

2008

Cherokee County 4-H Food Show

Supplemental Information

Entry Deadline

5 PM – January 4

Competition

10 AM – January 12



To be held at ...

**The Cherokee County Electric Co-Op.
(Community Room)**



District 5 4-H Food Show Presentation Suggestions

1. Hello, my name is _____. Today I have prepared _____.
2. While preparing this dish, I learned _____.
3. The (name of ingredient) in this dish provides (list the nutrient provided). Without (name of Nutrient), you will get (name of deficiency).
4. You can substitute (list what ingredients can be substituted) for (list ingredient).
5. (Relate the dietary guidelines to you recipe here) For example: if one of the dietary guidelines says to cut down on fat. You might say: “By substituting skim milk, I cut down on the fat in my diet.”
6. My dish provides (list how many calories per serving and how many servings the dish provides).
7. (List food safety concerns) For example: “My dish must be refrigerated until served so that the milk does not spoil.
8. (List food guide pyramid) For example: “My dish is in the milk group. You need 2-3 servings of milk each day in order to get enough calcium and Vitamin D in your diet.” (If you are in the Senior division, you will need to list all of the food groups and the number of servings.)
9. Do you have any questions?
10. Thank you for allowing me to make this presentation today.

Conversion Table

Dry & Liquid Ingredients	for Margarine	Liquid
3 teaspoons = 1 tablespoon	2 sticks = 1 cup	2 quarts = $\frac{1}{2}$ Gallon
4 tablespoons = $\frac{1}{4}$ cup	1 stick = $\frac{1}{2}$ cup	2 cups = 1 pint
5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup	$\frac{1}{2}$ stick = $\frac{1}{4}$ cup	4 cups = 1 quart
8 tablespoons = $\frac{1}{2}$ cup		
16 tablespoons = 1 cup		

For More Information on abbreviations and measurement conversions please see this site:

<http://www.epinions.com/book-review-593-7D89752-395D8F07-prod4>

Eating right for a healthier heart

Eating fewer high-fat, high-cholesterol foods and watching calories are important steps to a healthier diet and a healthier heart.

Guidelines for a healthy diet

With your doctor, determine the number of calories you need each day to achieve or maintain a desirable weight.

Eat less high-fat food (especially those high in saturated fat).

Replace part of the saturated fat in your diet with unsaturated fat.

Less than 30% of your total daily

calories should come from fat (less than 10% of your calories should come from saturated fat; no more than 10% of your calories should come from polyunsaturated fat; 10% to 15% of your calories should come from monounsaturated fat).

Control your daily cholesterol intake—eat less than 300 mg a day.

Choose foods high in complex carbohydrates (starch and fiber).

If you drink alcohol, do so in moderation.

Saturated fat is fat from animal and whole milk dairy products, as well as from some oils (for example, red meat, butter, cream, cheese, and palm oil).

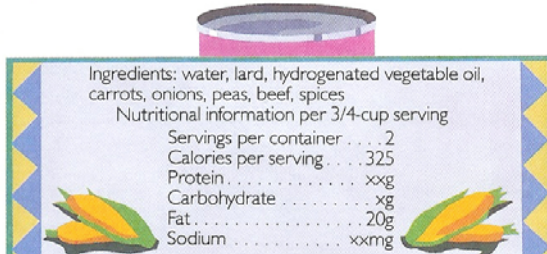
Unsaturated fat is a type of fat that is usually a liquid and is not as bad for you as saturated fat.

Monounsaturated fat and polyunsaturated fat are two kinds of unsaturated fat.

Monounsaturated fat is a slightly unsaturated fat found in foods from plants, including olive and canola (rapeseed) oils.

Polyunsaturated fat is a highly unsaturated fat found in foods from plants, including safflower, sunflower, corn, and soybean oils.

Read the labels to find the fat



Ingredients: water, lard, hydrogenated vegetable oil, carrots, onions, peas, beef, spices

Nutritional information per 3/4-cup serving

Servings per container	2
Calories per serving	325
Protein	xxg
Carbohydrate	xg
Fat	20g
Sodium	xxmg

Ask yourself these questions to help choose products that are low in fat, especially products that are low in saturated fat.

1. Is fat a major ingredient?

On the label, all ingredients are listed by weight. The ingredient in the greatest amount is listed first. The ingredient in the least amount is listed last. To avoid too much fat and cholesterol, go easy on products that list any ingredient high in saturated fat or cholesterol first.

On this product, lard and hydrogenated fat are listed early in the ingredients; therefore, this is a high-fat product.

2. Is there more than one type of fat in the product?

When you see several high-fat ingredients on a label (such as lard, hydrogenated vegetable oil, and beef), the product probably has too much fat.

3. Is the serving size appropriate?

This label says there are two 3/4-cup servings in this can—a serving that may be less than what you would usually eat. When you are figuring out how much fat there is in something, make sure to use a serving size that is close to what you would really eat.

1 gram fat = 9 calories
If a serving has 5 grams of fat,
then:
 $5 \times 9 = 45$ calories from fat

If the total calories of the serving are 100, then:
 $45/100 = 45\%$ of calories from fat

Eating out

Be just as careful when you dine out as you are when you make your own meals!

Salad

Bread



Use light corn oil and vinegar dressings
Use margarine instead of butter
if desired

Chicken

Eat broiled or grilled chicken; remove
its skin before eating

Steak

Ask the chef to trim off any excess
fat before cooking

Hamburger



Avoid cheese or mayonnaise toppings—
add tomato or lettuce instead

Fish

Select broiled or poached fillets

Pasta



Use marinara, clam, or tomato
sauce without meat or sausage
(avoid cream sauce)

Pizza

Choose vegetable toppings instead
of cheese or meat toppings

Baked potato

Avoid toppings such as butter or sour cream

Vegetables



Eat plenty of these, but without
any heavy sauces

Dessert

Sherbet and fresh fruit are excellent choices

Coffee, tea

Use skim milk or nondairy, nonfat creamer

Choose your low-cholesterol, heart-healthy diet

To get the nutrients you need, you have to eat a variety of foods. One way to do this is to choose foods from the different food groups. After determining your dietary goals with your doctor, adjust the number and size of portions to reach and stay at your desired weight.

	Choose	Go Easy	Avoid
Meat, poultry, fish, and shellfish (up to 6 ounces/day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish, shellfish		"Prime"-grade fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
Dairy products (2 servings/day; 3 for pregnant or breastfeeding women)	Skim milk, 1% milk, low-fat buttermilk, low-fat evaporated or nonfat milk, low-fat yogurt, cottage cheese, cheeses labeled "no more than 2 to 6 grams of fat per ounce"	2% milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim mozzarella), "lite" cream cheese, "lite" sour cream	Whole milk, cream, half and half, imitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (like Swiss, American, cheddar, muenster), cream cheese, sour cream
Eggs	Egg whites, cholesterol-free egg substitutes	Egg yolks (no more than 3/week)	
Fats and oils (up to 6 to 8 teaspoons/day)	Corn, olive, peanut, canola (rapeseed), safflower, sesame, and soybean oils, tub (not stick) margarine	Nuts, seeds, avocados, olives	Butter, lard, bacon fat, coconut and palm kernel oils
Breads, cereals, pasta, rice, dried peas, and beans (6 to 11 servings/day)	Most breads, bagels, English muffins, rice cakes, low-fat crackers (like matzo, bread sticks, rye krisps, saltines); hot and cold cereals; spaghetti, macaroni, noodles, and any grain rice; dried peas and beans	Store-bought pancakes, waffles, biscuits, muffins, and cornbread	Croissants, sweet rolls, danish, doughnuts, and crackers made with saturated oils; granola-type cereals made with saturated oil, egg noodles, pasta, and rice prepared with cream, butter, or cheese sauces
Fruits and vegetables (2 to 4 servings of fruit/day; 3 to 5 servings of vegetables/day)	Fresh, frozen, canned, or dried fruits		Vegetables prepared in butter, cream, or sauce
Snacks (avoid too many sweets)	Sherbet, sorbet, Italian ice, frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, low-fat jelly beans and hard candy, plain popcorn, pretzels, fruit juices, tea, coffee	Ice milk, fruit crisps and cobblers, homemade cakes, cookies, and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store-bought pies, most store-bought frosted and pound cakes

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MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day;
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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