

Montgomery County

FAMILY & CONSUMER SCIENCES NEWSLETTER

SEPTEMBER 2024



Cooking Through Calendar 2
Homemaker Trip 3
LRA Annual Meeting 4
Homemaker Updates 5
KEHA Guidelines 6-8
Master Clothing Volunteers 9
MoneyWi\$e 10-11
Plate It Up! KY Proud 12
Health Bulletin 13-14
Dietary Supplements 15-16

Happy September,

The first day of fall is September 22nd, which means it's football season in the bluegrass.

As a reminder, the Homemaker council meeting is Tuesday, September 10 @ 10am. Please remember to bring your cultural arts entries.

Pages 5-7 explain the cultural arts categories. The Homemaker leader lesson this month is Time Well Spent, which was taught at our recent LRA Leadership Training.

Tuesday, October 15 is the LRA Annual Meeting - flyer enclosed with more details.

Saturday, November 23 is the annual Bazaar.

I hope everyone has a great September! Take care.

WHAT'S INSIDE



Sarah Congleton

Sarah Congleton



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Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

COOKING THROUGH THE Calendar



Interested in learning how to cook, get new recipes, or meet new friends?

Join us for Cooking Through the Calendar on the 3rd Wednesday of every month from 12:00pm - 1:00pm located at the Montgomery County Extension Office.

Participants cook and sample the featured recipe of the month and will receive a free kitchen gadget at each session.

Cost is free. Registration is required. Please contact our office to sign up; 859-498-8741

Recipe is
Ramen
Skillet
Dinner

Cooking Through
the Calendar is
Wednesday, Sept. 18
at 12pm
MOCO Ed Center



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.



2024

LICKING RIVER AREA ANNUAL MEETING


OCTOBER 15, 11:00AM

Blazing the Way Through KEHA

@ **Mason County Extension Office**

800 US-68, Maysville, KY 41056

Inspirational-Lewis
Door Prizes-Robertson
Table Favors-Menifee
Table Favors-Morgan
Pledge-Bath
Program/Flyer-Fleming
Hostess-Mason
Registration-Montgomery
Creed-Rowan
Décor-Bracken

 **GUEST SPEAKER:
BRAD ALFORD**

 **CALL YOUR LOCAL
EXTENSION OFFICE TO
SIGN UP!**

 **TICKETS ARE \$16**

 **DEADLINE TO REGISTER
IS OCTOBER 10TH!**

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CHRISTMAS



Gift and Decor Show

THE LARGEST
FREE ADMISSION CHRISTMAS SHOW
IN THE NATION!

DECEMBER 13-14-15

FRI. 11-7 • SAT. 10-7 • SUN. 11-5
KY EXPO CENTER ~ LOUISVILLE

- **FREE ADMISSION!**
- **OVER 700 BOOTHS!**
- **BRING YOUR PHONE OR CAMERA FOR FREE PICS W/ SANTA!**

LOUISVILLECHRISTMASSHOW.COM



Scooter Rental Available

\$40 First 2 Hours / \$10 each additional
\$75 for All Day Rental

Provided by Louisville Mobility Scooters - 502-799-5419

Hey, Homemakers!

Interested in taking a trip to Louisville to see Lights Under Louisville and The Christmas Gift and Decor Show on Friday, December 13?

The Busy Seeker Homemaker Club brought this idea to my attention and would like to offer it to other Homemakers.

Our vehicles can only accommodate 34 people so hurry and register soon!

Cost is \$10.00/person (includes admission to Lights Under Louisville and fuel). **AND** you must submit your health insurance information & emergency contact information with payment. To register, please contact the Extension Office, 859-498-8741.

MEGA CAVERN



Lights under Louisville

Montgomery County Homemakers

Updates/Dates to Remember:

1. Tuesday, September 10:
Homemaker Council Meeting @ 10am
Montgomery County Extension Office

County cultural arts entry submissions

2. Licking River Area Annual Meeting
Tuesday, October 15 @ 10
Mason County Extension Office

3. Homemaker Bazaar
Saturday, November 23 @ 8am - 1pm
Montgomery County Education Center

4. KEHA State Meeting
May 6-8, 2025
Hyatt Regency
Lexington, KY

KEHA
Guidelines for
entries on next
page ->



CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include appliqued and quilted.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter



2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60” perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Master Clothing Volunteer Update:

When: Tuesday, October 22 - Thursday, October 24, 2024

Where: Cave Area Conference Center, Cave City, KY

For: Any active MCV's (classes of 1990 - 2022)

Cost: \$225.00/person

Lodging: Comfort Inn, Cave City, KY

Online registration:

Opens Tuesday, August 27

Closes September 13

Qualtrics link sent via email from Jeanne Badgett



Nutty Sweet Potato Biscuits

1 cup all-purpose flour	¼ teaspoon ground cinnamon	potatoes
½ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	½ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt	1 cup mashed sweet potatoes	½ teaspoon vanilla
		1 tablespoon milk

- In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
- Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.
- Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
- Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits
Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 9

Montgomery County Extension Office | 106 E Locust St. | Mt. Sterling, KY | 40353 | (859) 498-8741

THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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Broccoli and Beef Stir-Fry

1 pound lean beef steak, sliced diagonally across the grain into thin strips

1 tablespoon plus ½ cup stir-fry sauce

1 clove minced garlic

4 tablespoons canola oil, divided

1 medium red onion, cut into ½ inch dice

1 sweet red pepper, cut into ½ inch dice

1 medium yellow

squash, cut into ¼ inch slices

2 cups fresh broccoli florets

1 cup cauliflower florets

½ teaspoon crushed red pepper flakes

1. Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.

2. Heat 1 tablespoon canola oil in a large skillet or wok.

3. Add beef and stir fry for one minute. **Remove** beef from skillet.

4. Heat the remaining 3 tablespoons canola oil in the skillet or wok. **Add** vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.

5. Return beef to skillet.

6. Add the remaining ½ cup stir-fry sauce and red pepper flakes. **Cook** and

stir 1 to 2 minutes longer, until heated through.

Yield: 8, 1 cup servings

Nutrition Analysis: 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.

90% recommended allowance for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4, ½ cup servings.

STORAGE: Store broccoli, unwashed, no longer than 3 to 5 days in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water

Source: www.fruitsandveggiesmatter.gov

and drain.

To boil: Place in a saucepan with 1 inch boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

BROCCOLI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

March 2011

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COOPERATIVE
EXTENSION
SERVICE



ADULT

HEALTH BULLETIN



SEPTEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

Continued on the next page →



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Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



➔ Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

ADULT
HEALTH BULLETIN

Written by:

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Stock images:

Adobe Stock



Dietary Supplements: What are They and Who Needs Them

Sandra S. Bastin, Dietetics and Human Nutrition



Choosing the right supplement is not a simple task, but with a little information, you can choose the best daily supplement for you. Traditionally, dietary supplements are products made of one or more essential nutrients, like vitamins and minerals, but they may also include amino acids, botanicals, or herbal ingredients. Supplements come in many forms including capsules, pills, gummies, powders, drinks, and bars.

There are differences between dietary supplements and FDA-approved medications. Because the FDA views dietary supplements as food, dietary supplement manufacturers simply ensure that the products they put on the market are safe. The FDA does not review or approve supplement ingredients or products before companies put their products on the shelf. Once the dietary supplement is marketed, the FDA must prove that the dietary supplement is unsafe before it can restrict the product's use. There have been instances where the FDA determined that some products contained contaminated or harmful substances to human health and took action to remove them from store shelves.

A medication, which may be originally derived from a plant, is intended to diagnose, cure, mitigate, treat, or prevent diseases. Before they are marketed, drugs must undergo strict clinical studies to determine their effectiveness, safety, possible interactions, and appropriate dosages. The FDA then reviews the data and authorizes a drug's use. This process may take years, or in the case of a pandemic, may follow a faster timeline, such as the vaccines developed to reduce the risk of coronavirus disease.

Table 1. Essential vitamins and minerals and their functions.

VITAMIN	FUNCTION
Fat-Soluble	
A	Supports a healthy immune system; improves low-light vision; maintains and protects healthy skin and cell membranes
D	Builds and maintains strong bones and teeth
E	Protects and maintains cell membranes
K	Aids in blood clotting
Water-Soluble	
C	Supports a healthy immune system; increases wound healing
B ₁ (Thiamin)	Involved in carbohydrate, fat, amino acid, glucose, and alcohol metabolism; involved in nerve-cell function
B ₂ (Riboflavin)	Involved in carbohydrate and protein metabolism; maintains healthy skin and eyes
B ₆	Involved in protein and lipid metabolism
B ₁₂	Involved in maturation of red blood cells, neural function, and DNA synthesis
Folic Acid	Supports a healthy immune system; involved in red blood cell production; involved in normal fetal nervous system development
Niacin	Involved in carbohydrate and cell metabolism; assists in keeping the nervous system, digestive system, and skin healthy
MINERAL	
FUNCTION	
Calcium	Builds and maintains strong bones and teeth; assists nervous system and muscles to function properly
Copper	Involved in red blood cell production; involved in bone formation
Iron	Involved in hemoglobin and myoglobin formation
Magnesium	Supports a healthy immune system; maintains nerve and muscle function;
Potassium	Controls heart-muscle contractions; supports normal blood pressure; maintains cellular fluid balance
Selenium	Supports a healthy immune system; supports many enzymes in metabolism
Zinc	Supports a healthy immune system; involved in cellular metabolism

Vitamin and Mineral Functions in the Body

Vitamins and minerals have different jobs that help keep the body healthy. Every nutrient has a different function in the body. Essential vitamins and minerals are available only through the food we eat or through supplementation. They cannot be made in the body. There are 13 essential vitamins: vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B₆, B₁₂, and folate). A number of minerals are essential for health, including calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, sulfur, cobalt, copper, fluoride, manganese, and selenium. Table 1 gives you a brief overview of some of these essential vitamins and minerals and how they function in your body to keep you healthy.

Nutrient Recommendations for Vitamins and Minerals

It is impossible to know exactly how much of a nutrient an individual needs. Tolerances vary, and everyone is different. Based on thorough reviews of nutrition science research, scientists have developed an estimate of safe and adequate nutrient intakes for each day. The Reference Dietary Intake, or RDI, is the suggested amount of a nutrient for the general population to consume over time. RDIs refer to the average daily nutrient intake, at safe levels. While designed to assist health-care professionals in creating patient and consumer counseling and educational programs, they also assist in developing nutrition food labels and dietary guidelines for consumers. If you try to meet the RDIs, you are unlikely to suffer from nutritional deficiencies. A balanced, nutritious diet allows you to meet the RDIs for vitamins and minerals.

To assist you in determining your needs, nutrition facts labels provide the Daily Value (DV) of selected nutrients. The “% Daily Values” listings on nutrition and supplement facts labels allow you to see how much of a nutrient is in the product you are consuming. They also allow you to compare vitamin and mineral amounts in different products. The DVs are based on a 2,000-calorie intake for adults and children over four years of age. For more information on the RDIs for vitamins and minerals, consult the FDA’s chart at <https://www.fda.gov/media/99069/download>, but selected vitamins and minerals are listed in Table 2.

Table 2. Reference values for nutritional labeling.*

NUTRIENT	DAILY VALUES
A-----	900 mcg
D-----	20 mcg
E-----	15 mg
K-----	120 mcg
C-----	90 mg
Niacin-----	16 mg
Thiamin (B ₁)-----	1.2 mg
Riboflavin (B ₂)-----	1.3 mg
B ₆ -----	1.7 mg
B ₁₂ -----	2.4 mcg
Folic Acid-----	400 mcg
Calcium-----	1,300 mg
Iron-----	18 mg
Sodium-----	2,000 mg

*United States Food and Drug Administration/Center for Food Safety and Applied Nutrition, 2023.
mg = milligrams
mcg = micrograms

Who Needs Dietary Supplements?

While some individuals do need to complement their diets with supplements, evidence-based research indicates that we should all prioritize healthy eating and staying active. It’s never too late to choose nutritious foods.

The National Institutes of Health (NIH) reminds us that if you don’t eat a variety of nutritious foods, some dietary supplements can provide you with essential nutrients your body needs for good health. Share with your health-care provider the dietary supplements you are taking. Only medical professionals can identify deficiencies by using medical tests and then prescribing or recommending treatment. A registered dietitian can help determine your personalized nutrient needs. The following people may be at a greater risk of nutrient deficiencies, and supplements may help.

- Women (including teenage girls) of childbearing age may need more folic acid and iron than foods alone usually supply.
- Pregnant or lactating women may need more folic acid and iron.
- Newborns, infants, and children under the age of two may have additional needs. Speak with your pediatrician about dietary questions.
- Lactose-intolerant individuals may need additional calcium to reduce the risk of osteoporosis.
- Those with a limited or restricted diet may need to supplement nutrients they are not consuming.
- Older adults who absorb and metabolize nutrients less efficiently or who may have chewing difficulties may be at risk of being deficient in vitamin B₁₂, vitamin D, and calcium.
- Individuals with chronic health conditions, such as heart disease, diabetes, cancer, HIV/AIDS, and some autoimmune diseases, may need more vitamins and minerals.
- Individuals living with or in recovery for substance or alcohol use disorder may need more nutrients.
- Individuals recovering from surgery, burns, injury, or illness may need extra nutrients to help regenerate tissue and heal.
- Strict vegetarians and vegans may need more vitamin B₁₂, iron, vitamin D, calcium, and zinc because they are commonly lacking in these diets.
- Individuals whose medications may interfere with the body’s absorption and use of nutrients may need more education on interactions or side effects.

Bottom Line

When deciding whether a dietary supplement is right for you, include a registered dietitian, pharmacist, or other health-care provider in the conversation. Remember, supplements have not been proven to help you cope with stress, directly give you energy, build lean body tissue, or prevent or cure a self-diagnosed condition. Choosing the right supplement is not a simple task, but with a little information and help from your health-care provider, you can choose the best daily supplement for you, if needed.