



COOPERATIVE EXTENSION | NEWSLETTER

A Weekly Newsletter about the Kentucky State University Cooperative Extension Program

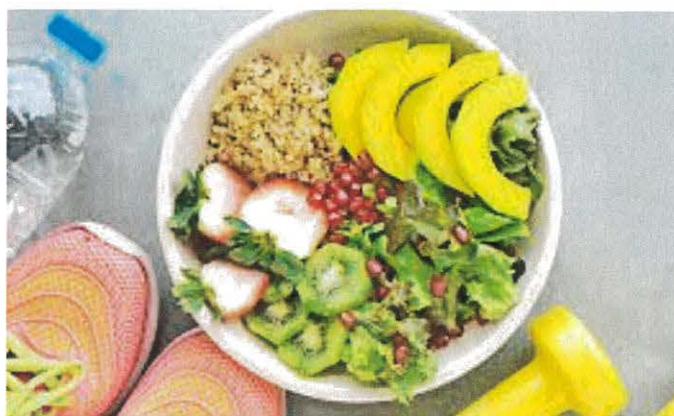
March 5, 2021

National Nutrition Month

National Nutrition Month is an annual nutrition education campaign that originally started in 1973. In 1980 it was updated from a week campaign to a month-long observance by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making positive behavior changes for a healthy lifestyle, improving healthier food choices, and increasing physical activity. Each year the National Nutrition Month has a theme, and this year's theme is "Personalize Your Plate." This is to promote an individual to create and meet their own individual nutritious meals by using their own cultural and personal preferences.

During this month, the Academy encourages everyone to make healthy food choices and positive changes for sound eating and physical activity within their daily lives. A registered dietitian nutritionist can help develop individualized eating and activity plans to meet a person's health goal.

The goal of good nutrition is to make every bite count. It's never too early or too late to start eating healthy. Focus on meeting each food group's needs throughout the day/week without going over the total recommended calorie limits. It's best to consume nutrients from all types of vegetables, as they are low in calorie, fat, and sodium, and provide a mixture of texture, flavor, and color to any plate. Fruits are recommended to eat mostly whole fruits. Make half of your grains whole grains.



Consume products from the dairy group that are low-fat or fat-free, such as milk, yogurt that also has no added sugar, and cheese. Protein foods need to be lean meats, poultry, eggs, seafood, beans, peas, and nuts. The body does need to consume healthy oils to function correctly. The healthy oils could come from vegetable oils and oils in food such as seafood and nuts. However, it is recommended to limit added sugar to less than 10% of calories, saturated fats less than 10% of calories, and sodium no more than 2,300 milligrams (and less if under 14 years of age, or if you have hypertension) from total calories consumed.

Important Reminders:

COVID-19 info.: www.cdc.gov/coronavirus

Food Safety: www.foodsafety.gov

Kentucky Dept. of Fish & Wildlife: www.fw.ky.gov

For virtual races in your area, check out:

<https://runsignup.com>



Some risks of chronic diseases could be reduced by having good nutrition and physical activity.

Overweight and Obesity

- About 74% of adults are considered overweight or obese.
- About 40% of children & adolescents are considered overweight or obese.
- Adults 40-59 years old have the highest rate of obesity of any other group of adults.

Cardiovascular Disease

- Heart disease is the leading cause of death.
- Stroke is the fifth leading cause of death.
- The most common type of heart disease is coronary artery disease; 18.2 million adults have it.
- About 45% of adults have hypertension.
- About 4% of adolescents have hypertension.

Diabetes

- About 90% of adults with diabetes also are overweight or have obesity.
- About 11% of Americans have type 1 or type 2 diabetes.
- About 35% of Americans have prediabetes.
- About 210,000 children and adolescents have diabetes (which includes 187,000 with type 1 diabetes).
- About 9% of pregnant women develop gestational diabetes.

Cancer

Breast/Colorectal

- More than 1.3 million people are living with colorectal cancer.
- About 250,520 women will be diagnosed with breast cancer this year.
- Colorectal cancer in men and breast cancer in women are among the most common types of cancer.

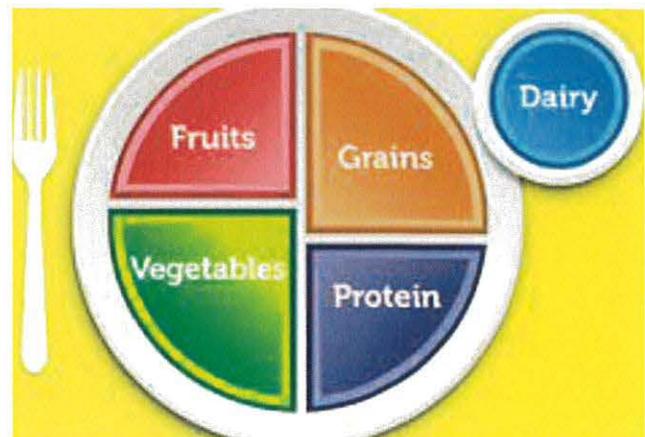
Bone Health & Muscle Strength

- More than 17% of women and more than 5% of men have osteoporosis.
- 20% of older adults have reduced muscle strength.

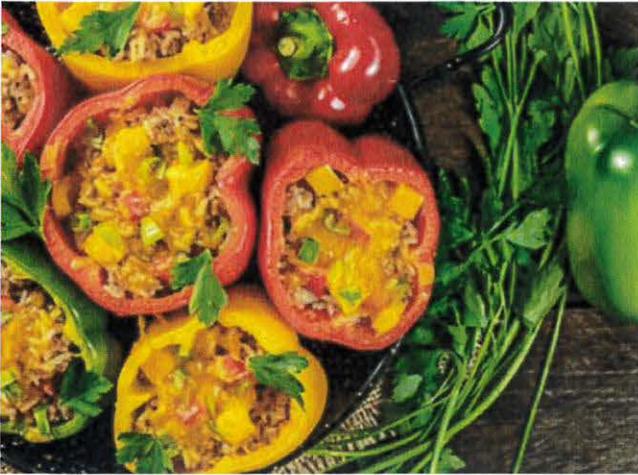
Sources:

<https://www.eatrightpro.org/>

<https://www.dietaryguidelines.gov/>



Simple Stuffed Peppers



Makes: 4 Servings

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.

Ingredients:

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- salt (to taste, optional)

Directions:

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa and salt (optional).
7. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
10. Bake peppers for 30 minutes, then top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Source:

ONIE Project - Oklahoma Nutrition Information and Education.
Simple Healthy Recipes.

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