Dietary supplements and a balanced diet

Now that we have closed the book on 2012, many people across the state are looking at ways to get healthy in the New Year.

Some people believe they can achieve optimum health by taking dietary supplements, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“The best way to get all the nutrients you need is by eating a variety of foods following the USDA Daily Food Plan,” Hermann said. “However, eating a well-balanced diet isn’t always easy and some people may benefit from taking a dietary supplement.”

There are several situations in which a supplement may be helpful for some people, including having a nutrient deficiency, pregnancy or following a very low-calorie diet.

Other situations when a dietary supplement may have a role can include eating a poor diet, taking medication that decreases your appetite, taking medication that alters the way your body uses nutrients or having a disease that changes the way your body uses nutrients.

“When it comes to supplements, more is not better. Some people may think they can improve their health by taking supplement doses, but taking nutrients in large amounts is not recommended without medical advice,” she said. “Vitamins and minerals in large amounts can be dangerous. The body stores minerals and fat-soluble vitamins and large amounts can build up in the body and can be harmful.”

The body does not store water-soluble vitamins, but large amounts can still cause problems. A balanced intake is vital because nutrients affect each other. Too much or too little of one nutrient can affect how the body uses others.

“Something people must understand is supplements cannot make up for a diet that consists of unhealthy choices,” Hermann said. “Supplements do not have all the nutrients important for health. It’s important to try to meet your nutrient needs with a balanced diet rather than supplements.”

The more variety there is in a diet, the less likely a person is to get too much or too little of any vitamin or mineral.

Following the USDA’s Daily Food Plan is the best way to get all the nutrients needed in a healthy diet.

However, if you do take a dietary supplement, Hermann suggests choosing a supplement that contains a variety of vitamins and minerals.

“Don’t take more than 100 percent of the dietary reference intake, unless recommended by your health care provider. Some people may think since supplements aren’t prescription medications they don’t have to read the labels and follow directions, or they can take double doses in an effort to get more nutrients, but that isn’t simply isn’t true,” she said. It’s very important to take supplements according to label directions and advice from your health care provider.”
This month will mark the 12th anniversary of National Mentoring Month, an annual media campaign to recruit volunteer mentors for young people. Spearheaded by the Harvard Mentoring Project of the Harvard School of Public Health, MENTOR, and the Corporation for National and Community Service, General Colin L. Powell, a spokesperson for the campaign, is featured in a public service announcement (PSA) prepared for broadcast on television and radio. In the PSA, General Powell states, “As a nation, we need to ensure that all of our young people are well equipped to lead healthy and productive lives. You can help a young person prepare for a successful future by volunteering with a local mentoring program.”

Research has shown that volunteer mentors can play a powerful role in reducing drug abuse and youth violence as well as boosting academic achievement. Mentors help to build young people’s character and confidence, expand their universe, and help them navigate a path to success.

Despite these benefits, however, the gap between the number of mentors and the number of young people who need a mentor continues to grow. Today, 15 million young people need a caring adult mentor in their lives.

As a highlight of National Mentoring Month 2013, Thank Your Mentor Day will be celebrated on January 17th. On that day, many Americans will reach out to thank or honor those individuals who encouraged and guided them and had a lasting impact on their lives.

In addition to its national focus, the campaign includes a heavy emphasis on local communities, and is intended to energize and empower community and statewide mentoring initiatives as well as encourage planning and coordination among mentoring groups.

We are proud to say that Oklahoma Home and Community Education groups have a rich heritage of reaching out as mentors in their communities. Our county can be very proud of what you do for our young people. From Farm to You to the recent distribution of books and bags, a day spent with senior girls, book fairs, you are an example of the impact you can have on our young people. In your honor, we’ve included pictures of just a few of the many ways you have contributed recently. Thank you for all that you do!

“May we strive to touch and to know the great common human heart of us all.” —Carrie

Attendance & Membership Reports
2012 group attendance and membership reports are due to Extension office January 31.

State Reports
Awards/Reports due to State Chairman Marie Jones, 1109 E. 2nd St., Okmulgee, OK 74447; postmarked no later than February 1.

February 2013 Leader Education/Winter Council Meeting
January 10, 2013
9:30 a.m.
Library, Pauls Valley
Oklahoma County Educator Lisa Hamblin will present the new OHCE State project “Raising Young Readers.” You will learn more about the project using the “Growing Strong Minds and Bodies” tool kit.

We will start the council meeting at 9:30 a.m., then break at 10 a.m. for the lesson.

If you have any business you want included in the agenda, please contact Nanette at the Extension office, 405-238-6681 before January 8.

We will have taco soup for lunch. Please bring an appetizer or dessert.

Raising Young Readers
We are collecting books and book bags for county-wide distribution to benefit the “Raising Young Readers” state OHCE project. Please bring to Extension office or give to any Antioch ABC group member. You also have an opportunity to help restock school and home libraries of those affected by super storm Sandy. First Book, a 501c3 organization, provides access to new books to children in need every day. They provided donations of more than 5 million books in the aftermath of Katrina and have distributed more than 90 million books during the past 20 years. Please consider making a donation of at least $2.50 to First Book by mail: First Book, 1319 F Street NW Suite 1000, Washington, D.C. 20004; or by web at: www.firstbook.org.

2012 Cookbook Update
It was necessary to place a rush order of cookbooks. It will now be later in 2013 before we do another printing, so any corrections needed will be done at that time. Contact Nanette immediately with any corrections so that she can make those changes. Also, additional advertising will be accepted to fill in some of the white space. If you know of an individual or business who would like to be included, notify Nanette.

One recipe correction is the Peach Cobbler recipe on page 176. It is included in this newsletter. Let Nanette know if you need copies of the corrected recipe to distribute. She will post it on the web and submit to area newspapers.

2013 Yearbook
The yearbooks are completed and were distributed at the January meeting. If you need additional copies, contact the Extension office.
January—National Mentoring Month

Oklahoma Home and Community Education groups embody the importance of mentoring and have since its beginnings in 1910. The O.H.C.E. Creed states: “We believe that the family should come first in the life of the individuals, the community and the nation. We build our homes on love and mutual respect. We shall endeavor to discover the potential in our children and our neighbor’s children and help them to develop their personalities in such a manner that they make a worthwhile contribution to life.

We shall maintain high standards in our homes through research and education to promote better uses of our environment and better living conditions for all.

We shall encourage a faith in a God of Love who is forever revealed through natural laws and human personalities.

We shall have faith that strong leaders shall go forth from our homes and communities carrying with them throughout the universe the ideals which we have proclaimed.”

Garvin County members continue to activity embody the heart of what O.H.C.E. is all about.

The photos here and on the following page are just small samplings of what you have contributed in just the past 2 years!

From the most recent book bag workshop that provided 135 books and 39 bags for schools and organizations, to mentoring high school senior girls, book fairs and involvement in Farm to You, you are making a difference in the lives of our young people!
Strengthening Oklahoma Families
Oklahoma Cooperative Extension Service

Thank You Garvin County O.H.C.E. for Mentoring Our Youth
From the kitchens of Garvin County Cooks

Peach Cobbler (corrected, page 176)

Ingredients
1 29 oz can raggedy ripe peaches with juice 1 egg
3 tbsp butter 1/2 egg shell water
3/4 cup sugar Sprinkle cinnamon and sugar
3/4 cup Bisquick® Baking Mix

Procedure

Nutrition (per serving): 181 calories, 61 calories from fat, 7g total fat, 10.8mg cholesterol, 144.3mg sodium, 64.1mg potassium, 29g carbohydrates, <1g fiber, 18.9g sugar, 1.6g protein.

Author: Verla Nash, Foster OHCE

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From the kitchens of Garvin County Cooks

Potato-Bacon Soup

Ingredients
8 slices bacon 1 cup sour cream
1 cup onion, chopped 2 cups milk
2-1/2 cups potatoes, cubed salt and pepper to taste
1 can (10.75 oz) cream of chicken soup

Procedure

Nutrition (per serving): 411 calories, 236 calories from fat, 26.3 g total fat, 48.7mg cholesterol, 645.2 mg sodium, 849.6mg potassium, 33.4 g carbohydrates, 3.5 g fiber, 6.3 g sugar, 11 g protein.
This newsletter is one way of communicating educational information to interested citizens of Garvin County.

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Visit our web site to access this newsletter and our newsletter archives:

www.oces.okstate.edu/garvin

If you have any news that you would like to share in the newsletter about your local club or meetings, please email the information to us before the 15th of the month.

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Cooperative Extension Service is committed to making its activities as accessible as possible. Your county office provides a range of special services for persons with disabilities. If you anticipate a need for some of these services when participating in a Cooperative Extension Service activity, please indicate the service needed by contacting the Garvin County Extension Office at 405-238-6681.

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