



Family and
Consumer Sciences

Strengthening Oklahoma Families

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New Dietary Guidelines Encourage Healthy Eating

In an effort to encourage Americans to improve their health and well-being and reduce the risk of chronic diseases, Health and Human Services, along with the United States Department of Agriculture, have released the eighth edition of the Dietary Guidelines.

Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist, said the guidelines will help promote science-based recommendations to improve health.

“The new recommendations are geared toward reducing the risks of obesity and preventing chronic diseases such as Type 2 diabetes, hypertension and heart disease,” Hermann said. “Protecting the health of Americans includes empowering them with the tools they need to make healthy choices in their daily lives.”

Hermann said it is important for people to make small shifts in what they eat and drink in an effort to make healthy eating more manageable. The Dietary Guidelines provide research-based recommendations on food and nutrition so people can make well-informed decisions that can help them live a healthier lifestyle.

There are five overarching guidelines in this latest edition, including following a healthy eating pattern across the lifespan; focusing on variety, nutrient-dense foods and amount; limiting calories from added sugars and saturated fats, and reducing sodium intake; shifting to healthier food and beverage choices; and supporting healthy eating patterns for all.

“Healthy eating patterns include a variety of nutritious foods such as vegetables, fruits,

grains, low-fat and fat-free dairy, lean meats and other protein foods and oils, while limiting fats, *trans* fats, added sugar and sodium,” she said. “This isn’t an all-or-nothing approach. A healthy eating pattern is easily adaptable to a person’s taste preferences, traditions, culture and budget.”

The new guidelines suggest consumers eat a variety of vegetables, including dark green, red and orange, legumes and starchy. Fruits, especially whole fruits, are always a good choice, along with whole grains.

In the dairy family, choose fat-free or low-fat products, including milk, yogurt, cheese and/or fortified soy beverages. Proteins include seafood, lean meats and poultry, eggs, legumes, soy products and nuts and seeds. Be sure to include oils from plants like canola, corn, olive, peanut, safflower, soybean and sunflower.

“In addition, the guidelines also suggest consuming less than 10 percent of calories per day from added sugars and 10 percent from saturated fats,” Hermann said. “The website ChooseMyPlate.gov can give you additional information about added sugars. Be sure to read the Nutrition Facts label on the products you buy. For those over the age of 14, limit sodium intake to less than 2,300 milligrams per day, and even less than that for those under the age of 14.”

Since 1980, the HHS and USDA have shared responsibility to the American public to ensure advancements in scientific understanding about the role of nutrition in health are incorporated into the Dietary Guidelines, which are updated every five years.



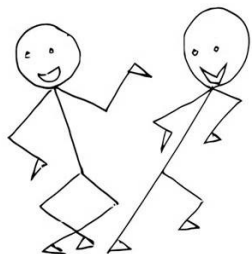
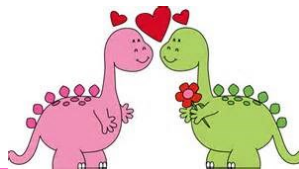
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Small Things That Can Make You Happier & Successful

Source: Business Insider 2016

- 1. Assume people have good intentions:** Since no one can read minds, you don't really know the "why" behind the "what" that people do. Imputing evil motives to other people's weird behaviors adds extra misery to life, while assuming good intentions leaves you open to reconciliation.
- 2. Avoid using negative words:** Stop using negative phrases.... "I can't, It's impossible, This won't work." What comes out of your mouth programs your mind. When you talk trash, you're transforming your brain into trash.
- 3. Avoid spending time with stressed out people:** You can "catch" stress from other people. Avoid them as much as possible.
- 4. Don't waste energy on hate:** Hate is an emotional parasite that eats away at your energy and health. If you can't take action, then forgive and forget!
- 5. Don't try to win every argument:** Some battle aren't worth fighting—plain and simple.
- 6. DON'T succumb to malice or gossip:** Before you tell or listen to a "story" ask yourself *four questions*—1) Is it true 2) Is it kind 3) Is it necessary 4) Would I want somebody telling a similar story about me?
- 7. Don't worry about what others think about you:** You have NO IDEA what anyone is really thinking about you. It's a total waste of time and energy to cling to your own idea of what that might be, especially if it's negative.
- 8. End each day with gratitude:** Just before bedtime, write down at least one wonderful thing that happened. Might be small or big—be grateful for that day because it will never come again.
- 9. Stop comparing yourself to others:** Everybody, starts out in a different place and is headed on their own journey. You have NO idea where someone else's journey might lead them, so drawing comparisons is a complete waste of time.
- 10. Throw out things that aren't useful or beautiful:** You'll be spending about a third of your waking adult life at work. Why would you want to fill your work environment—and that part of your life—with objects that are useless and ugly?
- 11. Know and keep your personal limits:** While your job might sometimes seem like the most important thing in the world, you're killing a part of yourself if you let work situation push you into places that violate your privacy and your integrity.
- 12. Let GO of your results:** The big enemy of happiness is worry, which comes from focusing on events that are outside your control. Once you've taken action, there's usually nothing more you can do. Focus on the job at hand rather than some weird fantasy of what might happen.



Naturally Happy People Never Do These 6 Things

- 1. They don't check Facebook so frequently.**
- 2. They don't forget to take a break.**
- 3. They don't hang out with complainers.**
- 4. They don't assume everyone is out to get them.**
- 5. They don't compare themselves to others.**
- 6. They don't forget to celebrate others success.**



January is over and there are some great things happening in February.

The kick-off meeting for the “KIDS Fair” (*formerly Baby Fair*) was held on January 8 at the Health Department. There has been a change in the name, it will now be called “KIDS Fair.” This year’s theme will be ***Let’s Move and Grove*** and the date is April 16. The next planning meeting will be February 12, 8:00 a.m., at the Health Department. Please come out and support this wonderful program.

Birds, Bees, and Butterflies is the theme for the February 16 Extension Café’ to be hosted by the Pittsburg County OHCE. This a great opportunity to invite a friend and introduce them to our OHCE organization. If you bring someone, do your best to let us know ahead of time so that we can plan for plenty of food. The cost for lunch is \$5.

The Awards’ Banquet is February 23. Crowder is planning the menu, the scorecards have all been tallied and the stats are in. The County Council Meeting will start at 10 a.m. with the Banquet to follow. Come celebrate the achievements of your fellow members and clubs.

KIDS Fair, Extension Café’, and Awards Banquet, February will be busy and fun. See you soon.

Happy Valentines
Day.....Frances



Chiles Rellenos Bake

- 8 large eggs
- 1/4 tsp. salt
- 2 cups shredded Monterey Jack cheese (8 oz.)
- 2 cups shredded Cheddar cheese (8 oz.)
- 2 cans (4.5 oz. each) chopped green chilies, undrained
- 2 cups salsa
- 2 TBS chopped fresh cilantro
- 1/2 cup black beans (from 15-oz. can), rinsed & drained
- 1/2 cup frozen (thawed) or canned (drained) whole kernel corn
- 1 cup sour cream
- 2 drops red pepper sauce



Heat oven to 350⁰ F. Spray 13 x 9 inch glass baking dish with cooking spray. In large bowl, beat eggs, sour cream, salt and pepper sauce with wire whisk. Stir in cheese and chiles. Pour into baking dish. Bake uncovered about 45 minutes or until golden brown and set in center. In small bowl, mix 1 cup of the salsa and the cilantro. In another bowl, mix remaining 1 cup salsa, the beans and corn. Serve salsa mixtures with casserole.

Nutrition Information: Calories 400; Fat 29g; Cholesterol 285mg; Sodium 870mg; Carb. 12g; Protein 23g;



- Feb 16** Extension Café—McAlester
Hosting Four Counties 10 a.m.
- Feb 23** OHCE Awards Banquet/
Council Mtg. 10 a.m.—
OSU Ext. Office
- Feb 24-27** Pittsburg Co. Jr Stock Show
EXPO
- Mar 8** OHCE District Mtg. Sulphur
- Mar 15** Sewing 101 9 a.m.—1 p.m.
McA OSU Ext.

February 2016

Su	Mo	Tu	We	Th	Fr	Sa
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14	15	16	17	18	19	20
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28	29					

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