

Walk Kansas

celebrate healthy living

Atchison County Extension Office
www.atchison.ksu.edu

K-STATE
Research and Extension

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In This Issue

Week 4 — Halfway There!
Where's the Salt?
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Recipe: Black Beans and Rice

April 16 - Kite flying, bubble making and a scavenger hunt will kick off a series of monthly events that focuses on fun, families, fitness and food. Plan to join the fun at Warnock Lake in Atchison from 6:00 - 8:00.

April 25 - More Plants on Your Plate - 10-12:30 at the Cummings Christian Church.

Coming Next Week

Warm up for Gardening
Eating with the Seasons
Spring Clean Your Cupboards
Recipe: Berry Spinach Salad

Like us on Facebook: Kansas State University Walk Kansas

This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist – Family and Consumer Sciences, K-State Research and Extension.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Have a Ball with Exercise

Stability balls — also called fitness, balance, or exercise balls — are fun to use. They are affordable and versatile, and even the simplest of movements on a stability ball will force your body to strengthen core muscle groups. Core muscles are those that run the length of the trunk and torso. These muscles make it possible for you to stand upright and walk. They help you balance, shift body weight, stop and start, and move in any direction.

Stability balls create a surface that is unstable, so your body will use muscles to stay balanced while seated on the ball. Most stability balls hold up to 600 pounds and can be used alone or with hand weights. You can also use an ordinary stability ball as an office chair to achieve “active sitting,” rather than slumping or developing the poor posture that is common when using desk chairs. Give it a try while you are watching TV at home, or while writing or paying bills.

Some teachers are even exchanging chairs in the classroom for stability balls. They claim that students show improved learning, increased focus, and health benefits.

You can get a cardio workout with the stability ball by bouncing while seated and pumping your arms, and by doing jumping jack movements. Try throwing, bouncing, and dribbling the ball — the only limit is your imagination!

Written instructions or a video often will be included

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Have a Ball with Exercise

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when you purchase a stability ball. A variety of resources are available on the Web including the Walk Kansas website, Steps to Fitness, <http://www.walkkansas.org/p.aspx?tabid=66>

If you don't think a stability ball is for you, start with something very simple that involves an unstable surface. For example, try balancing on one foot, then the other, during daily activities such as brushing your teeth, standing in line or riding in an elevator. Adjusting to an unstable surface forces you to engage abdominal muscles and requires all of your muscles to work together.

Choosing a Stability Ball

Stability balls come in different sizes. Choose the appropriate size for your height:

55-cm ball for height 4'11" to 5'4"

65-cm ball for height 5'5" to 5'11"

75-cm ball for height 6'0" to 6'7"

Where's the Salt?

Salt is sodium, and you can get a lot of sodium from food that doesn't taste salty. Most of the sodium in the average diet is added during processing or preparation of food. When you purchase or order foods described as cured, pickled, corned, or smoked, be advised the sodium content is high. Condiments such as ketchup, relish, mustard, steak sauce, soy sauce, salad dressing, and dips also add a punch of sodium to the diet.

While bread may not have much salt in a single serving, it gets mentioned in dietary sodium discussions because most people eat bread several times a day. Some foods on the high sodium list are easy to spot because they do taste salty, including snacks such as chips, pretzels, and popcorn.

Learning to read labels is the best way for consumers to get control of sodium in their diets. Look for "salt," "sodium," "monosodium glu-

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Success from Walk Kansas 2011

When offered the chance to join a Walk Kansas team, who would have known it would make such a difference? I grew up on meat and potatoes and moved on to convenience foods. I have found that fruits and vegetables can be convenient too. Exercise has been added to my couch potato lifestyle, and I really do feel better. With all this newly found health and wellness, I lost 20 pounds and best of all have used my healthier, slimmer self to walk away from the grips of nicotine.

Shawnee County

Week 4 – Halfway There

The end of Week 4 brings us to the halfway point of this journey. The first week, you were asked to take a walk test where you timed how long it took to walk a specific course that was at least a half mile in length and record that time to the nearest second. Do the same test again. Are you able to cover the distance in less time? You will be asked to do this test again after Week 8 of Walk Kansas.

Tingle Your Tongue

You can cut back on table salt and still enjoy flavorful foods. Acids, such as lemon juice and balsamic vinegar, enhance the "salty" taste so you can feel that tingle on your tongue. By using

just enough acid you can reduce table salt and still get that same saltiness in taste.

These acidic flavors work well in the kitchen: citrus juices (lemon,

lime, tangerine, orange), red wine vinegar, balsamic vinegar, rice wine vinegar, cream of tartar, and white wine. When using citrus fruit juice, include some grated rind for more flavor.

Where's the Salt?

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tamate," and sodium added to words such as "benzoate" on food labels. Compare the amount of sodium in processed foods, including frozen dinners and entrees, packaged mixes, cereals, cheese, bread, soups, and sauces. Brands and types of these products can vary greatly.

Labels that say "low sodium" contain 140 mg or less of sodium per serving. If the label says "reduced" or "less sodium," this product contains at least 25 percent less sodium per serving than the "regular" full-sodium food cited on the label. Another way to keep sodium in check is to choose foods that have less than 300 mg per serving. You'll need to pay attention to serving sizes as



they can be very small compared to the amount you're used to eating.

When available, and within your budget, choose foods that are fresh, frozen (without added sauce), or canned without added salt. Draining and rinsing canned foods will also make a difference, cutting sodium by up to 40 percent.

You can learn to enjoy foods with less salt and studies show that people can retrain their taste buds. The key is doing it gradually and consistently over time. It might be worth learning to enjoy a cucumber marinated in vinegar (5 mg sodium) instead of a dill pickle (835 mg sodium).

Black Beans and Rice

Makes 6 servings

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 large green or red pepper chopped, (1½ cups)
- 2 cloves garlic, minced
- 2 15-ounce cans black beans, drained and rinsed*
- 1½ cups reduced sodium vegetable or chicken broth
- 3 tablespoons red wine vinegar
- 2 bay leaves
- 1½ teaspoons oregano
- ¼ teaspoon cumin
- ¼ teaspoon salt
- 4 cups brown rice, prepared
- Salt and pepper to taste
- ½ cup sliced green onions
- Lime wedges and cilantro for garnish (optional)

Directions:

1. In a large saucepan or skillet, heat olive oil over medium heat. Sauté the onion, green pepper, and garlic until softened, about 5 minutes.
2. Add beans, broth, vinegar, bay leaves, oregano, cumin, and salt. Cover and bring to a boil.
3. Reduce heat to low and let simmer for 10 minutes. Remove the bay leaves.
4. Spoon the beans over hot rice and sprinkle with scallions, salt and pepper to taste, and hot sauce if desired.

Nutrition information:

300 calories; 4 g fat; 55 g carbohydrate; 10 g fiber; 10 g protein; 430 mg sodium*.

* Cooked dry beans, in place of canned, would reduce the sodium per serving to 140 mg.

Put MyPlate on your table:

Serve with a mixed green salad with dressing, a side of tomatoes or salsa, and yogurt topped with fruit. This can be a meatless entrée or serve with roasted pork, chicken, or fish.



**HOW TO
COUNT
MILES TIPS**

- **Every 15 minutes of activity counts as a mile. Two miles equals the recommended 30 minutes of activity a day.**
- **Focus on improving your personal fitness level to achieve health benefits.**

**Walking
Wisdom of the
Week**

**WALKS. THE
BODY
ADVANCES,
WHILE THE
MIND
FLUTTERS
AROUND IT
LIKE A BIRD**

**~JULES
RENARD**

WALK KANSAS

ATCHISON COUNTY NOTES & NEWS

WEEK 3

Weekly Team Progress and Totals

Team	Wk 3 Miles	Total Miles	Wk 3 F/V	Total F/V
5 Babes and a Dude	134	402	125	404
Babes & Bambinos Booking Across Kansas	191	291	130	202
Bold, Dynamic, Preppy, Dashing, Positive Team	111	299	138	339
Just Doers	82	256	122.50	352
Justice League	88	254	72	206.50
K.S.B.	117	186	78	168
Mike's Madness	268	268	364	364
Pace Makers	157	474	100	312
Reno's River Walkers	323	323	246	246
Sister, Sister	194	194	306	306
Sole Sisters	224	743	195	526.50
Team Barb	117	353	155	380
Team CC	65	188	102	269
The Extension Elites	198	300	148	370
UBOK/Scholz Insurance	116	370	138	390
WACKY	85	284	78	335
Walkie Talkies	341	656	80	279
Walking Wonders	102	269	173	520

10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

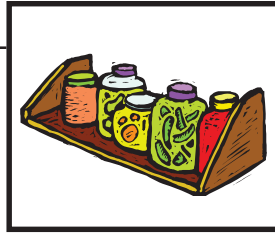
9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

Flavor And Food Combinations



The following flavor and food combinations, adapted from information provided by the National Heart, Lung and Blood Institute (www.nhlbi.nih.gov), have the added benefit of making meat, poultry, fish and vegetables tasty without adding salt.

For **meat, poultry and fish**, try one or more of these combinations:

- **Beef:** Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- **Lamb:** Curry powder, garlic, rosemary, mint
- **Pork:** Garlic, onion, sage, pepper, oregano
- **Veal:** Bay leaf, curry powder, ginger, marjoram, oregano
- **Chicken:** Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- **Fish:** Curry powder, dill, dry mustard, marjoram, paprika, pepper

For **vegetables**, experiment with one or more of these combinations:

- **Carrots:** Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
- **Corn:** Cumin, curry powder, onion, paprika, parsley
- **Green Beans:** Dill, curry powder, marjoram, oregano, tarragon, thyme
- **Greens:** Onion, pepper
- **Potatoes:** Dill, garlic, onion, paprika, parsley, sage
- **Summer Squash:** Cloves, curry powder, marjoram, nutmeg, rosemary, sage
- **Winter Squash:** Cinnamon, ginger, nutmeg, onion
- **Tomatoes:** Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

The flavor of certain spices and herbs has been associated with different cultures, for example:

- Oregano with Italian cooking
- Cilantro with Mexican cooking
- Ginger with Chinese cooking
- Marjoram with French cooking



“Pepper is small in quantity and great in virtue.”
— Plato

Common Substitutions



When you don't have a spice or herb blend called for in your recipe, try these combinations of spices and herbs as a substitution:

For each 1 teaspoon of **apple pie spice**, substitute a *combination* of:

- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg

For each 1 teaspoon of **pumpkin pie spice**, substitute a *combination* of these **ground spices**:

- 1 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon nutmeg
- 1/8 teaspoon allspice

For each 1-1/2 teaspoon of **Italian seasoning**, substitute a *combination* of:

- 1/4 teaspoon *each* of crumbled dried ...
 - oregano leaves
 - marjoram leaves
 - basil leaves
- 1/8 teaspoon rubbed sage

For each 1 teaspoon of **poultry seasoning**, substitute a *combination* of:

- 3/4 teaspoon ground sage
- 1/4 teaspoon ground thyme

When substituting, you'll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, think potato salad with fresh vs. dried parsley!

FASCINATING FLAVOR FACT



The reason for Columbus' voyage in 1492 was to seek a more direct passage to the rich spices of the Orient.

The Atchison County Connection



Highlighting Healthy Activities In Our Community

Elementary Students Celebrate Being Healthy

Plans made. Guest list created. Games planned. Food ready. It must party time.

Atchison Elementary second graders and their families arrived at their school on April 2. Quickly discovering that after school, the building had been transformed into a festive Family Fun Night.

Learning to wash your hands properly can be a lot more fun with song and the

germbuster team. Food tasting, food trivia games, BMI measurements and learning displays added to the family fun. The gym was host to fitness activities. College students lead a variety of games for families. Cooking artists were busy in the art room designing a tasty, healthy MyPlate butterfly.

School staff worked with community organizations to plan the party. To round out the evening of family fun, local businesses and organizations provided door prizes. Students left with a booklet packed with healthy recipes and tips for their parents, too.



The recipe for the kid approved healthy butterfly snack can be found at www.kidsacookin.org. The website offers cooking how to tips and plenty of kid tested recipes. Whether you are a kid or grandparent cookin' with the kids, this is a fun site to visit.

Providing Knowledge For Life It's What We Do

April 25 Class Features Ways To Add More Plants To Your Plate

Walk Kansas newsletters have pointed out the health benefits of making your plate look like my plate. Adding more plants to our plates appears to offer long term health benefits according to numerous research studies. Want to reduce your lifetime risks of colon rectal cancer by 80 percent? Findings from numerous research studies would indicate eating the recommended servings of fruits and vegetables and making half your grain whole makes a big difference in reducing your lifetime risks.

Knowing that information is sometimes the easy part. Plan to join us April 25 from 10:00-12:30 at the Cummings Christian Church. We will take the research into the kitchen to slice and dice and create a meal that puts the recommended MyPlate guidelines on your lunch plate. A \$6.50 registration will cover food costs. If you are unable to join us in the kitchen, you are welcome to taste the sample creations during the noon hour. For shopping purposes, both cooks and taste testers should pre-register by calling the Atchison County Extension Office at 913-833-5450 by April 20.



A similar evening program can be scheduled in your neighborhood or community by contacting the Extension Office. Our office schedules a variety of hands-on classes during the year as well as making numerous presentations to community groups.

And if these learning opportunities don't fit your schedule, check out our website for healthy living tips 365 days a year. A goal of K-State Research and Extension is helping you make the healthy choice the easy choice.



K-State Research & Extension Atchison County

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Atchison County has been partnering with K-State Research and Extension since 1915 to provide local citizens with knowledge for living. We focus our educational program efforts in four key areas—family and consumer sciences, youth development, community development and agriculture/horticulture. Atchison County has 2 extension agent educators—Diane Nielson and Ray Ladd. You may see us in a classroom teaching youth, leading a workshop, hear us on the radio, read a news column we have written, answering a question on the phone, making a home or work site visit or working with others in the community to make Atchison County a great place to live and work. Our programs are backed up by researchers at K-State and other universities. Whether you live in Atchison, a farm or a community in between, we are here to provide answers to make life a little easier.

**Providing Knowledge For Life
It's What We Do**

Greetings Walk Kansas Friends,

Sometimes we just need a fun reminder to Make The Healthy Choice - The Easy Choice.

Enjoy your week.

Diane Nielson

County Extension Agent, Family and Consumer Sciences



Do “ewe” need to
eat some more
veggies today?