the product. Using more than one dietary supplement — or taking a supplement together with medications — can give unfavorable results. For example, taking vitamin E and ginkgo biloba, or vitamin E and aspirin, increases risk for internal bleeding. In another example, St. John's



wort lowers the effectiveness of some prescription medications, including oral contraceptives. Also, before scheduled surgery, you may need to stop taking certain supplements to avoid harmful reactions, such as changes in your heart rate.

Buyer Beware

Dietary supplement manufacturers do not have to include warnings about potential problems on the labels of their products. Check with your doctor before buying or taking any supplements, especially if you are pregnant or nursing a baby, you have a chronic medical condition such as diabetes or high blood pressure, or you are considering giving a supplement to your child.

Unlike medications, dietary supplements are not reviewed or approved by the U.S. government before they are marketed. Rather, supplement manufacturers are supposed to ensure their products are safe and their claims are truthful. The Food and Drug Administration (FDA) can take action against unsafe supplements and those with false or misleading claims. Report any health problem from using a supplement to your doctor, or call the FDA toll free at 1-800-332-1088.

Source: FDA. [Tips for the savvy supplement user](http://www.cfsan.fda.gov/~dms/ds-savvy.html). 2002. At www.cfsan.fda.gov/~dms/ds-savvy.html (Accessed 6/21/05)

Newsletter developed by Erin Henry, R.D., L.D., and Mary Meck Higgins, Ph.D., R.D., L.D., CDE, K-State Research & Extension Human Nutrition Specialist and Associate Professor, Department of Human Nutrition. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office.

What Is An “Organic” Food?

Many stores offer organic foods. What exactly does that mean? *Dining on a Dime* sets out to answer that very question!



Organic foods must be grown and processed without using most conventional pesticides, without fertilizers made with synthetic ingredients or sewage sludge, without biotechnology, and without ionizing radiation. Organic meat, poultry, eggs and dairy products come from animals that are given no antibiotics or growth hormones. *Natural* does not mean organic. The U.S. Department of Agriculture (USDA) Organic Seal can be displayed on foods containing at least 95 percent organically produced ingredients.

Nutrients, Taste, Appearance and Texture



The USDA makes no claims that organically produced food is safer or more nutritious than conventional food. Research has shown no differences in taste, appearance or texture between organic and conventional foods.

Pesticides and Fertilizers

Most organic and some conventional fruits and vegetables are grown without the use of pesticides. However, certain kinds of pesticides can be used on both organic and conventional foods. The amount of pesticide exposure that we receive from eating foods in the U.S. does not seem to be harmful to our health. Some farmers use animal manure as a soil fertilizer. To reduce the chance of foodborne illness, consumers are advised to discard outer leaves of leafy vegetables and remove any spoilage spots from all fresh fruits and vegetables before eating them. Rinse produce under cool running water before eating.



Should I Buy Organic Foods?

Each family must decide if buying organic foods is worth their expense. An alternative is to grow some in your own garden. Either way, eating a diet rich in fruits and vegetables is definitely good for you— whether you enjoy them fresh, canned, frozen or dried.

Sources (Accessed 6/21/05): 1. International Food Information Council. [USDA launches organic standards](http://ific.org/foodinsight/2003/mj/organicfi303.cfm), Food Insight May/June 2003. At <http://ific.org/foodinsight/2003/mj/organicfi303.cfm> 2. Barrett DM & Mitchell AE. Rebuttal on comparison of the total phenolic and ascorbic acid content of freeze-dried and air-dried marionberry, strawberry, and corn grown using conventional, organic, and sustainable agricultural practices. *J Ag & Food Chem* 2004;52:150-152. At <http://pubs.acs.org/cgi-bin/article.cgi/jafcau/2004/52/i01/pdf/jf0305332.pdf> 3. Smith, B. Organic foods vs. supermarket foods: element levels. *J Applied Nutrition*. 1993; 45:35-39. At www.oeffa.org/editorscorner/rutgers/doctorsdata.html

This material was funded by USDA’s Food Stamp Program through a program awarded by the KS Department of Social and Rehabilitation Services (SRS). The Food Stamp Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



Dining on a Dime's Cooks' Corner

Easy Eggplant Parmesan (Makes 4 servings)

If desired, serve this hot side dish over cooked noodles.

Ingredients

- 1 1/2 cups (13 ounces) spaghetti sauce, divided
- 1 small to medium (about 1 pound) eggplant
- 3/4 cup (3 ounces) shredded mozzarella cheese, divided
- 3 tablespoons grated Parmesan cheese

Directions

1. Preheat oven to 425 degrees F. Spray a 9 x 13-inch baking dish with non-stick cooking spray.
2. Spread 3/4 cup spaghetti sauce evenly into the dish.
3. Rinse eggplant. Peel back the green "cap". Cut off ends. Slice into 1/2 inch thick slices. Place slices in baking dish.
4. Spoon 3/4 cup spaghetti sauce over eggplant. Top with 1/4 cup mozzarella cheese and all of the Parmesan cheese.
5. Cover with aluminum foil and bake for 25 minutes.
6. Remove foil, being careful of the steam. Add 1/2 cup mozzarella cheese. Bake 2 minutes longer, uncovered.

One-fourth of this recipe provides: 170 calories, 7 g fat, 18 g carbohydrate, 10 g protein, 15 mg cholesterol, 610 mg sodium and 3 g dietary fiber. Daily Values: 20% calcium and 15% vitamin A.

Source: Adapted from: University of Maine Cooperative Extension. [Eggplant](http://www.umext.maine.edu/onlinepubs/htmlpubs/veghealth/4307.htm). At www.umext.maine.edu/onlinepubs/htmlpubs/veghealth/4307.htm (Accessed 6/21/05)



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