

HAPPY ST. PATRICK'S DAY



The Cedar Culinary

News that's good enough to eat!

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The articles on the following pages were provided by foodsafety.gov. For more information about these stories and more please visit their website.



eat right.
WITH COLOR

National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



Ideas for Eating Healthy This Month:

Use "Eating the Rainbow" as a theme and provide examples of colorful fruits and vegetables that are yellow, orange, red, green, blue and purple. Give tips on including more fruits and vegetables in meals and snacks.

There's no debating the value of color in your diet, but we don't mean the artificial kind. Cut the FD&C Blue No. 1, Green No. 3 and Yellow No. 5 from your diet and see how many unhealthy foods go by the wayside (many cereals, most colored frostings, etc.). Replace those colors with the natural kind; namely fruits and vegetables, which deliver abundant nutrients your body needs.

This is a major eye opener for anyone trying to lose weight or eat healthier: In general, more is more. That means eating more frequently: six or seven small, healthy meals and snacks per day, which balances blood sugar, boosts metabolism and delivers continual nutrition to your cells. Load up on small amounts of nutrient-dense food throughout the day and you'll look better, feel better and live better.

Eating healthier means progressively infusing more nutritious foods into your existing diet; it doesn't mean eliminating your favorites forever. The tactic will lead to

one result and one result only: an eventual "return" to your unhealthy ways. Instead, develop a meal plan that emphasizes variety - both healthier choices and less-healthy favorites. You'll be more likely to stick with it for the long haul.



Check out Page 2 for more information and tips about eating healthier during National Nutrition Month...

Helping Your Kids Eat Right With Color

When it comes to food and nutrition, even the most knowledgeable parents can use help making sure their children are eating healthy meals. "Eat Right with Color," encourages parents to take time to make sure their children are getting all of the nutrients they need to grow and thrive.

The good news is that shopping, cooking and eating healthfully have just gotten easier with assistance from www.kidseatright.org, a new website from ADA and its Foundation.

The 2010 *Dietary Guidelines* Advisory Committee recently reported that children, teens and adults have diets deficient in dietary fiber, vitamin D, calcium and potassium, and the Kids Eat Right campaign calls for increased attention to the alarming nutrient deficiencies in children's diets.

"Weight is not the only measure of good nutrition and health. Any child — whether they are of normal weight, overweight or obese — can be undernourished," says registered dietitian Dr. Katie Brown, national education director for the American Dietetic Association Foundation.

Brown offers the following guidance for helping your kids "Eat Right with Color":

- Give kids whole-grain cereals for breakfast, kid-friendly "white" whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.
- Eat more fruits and vegetables at every meal. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100% orange juice; at lunch, serve baby carrots or sliced apples; for dinner, put brightly colored vegetables at the center of every plate.
- Most young people in America are not getting enough calcium or potassium. Fortunately, it's easy to consume the three daily dairy servings children and teens need. Try an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go energy snack.
- Getting enough protein at every meal and snack helps kids feel satisfied after eating. Start their day with egg or bean burritos. For snacks, provide peanut butter or sliced deli meat.



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Irish Soda Bread

Serving Size: 16

Ingredients:

4 tablespoons sweet butter, softened

1/2 cup sugar

2 large eggs

4 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 1/2 cups buttermilk

1 cup currants or raisins

Directions:

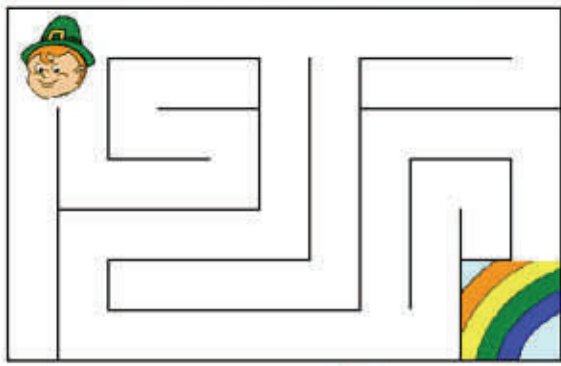
1. Butter a cookie sheet. Heat oven to 350°F. In a large bowl beat butter and sugar together to combine. Add eggs, one at a time, beating well after each addition.
2. In a medium bowl whisk flour, baking powder, baking soda, and salt to combine.
3. Beginning and ending with flour mixture alternately add flour and buttermilk, beating well after each addition. Stir in currants (or raisins).
4. On a generously floured hard surface knead the dough about 4 minutes until smooth and not sticky, adding flour as needed.
5. Form into 7 1/2 inch round. Transfer to prepared cookie sheet. Etch an X in the top of the loaf.
6. Bake about 1 hour 10 minutes or until it sounds hollow when tapped on. Move to a rack to cool completely before slicing.



Did You Know?

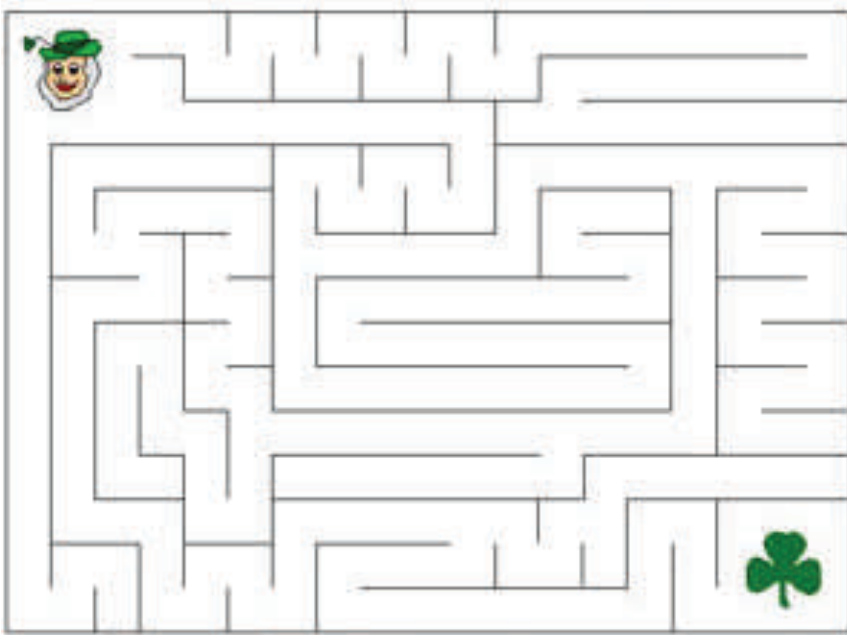
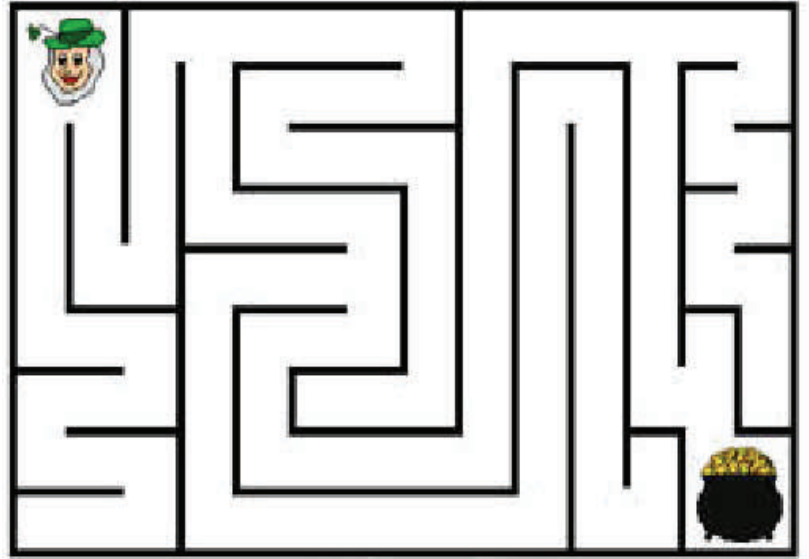
- According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14!
- One estimate suggests that there are about 10,000 regular three-leaf clovers for every lucky four-leaf clover.
- Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

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Easy

Beginner



Medium

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