



# PAWNEE COUNTY EXTENSION FACS NEWS

Pawnee County Extension

January 2017



## An Egg a Day May Reduce Risk of Strokes

When buying eggs, always open the carton and check eggs for cracks or other damage.

Over the years, eggs have been scrutinized for their role in the human diet. Nutrition experts have gone back and forth about the daily consumption of eggs and cardiovascular health.

In a recent study published in the Journal of the American College of Nutrition, they report that dietary cholesterol, which includes one egg per day, is not a concern for strokes and coronary heart disease (CHD) risks.

In a review of research up to August 2015, the researchers looked at seven studies on egg intake and stroke and seven studies on egg intake and CHD. The meta-analysis showed a statistically significant 12% lower risk of stroke. There was no association of egg intake and CHD.

Eggs are a low cost, nutrient dense food that can be beneficial in the every day diet. One egg is considered as one ounce-equivalent in the Protein Foods Group of the MyPlate guidelines. Source: You Asked It!

## Blood Spots in Eggs

While not very appetizing to discover when you crack open a fresh egg, blood spots are not harmful. According to the American Egg Board, blood spots are “occasionally found on an egg yolk. These tiny spots do not indicate a fertilized egg. Instead, they are caused by the rupture of a blood vessel on the yolk surface during formation of the egg or by a similar accident in the wall of the oviduct. Mass candling methods reveal most eggs with blood and those eggs are removed. However, even with mass scanners, it’s impossible to catch them all.”

“Both chemically and nutritionally, eggs with blood spots are fit to eat. You can remove the spot with the tip of a knife, if you wish.”

[www.incredibleegg.org/eggcyclopedia/b/blood-spots/](http://www.incredibleegg.org/eggcyclopedia/b/blood-spots/)

## In This Issue

- An Egg a Day May Reduce Risk of Strokes
- Blood spots in Eggs
- Daily Stretching is important
- Vary Your Activity
- Chickpea Nuts
- Sugar Quiz
- Mediterranean Diet Meeting
- What are Sugar Alcohols?
- Storing Leftovers
- FCE Lessons

## Daily Stretching is Important

It is important to stretch after exercising because cardio and strength training exercises tighten your muscles. However, stretching on a regular basis, not necessarily following exercise, can be very beneficial too.

So how often should you stretch? According to the American College of Sports Medicine, you should stretch your major muscle groups such as calves, thighs, hips, lower back, neck and shoulders at least twice a week for 60 seconds per exercise. Also, don't forget stretching muscles and joints that you routinely use at work or play such as your wrists. It is also important to stretch when your muscles are warm because they are more receptive to stretching. Stretching before exercising is not necessary and is not advised because your muscles are cold and that can increase your risk of injury.

Dynamic stretching that moves a muscle group fluidly through an entire range of motion should be used as a part of a warm-up routine such as twisting your torso, walking lunges and leg swings. Static stretching is when you move a muscle to the end of its range of motion and maintain it without pain for 15-30 seconds. Static stretching such as a hamstring stretch can be part of cooling down your muscles after exercising.

Stretching should be pain-free, but you can expect some tension. If it hurts, stop immediately.

As a general rule, stretching should accompany exercising. However, if you don't exercise regularly, you may want to consider stretching at least 2-3 times a week to maintain flexibility and long-term mobility. You can stretch anytime, anywhere — in your home, at work or when you're traveling. If you have a chronic condition or an injury, talk with your doctor or health care provider about the best way for you to stretch.

Source: Michigan State University Extension



## FCE Lessons

Please call and let me know if you will be attending the following lessons.

### Safety first, Be Prepared

Sharon Erickson-Fryback, Gray County Family and Consumer Sciences, will teach this lesson January 17<sup>th</sup>, 9:30 a.m. at the Ford County Meeting Room, 1:30 p.m. at the Pawnee County Courthouse Lounge.

- \*Learn how to protect yourself.
- \*Learn how to identify warning signs.
- \*Know when to get out of harms way.

### Fixing Funky Foods

Trisha Hines, Edwards County Family and Consumer Sciences, will teach this lesson February 21, at 9:30 a.m. at the Pawnee County Courthouse Lounge, 1:30 p.m. at the Ford County Meeting Room.

Each year over 20,000 new foods are introduced on grocery store shelves. In addition to new foods, a larger variety of fruits, vegetables and grains are being added to even small town grocery stores. This lesson will cover a variety of food that date as far back in history as Babylon in 3000 B. C. Included for each food are the nutritional benefits, a way to prepare, and history of interesting facts.

## Chickpea Nuts

Lots of reasons to try them, they have a nice roasted nut flavor. You can season them with any combination of seasonings. Consider Italian herbs and parmesan cheese.

They are low in calories. Chickpea nuts contain 134 calories and 6 grams of fiber per half cup. Peanuts contain 419 calories per half cup for the same amount of fiber. A can of garbanzo beans or chickpeas is just .06 per ounce while peanuts are .23 per ounce. So these snacks are low in cost.

### Recipe:

1 can garbanzo beans  
Cooking oil spray  
½ tsp chili powder  
¼ tsp cumin  
¼ tsp garlic salt

1. Drain the garbanzo beans and rinse in a colander. Pat dry.

2. Preheat an oven to 325 degrees (F). Spray a baking pan with cooking oil spray. Place the garbanzo beans on the oiled tray.

3. Bake them in the oven for 1 hour. Toss them with the seasoning. Allow to cool. Store the chickpea nuts in a sealed container.

## Vary your Activity

January is here and we often think about dropping a few pounds and starting a work out to improve our physical fitness. There are lots of different activities we can try. Walk on a treadmill, ride a stationary bike, exercise to a video, join an exercise group, just to name a few. When a variety of exercises types are used there is less boredom with our exercise schedule. Activities burn different amounts of calories depending on intensity level, exercise type, and the weight of the individual. The following chart shows the calories burned per hour by an individual weighing 160 pounds. Individuals weighing more would burn more calories per hour.

Activity (1-hour duration)	calories burned
Cardio high impact	533
Cardio low impact	365
Aerobics, water	402
Bicycling , less than 10 mph	292
Bowling	219
Dancing, Ballroom	219
Hiking	438
Jumping rope	861
Resistance (weight) training	365
Running, 5 mph	606
Stair treadmill	657
Tai kwon do	752
Tai chi	219
Walking, 2 mph	204
Walking, 3.5 mph	314

## Sugar Quiz

1. According to the Dietary Guidelines for American, no more than \_\_\_\_\_ of your daily calories should come from added sugars.
  - A) 10%
  - B) 20%
  - C) 30%
  - D) 40%
  
2. If most people eat 2,000 calories per day, then they should get fewer than \_\_\_\_\_ calories per day from added sugars.
  - A) 200
  - B) 400
  - C) 600
  - D) 800
  
3. Which of the following foods contains fewer than 25 grams of sugars?
  - A) A bottle of Vitamin Water
  - B) A chocolate brownie PowerBar
  - C) Mixed berry yogurt
  - D) A can of Coca Cola
  
4. True or False? Regular consumption of refined sugars can cause an imbalance in blood sugar, swings in energy levels, a decrease in immune function, and an increased risk of chronic disease.
  - A) True
  - B) False
  
5. Which of the following is a great way to reduce the sugar in your eating patter?
  - A) Replace sugary drinks with water
  - B) Read Nutrition Facts labels and choose foods with less sugar
  - C) Replace candy with fresh fruit
  - D) All of the above

\*Flip to page 6 to check your answers.

## **Mediterranean Diet**

Are you wanting to eat healthier this year? This is your opportunity to learn more about the Mediterranean Diet and the benefits to your health. Andrea Deckert and I will discuss the benefits of the diet. The participants will make several dishes for everyone to try. Please call to register for this class by February 9<sup>th</sup>, 620-285-6901. The registration fee of \$4.00 will cover the cost of the food, we must have a minimum of 5 registered to hold this class.

The class will be February 16, 5:00 p.m., at the J A Haas Building.

## **What are Sugar Alcohols?**

Sugar alcohols are one type of reduced-calorie sweeteners, they come from plant products such as fruits and berries. The carbohydrate in these plant products is altered through a chemical process. These sugar substitutes provide somewhat fewer calories than table sugar, mainly because they are not well absorbed and may even have a small laxative effect.

They are found in many dietetic foods that are labeled “sugar free” or “no sugar added”. It is important to check the label on “sugar free” items to see if sugar alcohols are listed. People with diabetes mistakenly think that foods labeled as “sugar free” will have no effect on their blood glucose. Many of the food products containing these types of sweeteners still have a significant amount of carbohydrate, calories and fat, so they should never be considered a free food.

Examples of sugar alcohol are:

- erythritol
- glycerol (also known as glycerin or glycerine)
- hydrogenated starch hydrolysates
- isomalt
- lactitol
- maltitol
- mannitol
- sorbitol
- xylitol

Even though they are called sugar alcohols, they do not contain alcohol.

- See more at: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/sugar-alcohols.html#sthash.37p7TMru.dpuf>

Source: American Diabetes Association

## Storing Leftovers

Plastic food containers are great ways to save leftovers or other foods. But over time, plastic can warp, stain, or remain greasy.

Many types of plastic containers are available, but many are designed for one-time use only. This includes takeout containers and dairy food cartons.

For reusable containers, wash them with hot soapy water or on the top rack of your dishwasher. Use the low- or no-heat drying cycle in the dishwasher.

To remove stains, let the empty container sit in the direct sun a few hours. Or, soak in a mild bleach solution of 2 teaspoons plain bleach per gallon of water.

For smelly plastic containers, soak them in a solution of 1 teaspoon baking soda per cup water or fill with undiluted vinegar.



## Sugar Quiz Answers:

1. A) 10%

According to the Dietary Guidelines for Americans, people should “Consume less than 10 percent of calories per day from added sugars.”

2. A) 200

10% of 2,000 calories is 200 calories from added sugars

3. C) Mixed berry yogurt

While yogurt is still surprisingly high in sugar, a container of Yoplait Mixed Berry Yogurt contains 18 grams of sugars, which is over 30% of the sugar you need in a day!

4. A) True

For more information, see <https://goo.gl/piAaDY>

5. D) All of the above

**Dear Friends,  
Happy New Year!**

**Donna R. Preisner  
Pawnee County Extension  
Family and Consumer Sciences**

Kansas State University Agricultural Experiment Station and Cooperative Extension Service is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, or dietary restriction, please contact the Pawnee County Extension Office at 620-285-6901 or [pn@ksre.ksu.edu](mailto:pn@ksre.ksu.edu). K-State Research and Extension is an equal opportunity Employer.

## Contact Us

**Pawnee County Extension**  
715 Broadway, Room 6  
Larned, KS 67550

(620) 285 –6901

[dpreisne@ksu.edu](mailto:dpreisne@ksu.edu)

[PN@listserv.ksu.edu](mailto:PN@listserv.ksu.edu)

Visit us on the web at  
[www.pawnee.k-state.edu](http://www.pawnee.k-state.edu)

To unsubscribe from this mailing, please contact the office.



**K-STATE**  
Research and Extension

**Pawnee County Extension  
715 Broadway, Room 6  
Larned, KS 67550**

PLACE  
STAMP  
HERE