



An Educational Partnership Between the Broward County Board of Commissioners and University of Florida Extension / IFAS

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From the Desk of  
Broward  
County's FCS



Dear Readers,


Hi Apple Core & More Readers-  
Happy New Year! Thank you for continuing to read our FCS quarterly newsletter. **Please** share with others so they can sign up to receive the Apple Core & More Newsletter and email me article topics you would like to see in future newsletter editions. We are looking for 50 more readers in 2024. See p. 6.

Also **please** follow us on Facebook and Twitter pages. See p. 7 .

Focus on eating healthy food, getting some regular exercise and taking care of your mental health. Read our FCS blogs for some great information.

[Brenda Marty-Jimenez, Author at UF/IFAS Extension Broward County \(ufl.edu\)](#)

Take care and make this a wonderful 2024! "January 1st is the first blank page of a 365 page book. Write a good one." –Author: Brad Paisley.

  
Brenda Marty-Jimenez, MHM, RDN, LDN,  
FCS Extension Education Agent IV  
E-mail: [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu)

**Calcium and Vitamin D are important nutrients.**



[Calcium and Vitamin D are Important Nutrients - UF/IFAS Extension Broward County \(ufl.edu\)](#)



**MyPlate:** Check out all of the resources on healthy eating!

[MyPlate | U.S. Department of Agriculture](#)

**Focus on Self-care in 2024 (Click)**

[Time to Focus on Self-Care - UF/IFAS Extension Broward County \(ufl.edu\)](#)



Do you have an idea or nutrition story  
you'd like to share?  
E-Mail: [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu)  
Visit us on the web at:  
<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>  
[SolutionsForYourLife.com](http://SolutionsForYourLife.com)



## Family & Consumer Sciences Program

Led by Brenda Marty-Jimenez, MHM, RDN, LDN, FAND  
UF/IFAS Extension, Broward County, Agent IV  
2002 to present



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2008



## Brenda Marty-Jimenez, MHM, RDN, LDN, FAND

*Family and Consumer Sciences, Agent IV*

For 20 years, Brenda has successfully led our Family and Consumer programs in the community and beyond covering topics such as: nutrition, health, food, safety, ServSafe, Cottage Food Law, disaster preparedness, food preservation, chronic disease prevention and wellness.

Brenda holds a BS in Nutrition and Dietetics from the College of St. Scholastica, with a Dietetic Internship at McKennan Hospital in Sioux Falls, SD. She also completed her Master in Health Management at St. Thomas University and has over 18 years of acute care experience as a Registered and Licensed Dietitian and Nutritionist in Florida.

Since 2002, Brenda has been a motivation to our team and an inspiration to industry professionals. She has been recognized in the past as recipient of the NEAFCS Distinguished Service Award, most recently at the 2021 EPAF Conference with the NEAFCS Continued Excellence Award and 2022 NEAFCS Disaster Education Award.

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## Rose M. Morales

*Family and Consumer Sciences,  
Education Training Specialist I*

Rose is responsible for educating citizens and working with the Family Consumer Sciences in Broward County. She engages in community outreach and educational research-based programming.

She comes to us with 13 years of experience in teaching South Floridians subjects such as: the importance of eating healthy, increasing physical activity, and keeping hydrated, while working for the Family Nutrition Program.

She is motivated and passionate about connecting with people and delivering classes on different topics. She is seasoned with making an impact with the audiences she serves in terms of knowledge gain and behavior change.

She is friendly, personable and an asset to Family and Consumer Sciences. Rose was awarded the Paraprofessional Award in 2019 by UF/IFAS Extension and has received several other accolades.

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**UF/IFAS  
Extension,  
Broward  
County  
FCS Staff**



# All About Saturated Fat

Saturated fat is a type of dietary fat that can be harmful to your heart and blood vessels. Not all fats are the same. Saturated fat is found in foods such as pork, lard, lamb, beef, poultry skin, shortening, whole milk, and butter. Saturated fats can also be found in coconut oil and palm oil. These solid fats are high in unhealthy saturated fats. It can cause unhealthy cholesterol levels in your body.

Research studies show that certain types of fat may increase LDL levels. <https://www.ncbi.nlm.nih.gov/books/NBK570127> Excess amounts of *saturated fats* may increase the level of LDL cholesterol. Keeping your LDL cholesterol at a normal level is important, and this can be done by controlling the type and amount of fat you eat.

What is LDL cholesterol? <https://my.clevelandclinic.org/health/articles/24391-ldl-cholesterol>

You may have heard of the Mediterranean diet, a diet rich in fat. Research shows that people living in the Mediterranean have a low risk of heart disease and the incidence of it is lower than those living in the US. This may be due to the type of fat consumed. Read more about the Mediterranean Diet. <https://www.eatright.org/food/cultural-cuisines-and-traditions/european/make-it-mediterranean>



The US Dietary Guidelines for Americans 2020-2025 recommends limiting the intake of saturated fat to less than 10% of your total energy intake per day to decrease the risk of cardiovascular disease, for those aged 2 years or older. <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials> This may be done by replacing saturated fats with *polyunsaturated* and/or *monounsaturated fats*.

Examples of *polyunsaturated fat* include soybean oil, corn oil, and sunflower oil. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/polyunsaturated-fats>

Examples of *monounsaturated fat* include canola oil, olive oil, sesame oil, peanut oil, safflower oil, avocados, and some nuts and seeds. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/monounsaturated-fats>

## READ MORE:

Control Your Cholesterol – <https://blogs.ifas.ufl.edu/browardco/2023/06/01/control-your-cholesterol/>

Stay Active for Better Health – <https://blogs.ifas.ufl.edu/browardco/2023/06/01/stay-active-for-better-health/>

Follow the Rainbow for Good Health – <https://blogs.ifas.ufl.edu/browardco/2022/03/01/follow-the-rainbow-for-good-health-during-nutrition-month/>

Learn the facts about fat – <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550>

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# ***REDUCE FOOD WASTE!***

## Reducing Food Waste at Home

**Reduce waste, save money,  
conserve resources. Plan, prep,  
and store your food wisely.**

**Plan:** Keep a running list of ingredients on hand. Plan meals. Create a shopping list.

**Prep:** Take care of perishable foods. Prepare and/or cook them and freeze for future use. Freeze leftovers to use later.

**Store:** Learn how to store perishable foods properly. Invest in a permanent marker and freezer tape. Make freezer wrap your friend.



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FAMILY &  
CONSUMER  
SCIENCES 



# IN EVERY STEP OF FOOD PREP, REMEMBER: SEPARATE, DON'T CROSS-CONTAMINATE!

- Use a separate cutting board for each type of ingredient (meat, poultry, vegetables, etc.)
- Use a separate plate for cooked and raw ingredients.
- Stock the fridge properly to avoid cross-contamination. Store raw meat and poultry in a leak-proof container below fresh fruits and vegetables.



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MORE



*Please sign  
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OUR QUARTERLY NEWSLETTER:**

<https://bit.ly/3D0ycFr>

OR SCAN THIS CODE  
TO OPEN THE SIGN UP  
FORM



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Extension



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@uffasextensionbrowardfcs7741



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<https://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/food-nutrition-and-wellness-in-broward/>

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UF/IFAS EXTENSION, BROWARD COUNTY

**WOULD YOU LIKE TO MAKE AN IMPACTFUL DONATION TO OUR FAMILY, NUTRITION AND CONSUMER SCIENCES PROGRAM IN BROWARD COUNTY?**



**DONATE TODAY**



Scan me!

Visit our website for more information on our programs and the impact they have on our community everyday.

SFYL.IFAS.UFL.EDU/BROWARD



*The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as alternate formats of written material, please contact Brenda Marty Jimenez, [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu); (954) 756-8550 at least [1 –2 weeks in advance].*

**Broward County, Parks and Recreation:** We have so many beautiful county parks to visit. Take the opportunity to visit as many as you can, in 2023, to relax, view nature, spend time with family, absorb some vitamin D, and get physical activity. Check out these things to do in a park near you.



[Things To Do Things To Do \(broward.org\)](https://www.broward.org)



# WELLNESS CORNER



# #2024

## Manage Your Stress & Take a Deep Breath

### Positive thought for the day:

Focus on the positive, seeing difficulties as opportunities for learning and growing. Keep growing. Try to learn something new every week.

### Stay well.

Stress Management Ways to Cope- FY51700.pdf (ufl.edu)



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## Motivational Moment

*"Be the change you wish to see in the world."*

Author: Unknown



## Q&A Challenge

**Question:** What is the only fruit with seeds on the outside?

**Answer:** Strawberry.



### WE'RE ON THE WEB AT:

<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>

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### DISCLAIMER

The information in this community newsletter is for informational purposes only. The Broward County Extension office and/or the Broward County Board of Commissioners are not engaged in rendering medical advice or professional services and cannot provide consultation on individual health conditions. The information provided in this newsletter should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or may suspect you have a health problem, you should seek appropriate medical attention from your health care provider.

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Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida.

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