



Fruits & Veggies: Feeling Good and Eating More!

Feature Article:

What mom knows best also makes her feel best! According to a recent press release by the Produce for Better Health Foundation (PBH), the results of an online survey of moms show that they associate eating fruits and vegetables with positive, happy emotions. Many moms said they feel like a “good mother” when feeding fruits and vegetables to their families.

Yet while over 90% of moms say it's important to include fruits and veggies in family meals, more than half say their families do not eat enough. Why not? The more common barriers to eating fruits and vegetables were:

1. Fussy eaters or varying family preferences
2. Fresh produce spoiling too quickly
3. Lack of fruits and vegetable varieties in restaurants



Moms taking the PBH survey are not alone in their low fruit and veggie consumption. Only 23% of adults and 19% of high school students in Georgia eat at least 5 servings (~2 ½ cups) per day. The recommended daily intake of fruits and vegetables ranges from 2 to 6 ½ cups depending on an individual's calorie needs.

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To help moms and all Americans consume more fruits and vegetables, PBH and the Centers for Disease Control and Prevention (CDC) are introducing practical strategies and tips called *Get Smart! Fruits & Veggies—More Matters*. The tips help moms include more fruits and veggies in snacks and meals by showing moms that it is relatively easy. The program emphasizes all forms of fruits and veggies: canned, dried, frozen, and 100% juice in addition to fresh produce.

The *Get Smart!* tips are being released this month, which is National Nutrition Month and the one year anniversary of *Fruits & Veggies—More Matters*, a national health initiative to promote fruit and veggie consumption among all Americans. *Get Smart!* tips and strategies can be found on the web at www.fruitsandveggiesmorematters.org. Look for specific articles including “As You Shop”, “In Your Family Dinner” and “Eating on the Go”. Additional tips will be posted throughout the year.

For more information about Georgia's Fruit and Vegetable Program visit

<http://www.health.state.ga.us/programs/nutrition/5aday/>

Note: This article is based on a press release dated 2/28/08 from the Produce for Better Health Foundation and Centers for Disease Control and Prevention, in honor of National Nutrition Month 2008:

Sweetened Drinks & Childhood Obesity: What's the link?

As rates of childhood obesity have risen over recent decades, so too has consumption of sugar-sweetened beverages such as fruit drinks, punch, soda and sweet tea. According to the USDA report to Congress in 2001 entitled, "Foods Sold in Competition with School Meal Programs", more than half of all children drink at least 1 serving of sweetened drinks a day, and many children drink more than 4 servings daily.

But is there a causal relationship between sweetened drinks and obesity?

Another study conducted at Cornell University and published in the Journal of Pediatrics during 2003, found that children who drank more than 2 cups of sweetened drinks per day gained more than twice the weight of children who drank less than 2 cups. While one study alone does not confirm a cause-and-effect relationship, it is reasonable to conclude that the children in this study may have gained weight due to excess calories supplied by the sugary beverages. **Though the scientific research appears to be inconclusive in establishing a direct link, the American Dietetic Association believes that the best research shows that sweetened drinks are strongly connected to a child's weight.**

While excess sugar from beverages may contribute to obesity, it is important to consider other factors that affect a child's weight as well. Inactivity (i.e. excessive television watching and video game playing), inadequate physical activity, and a high fat diet are also major factors.

To prevent childhood obesity, all children should be encouraged to:

- Drink water and appropriate portions of low-fat milk instead of sweetened drinks
- Limit television to less than 2 hours a day
- Be physically active for at least 1 hour a day
- Follow a healthy eating plan such as what is outlined on <http://www.mypyramid.gov/kids/>



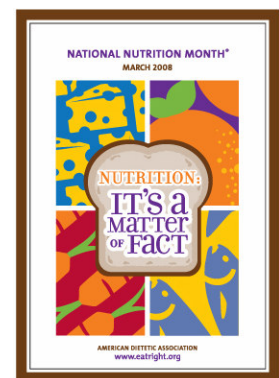
"...more than half of all children drink at least 1 serving of sweetened drinks a day..."



Researchers believe that excessive television viewing plays a primary role in the epidemic of children being at risk for overweight and/or obese.



The American Dietetic Association proudly announces the first-ever Registered Dietitian (RD) Day. As the nation's food and nutrition experts, Registered Dietitians are committed to improving the health of their patients and community. RD Day will commemorate the dedication of the RD as advocates for advancing the nutritional status of Americans and people around the world. Please join the Nutrition Section as we salute and appreciate the RD for the month of March!



*Let's Celebrate...
March is National
Nutrition Month!
Nutrition:
It's A Matter of Fact*

Target Healthy Babies

Good news for babies... Folic acid may do more than prevent neural tube defects. Two recent studies suggest that the benefits of folic acid supplementation go even further. A forthcoming publishable study of 38,000 women found a 70% decrease in the risk of preterm delivery in women who took folic acid supplements for at least a year before conception. A separate study in the *American Journal of Obstetrics and Gynecology* (January, 2008) shows folic acid supplementation during pregnancy may help reduce the risk of preeclampsia, a serious complication of pregnancy. The March of Dimes recommends that women take 400 micrograms of folic acid daily before and throughout pregnancy for improved birth outcomes. In addition to supplementation, the Nutrition Section encourages folate-rich foods as part of a healthy eating plan.

The Nutrition Section is establishing the Maternal & Child Nutrition Coalition. If you are interested in joining us, please contact dpdecaille@dhr.state.ga.us.



"In addition to supplementation, the Nutrition Section encourages folate rich foods as part of a healthy eating plan"

Recipe of the Quarter:

*Nutrient Dense- "Powerhouse" Vegetable
Sweet Potatoes with Maple Syrup...Mmmm!*

Ingredients:

- 5 medium sweet potatoes
- 2 Tbsp. maple syrup
- ½ tsp. salt
- black pepper, to taste
- ½ tsp. ground cardamom
(or ground nutmeg)
- 1 Tbsp. salted butter

*Sweet Potatoes are an
excellent source of vitamin
A, vitamin C, calcium,
folate and fiber.*

Instructions: Preheat oven to 375° F and place oven rack in middle position. Scrub sweet potatoes well, place on baking sheet and bake for 35 to 45 minutes until very soft to the squeeze. Baking time will differ depending on freshness and size of the sweet potatoes. Remove potatoes from oven; cool briefly to handling temperature. Cut both ends off each potato and carefully peel each potato. Place in a deep bowl and mash with potato masher, large fork, or back of a large spoon. Season with maple syrup, salt, black pepper, and ground cardamom or nutmeg, mixing well. If necessary, reheat briefly in microwave. Scoop into serving bowl and top with butter while serving warm!

Each serving provides: An excellent source of vitamin A, vitamin C and calcium, and a good source of folate and fiber. Additionally, sweet potatoes are loaded with other phytonutrients still surfacing with new scientific research.

Nutritional Information per Serving:

Serving Size: 1 cup

Calories: 228

Carbohydrates: 47 g

Total Fat: 3 g

Dietary Fiber: 5 g

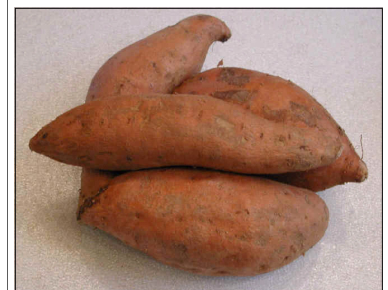
T Saturated Fat: 1.9 g

Protein: 3 g

Cholesterol: 8 mg

Sodium: 368 mg

Note: Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP.



"Additionally, sweet potatoes are loaded with other phytonutrients still surfacing with new scientific research".

Extra, Extra, Read All About It!

We did it!

The Commission on Accreditation for Dietetics Education (CADE) granted continuation of Accreditation for the GA Public Health Dietetic Internship program until the year 2017!

Division of Public Health's Office of Nutrition

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To: All Internal & External
Stakeholders

Welcome to the 1st Edition of the *Georgia Flavor!*

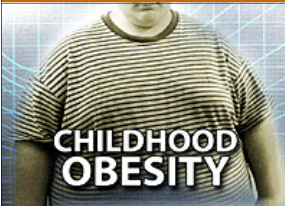


WE'RE ON THE WEB!

[HTTP://WWW.HEALTH.STATE.GA.US/PROGRAMS/NUTRITION/5ADAY/](http://www.health.state.ga.us/PROGRAMS/NUTRITION/5ADAY/)



*"Doing Our Part to
Help Georgia's
Families Eat Healthy
and Be Active"*



*"Though the BMI screening has its
limitations, experts tend to agree it
is an acceptable obesity indicator
among the general population-base".*

Director's Corner: The S.H.A.P.E. Act!

By: Abdul K. Lindsay MScFT, RD, LD, CPT
Chief Nutritionist, Division of Public Health

Happy Spring 2008! By this time, most of you are making an honest attempt to exceed your New Year's resolutions. Well, how are you doing? Are you one like I described? Perhaps you are the person struggling with the fact that the first quarter of the 2008 calendar year is almost over, and you haven't made any real progress towards that yearly resolution aimed at reducing your waistline? If Georgia's adults are challenged in this area, **what about Georgia's children?**

If that introduction isn't enough to motivate, depress, or frustrate you, how about the latest "bill" to stir emotions to last all year or perhaps a lifetime? Up for vote again is another bill aimed at making a statewide **first-step** towards **helping** in the childhood obesity epidemic. This session it is Senate Bill 506 (**SB-506**) also referred to as the **S.H.A.P.E. Act**, (Student Health and Physical Education Act). Among other things, *SB-506 aims to have biannual Body Mass Index (BMI) screenings conducted on all Georgia's school children.* One of the goals of this component of the bill is to establish the most **accurate aggregate (per school not student)** baseline data of the childhood obesity epidemic. **Lawmakers hope the passing of such legislation will stimulate discussion and brainstorming on how to intervene within the school environment (in addition to schools adhering to minimum physical education standards already outlined) on this growing health concern.**

One of the many criticisms SB-506 will face (if not already) is the documented limitations BMI screenings have on certain population groups such as bodybuilders, **children**, pregnant women, and the elderly. Though the BMI screening has its limitations, experts tend to agree it is an acceptable obesity indicator among the general population-base. BMI screenings of children are analyzed as BMI percentiles accounting for weight and stature changes during growth spurts.

At press, the bill has swept through the Senate with a bipartisan **overwhelming vote** of 37-13 (74%) despite strong opposition from some of the state Senate legislators as well as numerous constituents. However, SB-506 still awaits the House vote to see if it will become Georgia Law.

With practically everyone "weighing-in" on the childhood obesity epidemic (from athletic superstars such as Shaquille O'Neal through his children reality show, entertainers, and politicians nationwide including the current First Lady), the fever was bound to spread to Georgia. What is probably most important though is for all the relevant professionals, community leaders, respected agencies (i.e. Department of Education and perhaps the Department of Human Resources' Division of Public Health), and parents to **come together** and examine how SB-506 (if it passes into law) **can be used for the good it appears to intend.**