



Wyandotte K-State Research and Extension

In January

DOTTE EATS

To build new habits



Monthly Superfood Feature

OATMEAL & GREEN TEA

The word "superfood" is used a lot in American diet culture. Really, it just means that a specific food is "super" dense in nutrients. Nutrients are substances that a body is not able to make and therefore must eat or drink. Nutrients are essential for life and finding foods that are high in nutrients and low in calories is important for maintaining a healthy lifestyle.

January is National **Oatmeal** Month and
National Hot **Tea** Month

New Year's Goal: Cut Sugar in Small Ways

In winter months it can be challenging to find fresh produce. Buying seasonal and local isn't necessarily possible when it's too cold for food to grow. Prices at in the produce isle can change because of shipping from warmer climates.

Alternatives to fresh include: canned, frozen, and dried.

When buying these alternatives, try to avoid heavy syrups, oils, and added salt. When "no salt added," "low sodium," "in water," or "in light syrup" options aren't available, rinsing can help to reduce added sugars and salts.

Seasonal Foods for Kansans

Meats ^
Mushrooms ^
Honey ^
Popcorn *
Sweet Potatoes *
Asparagus +
Radish +
Salad Mix +
Spinach +

^Fresh all year

*Season ends in Dec

+Season begins
in Feb/March



A typical 12 ounce can of soda contains 30 to 42 grams of sugar! That is the equivalent to 7-10 teaspoons of sugar and 116 to 160 calories.

To not gain weight from one 12 ounce a day, you would need to walk at 4 miles per hour for one hour every other day to burn those calories.



If you drink 1 regular soda a day for 30 days, you would consume 3480 to 4800 calories. It takes 3500 calories to gain a pound of weight. To not gain weight one would have to walk for 14 hours 4 miles per hour each month not to gain the weight.

If you are trying to cut calories and sugar in your diet, some people have found mixing diet with regular soda pop has helped them.

Janice McMahan MHH

Oatmeal is a whole grain, and is a source of soluble and insoluble fiber, B vitamins, minerals, and phytonutrients. Oatmeal lowers cholesterol, protects against heart disease and diabetes.

Try oatmeal instead of sugary cereal. You will stay fuller for longer. Add your favorite toppings for variety and added nutrients. Taste first, then add a little at a time to manage sugar intake.

Steel cut is the least processed and instant is the most processed. All other types of oatmeal fall in between.

The more processed the oatmeal, the more quickly it will raise your blood sugar.

Superfood Fast Facts

Green tea leaves have lots of antioxidant compounds that help prevent damage to your body's cells. Which is why green tea is associated with helping to prevent cancer. The nutrients in green tea also help fight heart disease and lower blood pressure.

Drinking green tea in the morning is a great way to make your morning cup of caffeine a healthier option. For people who don't like caffeine, decaf varieties are found in the coffee and tea isle at your grocery store

The Monthly Move



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Superfood Recipe: Extension Staff's Favorite Oatmeal



Staff Flavor Combinations:

The PB&J - Peanut butter, plain low-fat yogurt, and fresh berries

The Elvis - Peanut butter, honey, and bananas

The Pooh Bear - Honey, cinnamon, and raisins

Holiday Special - Brown sugar, walnuts, cinnamon, a splash of skim milk, and dried cranberries

Berry Delicious Oatmeal - Fresh blueberries, fresh strawberries, walnuts, chopped dates, splash of skim milk or almond milk

Cinnamon Delight - Cinnamon, walnuts, flax seeds, a bit of milk, and brown sugar

Directions:

Clean your cooking surfaces and wash your hands in hot water with soap for at least 20 seconds. Choose your favorite type of oatmeal. Follow the directions on the package for one serving of oats.

Choose a flavor combination. Try to limit the amount of sweetener that you add until you have tasted your recipe.

NUTRITION FACTS FOR PLAIN OATMEAL

Nutrition Facts

Serving Size: 1/2 Cup Dry (40 Grams)

Amount Per Serving

Calories: 150

Calories from Fat: 25

Total Fat 3 g % Daily Value*

Saturated Fat 0.5 g 13%

Polyunsaturated Fat 1 g 2%

Monounsaturated Fat 1 g

Cholesterol 0 mg

Sodium 0 mg 0%

Total Carbohydrates 27 g 0%

Dietary Fiber 4 g 9%

Soluble Fiber 2 g 15%

Insoluble Fiber 2 g

Sugars 1 g

Protein 5 g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

