To better meet the needs of our constituents, Colorado State University Extension will provide more multi-county and regional programming. The Family and Consumer Extension Agents in Northeast Colorado have provided regional programs for nearly 20 years. Some of our efforts have been Mythbusters Sports Nutrition, WFIP, Strong People Stay Healthy, Radon In Your Home, Northeast Colorado Diabetes Health Fair, and many 4-H and youth development workshops.

We will now also provide a regional Family and Consumer Newsletter to keep you up-to-date on the latest in food safety, resource management, human development, and nutrition, health and wellness. Each issue will concentrate on one of these program areas.

We plan to publish this newsletter every 2 or 3 months. Each issue will include a calendar of Family and Consumer programs scheduled in Logan and Morgan counties and the 5 counties served by the Golden Plains Area.

Now we ask for your help!! To be efficient in delivering this newsletter, we need to know how you want to receive it. Page 7 has a questionnaire for you to complete indicating which option you prefer for receiving the newsletter.

Thanks in advance for your patience with this new endeavor.

Joy, Luann, Linda and Gisele

NE Colorado Extension Websites
http://goldenplains.colostate.edu
http://www.extension.colostate.edu/morgan
http://www.logancounty.co.gov/page_id=16
**Storing Holiday Leftovers**

Having some leftovers means you can enjoy easy to fix but tasty meals as you wind down from the busy holidays. But there are limits on how long you can safely keep leftovers. Even when refrigerated, leftovers should be eaten in 3 to 4 days. In not, they need to be frozen or discarded.

When storing leftovers:
- Wash hands before and after handling any foods.
- Refrigerate cooked foods within 2 hours.
- Divide large amounts of food portions into small portions and use shallow containers so they will chill quickly.
- Reheat leftovers to 165 degrees F and check with food thermometer; gravy and soups are reheated to boiling.
- All foods reheated in a microwave should reach 165 degrees F.; stir foods and rotate during heating to avoid cold spots.

<table>
<thead>
<tr>
<th>Storage Guidelines for Holiday Leftovers in Refrigerator</th>
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<tbody>
<tr>
<td>Cooked Turkey</td>
</tr>
<tr>
<td>Gravy</td>
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<tr>
<td>Cooked Stuffing</td>
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<tr>
<td>Hard Cooked Eggs (unshelled)</td>
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<tr>
<td>Deviled Eggs</td>
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<tr>
<td>Pumpkin Pie</td>
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**Healthy Holiday Eating**

With Just a little modification, you may be able to create healthier versions of your traditional holiday foods. Each ingredient is a recipe with a function that gives that food the taste, texture and appearance we enjoy. So, when you make changes, do them gradually.

Sugar provides texture, color and flavor. Removing too much may cause a tough, flat and dry product. Sugar can be reduced by ½ with good results in most recipes. Make sure you have ½ cup of sugar for every 1 cup of flour in cakes and cookies, and 1 tablespoon of sugar for each 1 cup of flour in quick breads. Don’t replace more than 1/2 of the sugar in a recipe with artificial sweetener.

Because fat gives a moist, tender crumb, removing too much can result in a tough, dry texture. Don’t replace more than 1/3 of the original fat. Replacing a solid fat with liquid fat may create an entirely different type of product.

Eggs, cream cheese, and dairy products can all contribute to the fat in a food, so try using some low-fat or fat-free products and egg substitute or egg whites rather than whole eggs.

**Tiny Tastes Can Total Big Calories**

Extra calories can sneak up on us over the holidays. They don’t always arrive as large portions. Rather, they tiptoe in through many tiny tastes during the day. Here’s an example of how tiny tastes can add up.

1. Broke a cookie emptying the cookie sheet and eat it. 3 calories
2. Eat a piece of peanut brittle that someone brought to work. 80 calories
3. Have a cracker and spread sample at the grocery store. 40 calories
4. Sample of flavored holiday coffee on special at the store. 20 calories
5. Eat a chocolate covered cherry during afternoon break. 60 calories.

**Extension Resources**
Colorado State University
Extension Fact Sheet 9.316
*Updating Food Preparation to Promote health* has suggestions on ways to reduce fat, sugar and salt and increase fiber. It is available on the website, [www.ext.colostate.edu](http://www.ext.colostate.edu), or at your county Extension office.
6. Eat chips and dip while waiting for dinner at a party. 75 calories.
7. Drink a small cup of old-fashioned eggnog. 200 calories
9. Have a “preview” taste of the desert while dishing it up. 70 calories.
These “tiny tastes” throughout the day totaled 635 calories. Since eating an extra 3500 calories adds an extra 1 pound of weight, you can see why it’s easy to gain extra pounds during the holidays.

(Source: Adapted from Food Reflections, Alice Henneman, MS,Rd, University of Nebraska Extension, Lancaster County)

**Vitamin D and Brain Function**

Avoiding sun exposure because of concerns about skin cancer may now have an adverse impact on brain function. Research in Europe with adults 65 and older who did poorly on test related to brain’s function showed they also had lower vitamin D levels. Another study in England found those with low vitamin D levels were slower on information processing skills.

Vitamin D activates enzymes in the brain that are involved in neurotransmitter synthesis and nerve growth. Animal lab studies also suggest it protects neurons and reduces brain inflammation. The body needs 15 to 30 minutes of sun exposure 2 to 3 times a week to produce enough vitamin D for body functions.


**Americans Getting Sugar High**

Americans are eating the equivalent of 22 teaspoons of sugar a day – that’s almost ½ cup. Most sugar is from consuming soft drinks and candy, but it is also coming from eating lots of processed foods.

A teaspoon of sugar is 4 grams and has 15 calories. It’s easy to see that a little sugar really adds up. Consuming 22 teaspoons for just 10 days will add 1 pound. So, where is all that sugar coming from? A 12 ounce soft drink has between 8 and 12 teaspoons of sugar; an 8 ounce container of fruit yogurt has 6 to 10 teaspoons; 1 cup of low-fat chocolate milk has 4 teaspoons. You can figure how many teaspoons are in any food by dividing the grams of sugar listed on the nutrition label by 4.

While sugar definitely enhances the taste of food, we can get along with much less than we presently consume. If a person just can’t give up sugar, they need to increase their activity to use up the extra calories and prevent gaining weight.

**Sugary Foods Linked to High Blood Pressure**

Experts have long advised cutting back on salt as a way to reduce high blood pressure, but new research shows that sugar may also affect blood pressure.

A study at the University of Denver used data from a national nutrition survey to examine consumption of candy, soft drinks, fruit juice and bakery products in over 4500 adults. They found that those
who consumed more than 74 grams of fructose daily were significantly more likely to develop high blood pressure. Fructose is found in natural sugar as well as many processed foods, especially those made with high-fructose corn syrup such as soft drinks and desserts. The 74 grams of fructose would be the equivalent of 2 – ½ cans of soda or high sugar fruit drinks.

More research is being conducted on the impact of sugar on blood pressure and also on the relationship of fructose to overall health.

(Source: Tufts Health and Nutrition Letter, November 6, 2009; American Society of Nephrology)

2010 A Healthier Weigh

Extension in Northeast Colorado is sponsoring our annual health and fitness challenge, A Healthier Weigh which begins in January. When participating in this program, you’ll start off the new year by increasing activity and exercise and learning about nutrition and health through fun and educational activities.

The challenge teams are 4 adults (18 or older) and can be men, women or combos. We’ll do the team weigh-in (all 4 on one scale – so no one has to know) at the beginning and then weigh-out at the end of the 12 weeks. During the challenge, teams will report their weekly activity and complete the series of nutrition, health and fitness lessons.

Lessons are on the Extension website so you can complete at your convenience any time of day or night. If you don’t want to use internet, you can get a hard copy from the extension office. There is no “diet” to follow and there is NOT weekly weighing because the emphasis is on increasing activity and learning to make wise food choices with the foods you enjoy.

Teams will earn points for weekly steps, percentage of team weight loss over the 12 weeks, and completing questions from the lessons. A new feature this year will be measuring waist circumference to determine the inches lost during the 12 weeks. Research shows that waist circumference is an indicator of health.

CASH awards will be given for percentage of weight loss, inches lost, miles walked, and lessons completed with additional cash for top overall teams. At least 24% of entry fees will be given as cash prizes. The 1st place overall team typically receives their entire entry fee back.

Entry for a 4-person team is $200. The $50 per person entry is only 59.5 cents per day – less than a soda, candy bar, or package of potato chips. You’ll not only save money but not buying empty calorie foods, you’ll improve your health and fitness. Get your team together NOW!! For “A Healthier Weigh” guidelines, contact the Extension Office in Your county.

Is There a Killer In Your House?

If you, or someone you know, has fallen or is afraid of falling, a new program in Northeast Colorado may help. A matter of Balance is an e-session program that uses problem-solving strategies, and simple exercises to help older adults develop coping skills to prevent falls. Those completing the program have a more positive attitude about activities in which they can have a more positive attitude about activities in which they can participate and are able to remain active and independent.

Falling is not a normal part of aging. Yet 47% of older adults report being afraid of falls. The next greatest fear is only 17% who were afraid of being robbed. Research shows that 26% of those who have fallen acknowledge they limited
Gluten Free Baking

People who have celiac disease are not able to eat foods which contain gluten. Gluten triggers an immune response to attack the lining of the small intestine which interferes with the absorption of nutrients. For now, the only treatment is a lifelong gluten-free diet.

This can be quite challenging because gluten is one of the proteins found in wheat, barley and rye. These proteins are what make dough elastic and trap gas within the food to provide a light, airy structure and tender crumb. Because these grains are the ones most commonly used in baked foods, a person who has to avoid gluten needs to be creative in finding substitutes. And, the substitutes don’t always provide the same type of product.

Since more research is being conducted about celiac disease and gluten, there are more products available that can be used in making baked foods. To learn more about celiac disease and selecting foods for gluten-free diets, Colorado State University Extension has 2 new fact sheets that are available at the Extension website, www.est.colostate.edu, or you can get a free copy at your County Extension Office. A booklet is available for a small charge.

Parkinson’s and Pesticides

There has been a long-standing suspicion of a link between Parkinson’s disease and pesticides. Parkinson’s occurs most commonly in men from rural areas which led researchers to suspect a work-related cause.

Now research at University of Texas Southwestern Medical Center shows a relationship between people who had jobs which involved pesticide exposure and the incidence of Parkinson’s. The study also found that one pesticide in particular seemed to increase the risk of the disease, beta-hexachlorocyclohexane. This is a byproduct of the production of the insecticide Lindane which was widely used in the 60s and 70s but has not been used or produced in the United States for 20 years.

(Source: Consumer Health, Volume 27, October)

A Matter of Balance

Scheduled Classes

Sterling
Tuesdays Starting January 19
9:30 to 11:30 a.m. Extension meeting Room

Fort Morgan
Monday & Wednesdays
Starting January 25
9:00 – 11:00 a.m. – Fort Morgan Senior Center

Fort Morgan
Hillcrest/Fremont Apartments – Beginning in February Date & Time TBA

Extension Resources

Colorado State University Extension Fact Sheet 9.376 Gluten-Free Baking
and 9.375 Gluten-Free Diet Guide for People with Newly Diagnosed Celiac Disease
Wheat, Gluten, Egg and Milk Free Recipes, Bulletin No. 530A, $5.75
Calendar of Events

December

4  Dollar Works2, Protecting Your Money and Your Identity, 9:00 a.m. – 11:00 a.m., Fort Morgan Library meeting room, 414 Main, Fort Morgan
4  Morgan County Radio: Morgan Matters, 8:10 a.m., B106; Northeast Colorado Talks, 8:35 a.m., KSIR
11  Logan County Radio, 9:30 a.m., KPMX, Inexpensive & Thoughtful Gift Giving
17  Morgan County Radio, Morgan Talks, 8:35 a.m., KFTM
25  Holiday – Extension Offices Closed

January 2010

1  New Year’s Holiday – Extension Offices Closed
7  Morgan County Diabetes Success Group, 12:00 noon, Colorado Plains Medical Center, 1000 Lincoln Street, Fort Morgan
12  Partners in Parenting 6 week workshop begins, 5:30 – 8:00 p.m., Sherman School, 300 Sherman, Fort Morgan
19  A Matter of Balance sessions begin, 9:30 – 11:30 a.m., Logan County Extension, 508 S. 10th Ave. Sterling
20  Radon In Your Home, 1:00 p.m. OR 6:30 p.m., Logan County Extension, 508 S. 10th Ave., Sterling
25  A Matter of Balance sessions begin, 9:00 – 11:00 a.m., Fort Morgan Senior Center, 110 Sherman St., Fort Morgan
27-28  DollarWorks2 Train the Trainer, 8:00 a.m. – 4:00 p.m., Gary DeSoto Building, Sterling (call Washington County at 970-345-2287 for information)

For details on any event listed, contact the Extension Office in the county where the event will occur. Office information is listed on the first page of this newsletter.
**How Do You Want to Receive This Newsletter?**

As we change how we produce a Family and Consumer Newsletter, we also want YOU to decide how you'd like to receive the newsletter. Please let us know the best way to provide newsletters to you.

PLEASE indicate which choice you prefer for receiving the newsletter. To return:
* you can mail this to the county Extension Office from where you received the newsletter (check return address on cover)
* FAX to that county Extension Office
* Email that county Extension Office with your contact information. (Extension offices contact information is listed at the bottom of the page.)

_______ I would like to continue having the newsletter mailed to me at the same address as the label on this newsletter. Please check address and make any necessary changes on label.

_______ I would like to receive an email message with newsletter attached as an Adobe (pdf) file.

Name: __________________________________________________

Email: __________________________________________________

_______ I would like to receive an email message that newsletter is on the county website.

Name: __________________________________________________

Email: __________________________________________________

Golden Plains Area (Kit Carson, Phillips, Sedgwick, Washington & Yuma counties)
Yuma County Extension
310 Ash, Courthouse Suite B, Wray, CO 80758
(970) 332-4151
joy.akey@colostate.edu
(970)332-4165 fax

Logan County Extension
508 S. 10th Ave., Suite 1, Sterling, CO 80751
(970) 522-3200
linda.dettmer.colostate.edu
(970)522-7856 fax

Morgan County Extension
PO Box 517, Fort Morgan, CO 80701
(970) 542-3540
luann.boyer@colostate.edu
(970)542-3541 fax

**PLEASE return NOW so we can get our distribution lists updated. THANKS!!**
GOLDEN PLAINS AREA INSIGHTS TO BETTER LIVING
Family & Consumer Newsletter – A New Look
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