February 07–March 07
OSU Extension Service
Union & Baker County

Valentine’s Day and Every Day, Show Kids You Love Them

A parent’s love gives a child the hope and energy to grow. Nothing is as important for human development as love. This is true not only during the first few months of life but also into childhood and adolescence. Research has shown that children who feel love and approval from their parents behave better, do better in school, and stay away from drugs.

Show your children you love them by:
• Being loving and kind
• Giving hugs and back rubs
• Fostering your children’s self-respect and hope
• Listening to and respecting your children’s feelings and ideas
• Teaching kindness
• Providing for the nutrition, shelter, clothing, health, and safety needs of your children
• Having fun with your children

Think about each of your children and the way he or she likes you to show love and affection. Find ways to show love to each child in a way that that child prefers.

References


Contact
Angela Combe, OSU Family and Community Development, Union/Baker County, (541) 963-1010

Source
Denise Rennekamp, Extension associate, Oregon State University; denise.rennekamp@oregonstate.edu

Angela K. Combe
Extension Faculty
Family & Community Development
Angela.Combe@oregonstate.edu

OSU Extension Service
Union & Baker County
10507 N. McAlister Road, Room 9
La Grande, Oregon 97850

Phone: (541) 963-1010
Fax: (541) 963-1036
http://extension.oregonstate.edu/union/
Trends in Eating out Reflect Concerns for Both Personal and Societal Health

The restaurant industry has had more than 15 consecutive years of growth. Consumers are now moving from more expensive full-service and casual dining to fast-casual and quick-service restaurants. At the same time, they’re rewarding themselves with more upscale or socially conscious fare.

Take-out and take-home meals are on the rise. Chicken, sandwiches, and pizza are Americans’ most favorite entrées when dining out or taking home. Seafood, main-dish salads, and Asian and Mexican foods are coming on strong, however. Pasta is predicted to make a full recovery from the low-carb movement.

Bar food is a fast-emerging trend. Smaller tidbits provide a more affordable way to sample a restaurant’s dishes, and that draws a younger, budget-conscious clientele.

Aging diners will be putting more pressure on restaurants to provide healthier menu options. Those 45 and older order fruits and vegetables twice as often as any other age group. Boomers are more likely to order steaks and salads and are now demanding less filling and healthier soups. Wonton, clam chowder, egg drop, hot and sour, vegetable, and chicken noodle soups were the most ordered at restaurants in 2005.

Older diners will most likely boost dessert orders. Thirty-two percent of seniors are likely to order dessert. Lighter and portion-controlled but indulgent desserts will be in high demand.

People in their twenties and early thirties—the so-called Generation Y, or Gen Y—are driving the explosive market for restaurant snacks. Seventy-four percent of Americans eat snacks in the evening, 57 percent in the afternoon, and 45 percent in mid-morning. Men ages 18 to 34 are driving the late-night snacking numbers.

Those under 35 are twice as likely to order appetizers as those over age 55. Sales of appetizers fell in 2005, largely because of a lack of lighter options for women. Americans’ favorite appetizers include mozzarella sticks (34 percent), wings (23 percent), potato skins (20 percent), nachos (20 percent), and onion rings (19 percent).

Gen Y-ers have the highest consumption of ethnic foods, and their tastes are quite different from those of older people. Of those ages 18 to 28, 40 percent name Chinese as their favorite food.

More premium ingredients are appearing in sandwich chains. Whole-grain and exotic breads are a strong trend. Steak, Asian, taco, and seafood are among the hottest new salad directions. Lighter dressings are very popular.

With sales volume of carbonated soft drinks falling for the first time since 1985, new beverage options have appeared. In 2005, energy drink sales jumped 81 percent, sports drinks 21 percent, and bottled water 11 percent. Among young adults, water is now the most frequently consumed beverage. Flavored waters are popular.

About half of all diners say they always make an effort to eat healthy food when dining out. They most frequently associate healthfulness with freshness on restaurant menus. Diners determine whether a food is healthy by the ingredients (54 percent), amount of fat (50 percent), type of oil (35 percent), calories (34 percent), sodium (32 percent), portion size (31 percent), and amount of butter (20 percent). Fruits, vegetables, whole grains, yogurt, olive oil, nuts, and fish are the ingredients that signal “healthy.”

“Seasonal,” “homemade,” “artisan,” “house-made,” “local,” and “natural” are descriptors beginning to appear on fine-dining menus. With 47 percent of consumers interested in buying Fair-Trade-certified foods and 48 percent interested in foods from farms that practice sustainable agriculture, these menu categories are poised for growth. At the same time, pressure continues to remove trans fats, food allergens, antibiotics, hormones, gluten, and MSG.

Reducing calories and sodium from menus is also a concern. Salt may be the next hot issue. The American Medical Association has called for a 50-percent reduction in the amount of sodium in restaurant foods. Salt may be replaced with pungent herbs.

Reference

Contact
Angela Combe, OSU Extension Family and Community Development, Union/Baker County, (541) 963-1010

Source
Carolyn Raab, Extension food and nutrition specialist, Oregon State University; raabc@oregonstate.edu
Get the Whole-Grain Story on Fiber

Although our bodies do not digest fiber, consuming adequate amounts of fiber promotes good health.

Fiber is a substance found only in plants, such as fruits, vegetables, grains, and beans (legumes). Fiber promotes digestive regularity, which helps prevent hemorrhoids and diverticular disease, and can help lower cholesterol, reducing the risk of heart disease. Fiber also helps you feel full and may help reduce the risk of diabetes.

Nutrition researchers recommend getting about 25 to 30 grams of fiber per day. Most Americans get less than half that.

Different forms of a food have different amounts of fiber. For example, a whole, unpeeled apple has about 5 grams of fiber; a peeled apple has only 2 grams. A cup of applesauce made with peeled apples has 1 gram, and a cup of apple juice has no fiber.

Consuming at least three or more ounce-equivalents of whole grains each day will help you meet the recommended intake for fiber. One ounce-equivalent can be:

- One-half cup of cooked oats, brown rice, or whole-grain pasta
- One ounce of dry (i.e., uncooked) brown rice or whole-grain pasta
- One slice of whole-grain bread

A good rule of thumb is to “make half your grains whole.”

Recent studies show that meeting your daily needs for whole grains also may help with weight maintenance. Unfortunately, less than 5 percent of Americans meet the whole-grain recommendation. Whole-grain foods contain all parts of the grain, providing fiber, vitamins, minerals, and carbohydrates that your body needs. Refined grains such as white flour may be lacking in some of these important nutrients.

Consider stocking your food pantry with some of the following whole grains: whole-wheat pasta, rolled oats, barley, brown rice, whole-wheat bagels and other bread products, corn tortillas, and popcorn. And don’t forget to include other fiber-containing foods such as fruits, vegetables, and legumes.

For more information about whole grains, visit http://www.wheatfoods.org/

References
American Dietetic Association http://www.eatright.org/

Contact
Angela Combe, OSU Extension Family and Community Development, Union/Baker County, (541) 963-1010

Source
Anne Hoisington, Extension food and nutrition senior instructor, Oregon State University, anne.hoisington@oregonstate.edu

---

Barley Salad

Ingredients:
1 cup dry barley
3 cups water
1/4 cup raisins or other dried fruit
1 cup frozen peas or other vegetables (fresh, frozen or canned)
2 cups lettuce, washed and chopped
1 15-ounce can mandarin oranges, drained
1/2 cup green onions, sliced thin (can use any onions)
1 tablespoon vinegar (rice vinegar or any others)
3 tablespoons vegetable oil

Directions:
1. Place barley and water in a medium saucepan. Bring to boil, then turn to low. Cook (with lid on) for 45 minutes.
2. Rinse cooked barley briefly in cold water. Drain.
3. Add remaining ingredients. Toss well.
4. Refrigerate leftovers within 2-3 hours.

Bright Ideas:
Try substituting different fruits and vegetables in this recipe.

Nutrition Facts:
Serving Size 2/3 cup
Calories 120, Total Fat 4g, Cholesterol 0mg, Sodium 45 mg, Total Carbohydrate 21g, Dietary Fiber 4 g, Protein 3g

http://healthyrecipes.oregonstate.edu/userresources/BarleySalad.pdf
Happy St. Patrick’s Day!

NEP Vision: Working together to educate and equip Oregonians to live healthy, active lives through nutrition education.

FCD Vision: Oregon State University Extension Family and Community Development programs and community partnerships help all Oregonians achieve a healthy, nurturing family and a caring community.

OSUES Vision: Oregon State University Extension Service is the “Front door to OSU” and the premier provider of non-formal education that meets the needs of Oregonians and contributes significantly to strong individuals, families and communities, a vibrant economy, and sustainable natural resources.

Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.