



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,

Greetings! This year sure flew by! I hope this newsletter, once again, finds you healthy and well. We are still in hurricane season until November 30th. Stay prepared.

I have included several informative articles in this edition of the *Apple Core & More* that I hope you find interesting and educational. *Please note our two guest authors.*

*The Apple Core & More Newsletter is published quarterly to educate individuals and families. Please let me know of any future topics that your are interested in at [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu)*

Thank you for your past comments and for learning along with Broward Extension. Wishing you a wonderful and healthy October, November and December.

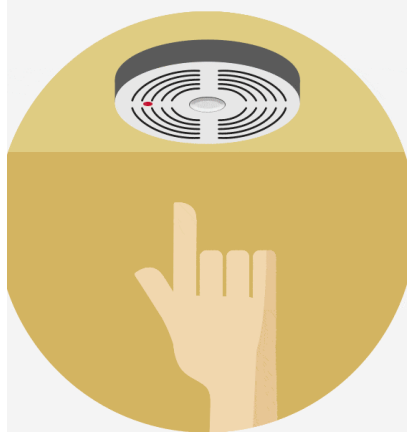
Stay prepared. Stay well!



*B. M. Jimenez*

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## Emergency Preparedness 2021



**Test your smoke alarms once a month.**

A smoke alarm can save your life in a fire. Use the test button to make sure your smoke alarms are working.

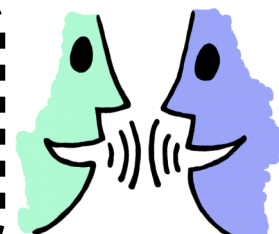


**Broward County Hurricane Hotline:** Call the Emergency Hotline at 311 or 954-831-4000 for more information. Emergency shelters are a service of the Broward County Commission and the Broward County School Board.

**Centers for Disease Control and Prevention (CDC)-**  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Do you have an idea or nutrition story you'd like to share?  
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<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>  
[SolutionsForYourLife.com](http://SolutionsForYourLife.com)



# MAKE TIME FOR BREAKFAST



By Brenda Marty Jimenez, MHM, RDN, LDN, FAND  
UF/IFAS Extension, Broward FCS Extension, Agent IV

Breakfast is an important meal that provides you with energy, vitamins, and minerals to start your day. Are you eating three meals a day including breakfast? Eating a well-balanced breakfast with sensible portions is a great way to start your day. Good nutrition involves consuming food and beverages that are nutrient dense. Skipping breakfast is not a good idea. Research shows that breaking an overnight fast with a balanced morning meal can make a significant difference in overall health and well-being. Eating a healthy breakfast has been shown to help improve behavior, cognition, and school performance too. Healthy breakfast options are available no matter what morning barriers you face. Grab and go and non-traditional breakfast work too. Plan and carve out time for your morning breakfast meal with these ideas and thoughts in mind.

## What nutrients should I try to include in my breakfast?

Good nutrition is important for good health. Nutritional needs should be met from selecting nutrient-dense foods and beverages wisely. Strive to include foods that are high in vitamins, fiber, calcium, potassium and controlled in calories, sodium and saturated fat. Eat a variety of foods each week.

## Breakfast Barriers

1. Not enough time for breakfast. Morning rush takes over. Plan and prep ahead of time.
2. Breakfast foods are not available. Didn't shop off a planned list for ingredients. Make a shopping list.
3. Didn't menu plan and think ahead. Create a menu plan for the week.
4. Didn't prep ingredients in advance. (Cut omelet vegetables, measure ingredients, take out cooking equipment the night before.) Prep the night before.
5. No plan to wake up 10-15 minutes earlier to work in time for food preparation, eating and clean up time. Set your alarm clock before you go to sleep.
6. Food insecurity. Research options in your area.
7. Poor self-care. Didn't prioritize health. Make your health a priority.



## Breakfast Ideas Choose:

- ◆ Fat-free rather than 2 percent milk
- ◆ Whole grain cereal rather than sugar-sweetened refined grain cereal. Choose cereal with less added sugar. Watch the serving size and read the label for recommended serving size.
- ◆ Whole grain cereal with skim milk and fresh fruit
- ◆ Whole wheat instead of white toast
- ◆ Whole fresh fruit and less sweetened juice
- ◆ Black coffee or tea; cut the flavored creamer and high calorie, sugary coffee/tea drinks
- ◆ Plain yogurt, granola parfait with fresh fruit
- ◆ Avocado toast with strawberries and feta cheese
- ◆ Egg and vegetable scramble in a mug
- ◆ Scrambled egg muffins
- ◆ Whole grain waffles or pancakes with fresh fruit on top
- ◆ Breakfast corn tacos with colorful vegetables, beans low fat/low sodium cheese
- ◆ Breakfast veggie burritos
- ◆ Low fat/low sugar granola bar with fresh fruit



# Eat a healthy breakfast!



## Conclusion (continued from previous page)

1. All breakfast foods can fit in moderation. Choose breakfast menu items wisely. Enjoy feeding your body healthy & nutritious foods and beverages.
2. Eat a healthy, portion-controlled breakfast. (Don't skip it. Don't miss it.)
3. Make it colorful! Include plenty of fresh fruit and vegetables.
4. Get out of your rut and normal routine! Try new foods. Sometimes a non-traditional breakfast made up of last night's leftovers can be nutritious and satisfying. Try non-traditional breakfasts.
5. Plan. Shop ahead for breakfast food and beverage items and ingredients.
6. Cut the sugar. Choose breakfast foods & beverages with less added sugar(s). Drink less sugar sweetened beverages.
7. Choose whole fruit over fruit juice more often.
8. Choose breakfast foods that are lower in saturated fats, and lower in sodium.
9. Eat more fiber rich foods for breakfast
10. Choose more whole grains versus refined grains for breakfast
11. Find ways to make breakfast meal prep easy. Prep the night before.
12. Read nutrition labels for healthiest option(s) to fit your calorie and nutrient needs.
13. Use MyPlate and the US Dietary Guidelines for Americans as guides to healthy eating.
14. Check out websites and resources for healthy and nutritious breakfast ideas and recipes.



\*Food insecurity is a problem in our nation. There are several resources that may help. SNAP-Ed, UF/IFAS Extension, Family Nutrition Program (FNP) and Extended Food and Nutrition Education Program (EFNEP) programming. Contact your local Extension office for more information.

## References to learn more

- ChooseMyPlate.gov; Start Simple with MyPlate- <https://www.myplate.gov/tip-sheet/start-simple-myplate>
- US Dietary Guidelines for Americans/Make Every Bite Count- <https://www.dietaryguidelines.gov/resources>
- Eatright.org; Tips for a Better Breakfast- [6 Tips for Better Breakfasts \(eatright.org\)](https://www.eatright.org/health/healthy-eating/breakfast/6-tips-for-better-breakfasts)
- University of Florida/ IFAS Extension EDIS /Solutions for your life; Shopping for Health: BREAKFAST CEREALS- <https://edis.ifas.ufl.edu/publication/FS274>
- Breakfast cereal research- The relationship of breakfast and cereal consumption to nutrient intake and Body Mass Index: The National Heart, Lung, and Blood Institute Growth and Health Study. Journal of the Academy of Nutrition and Dietetics 105 (9), 1383–1389. [https://jandonline.org/article/S0002-8223\(05\)01028-X/fulltext](https://jandonline.org/article/S0002-8223(05)01028-X/fulltext)
- UF/IFAS Extension, Broward County, Brenda Marty Jimenez blogs- <http://blogs.ifas.ufl.edu/browardco/author/bjimenez/page/5/>
- The SNAP-Ed Connection- <https://snaped.fns.usda.gov/>

# Foods that Can Cause Gas

By Jeanna Rhoulhac, MS, RDN, LDN, FCS Advisory Committee Member

Certain foods may cause irritating gas and/or may influence stool consistency. It may be different from person to person. Here are lists of foods that can cause gas and changes in stool too. If you are experiencing unwanted gas, bloating and/or changes in stool consistency, you may want to consider temporarily avoiding some of these foods. Always seek the advice of your healthcare provider with your healthcare concerns.

## **Foods That May Cause Gas or Odor**

Alcohol	Cauliflower	Grapes
Apples	Cheeses, some types	Green pepper
Asparagus	Corn	Melons
Bananas	Cucumber	Onions
Beer	Dairy products	Peanuts
Broccoli	Dried beans and peas	Prunes
Brussels sprouts	Eggs	Radishes
Cabbage	Fatty foods	Turnips
Carbonated beverages	Fish	



## **Foods That May Cause Diarrhea (Looser or More Frequent Stool)**

Alcohol (including beer)	Fruit: fresh, canned, or dried	Prune juice or prunes
Apricots (and stone fruits)	Fruit juice: apple, grape, orange	Raw vegetables
Beans, baked or legumes	Gum, sugar free	Spicy foods
Bran	High-fat foods	Soup
Broccoli	High-sugar foods	Sugar-free substitutes
Brussels sprouts	Licorice	Sugar-free foods containing mannitol or sorbitol
Cabbage	Milk and dairy foods	Tomatoes
Caffeinated drinks (especially hot)	Nuts or seeds	Turnip greens/green leafy vegetables
Chocolate	Peaches (stone fruit)	Wine
Corn	Peas	Wheat/whole grains
Fried meats, fish, and poultry	Plums (stone fruit)	

## **Foods That May Help Thicken Stool**

Applesauce	Saltines	Oatmeal (when acceptable to have fiber)
Bananas	Tapioca	Pasta (sauce may increase symptoms)
White rice, boiled	Peanut butter, creamy	White bread (not high in fiber)
Cheese	Potatoes, no skin	Barley (when acceptable to have fiber)
Marshmallows	Pretzels	Yogurt





## Eat More Veggies—Give ‘Em a Makeover



*By Michelle J. Stewart MPH, RDN, LDN, CDCES, FAND; Broward FCS Advisory Committee*

As a Registered Dietitian (RD) and Certified Diabetes Care Education Specialist (CDCES), the advice I share with clients includes adjusting their daily diets to be more plant-centric. Research indicates that including more plant-based foods in the diet can be beneficial. Some of the benefits include consuming fewer calories, less fat, lowering the risk of heart disease, and reducing the risk of developing Type 2 Diabetes.

When you think of adding more plants to your diet you are dishing up vegetables, grains, tubers, legumes, fruit, nuts and seeds on your menu. In choosing vegetables, consider giving traditional vegetables a makeover. For example, try cauliflower as mashed potatoes, green peas as guacamole or squash as spaghetti. These veggie options are readily available and easy to “makeover,” giving your menu a fresh look.

**Cauliflower** is low in fat, a good source of dietary fiber, B vitamins, vitamins C and K, as well as minerals *potassium and magnesium*. This vegetable also contains choline, an essential micronutrient as well as protein, omega-3 fatty acids, manganese, *phosphorus*, and biotin. To prepare Mock Mashed Potatoes using cauliflower in place of spuds, steam the cauliflower approximately 10 minutes, or until tender; drain liquid and cool slightly. Place cauliflower pieces and 1/4 teaspoon minced garlic in food processor and process until smooth. Remove from processor and season to taste with salt and pepper, top with chopped chives or parsley.

**Green Peas** are a very good source of vitamin K, manganese, dietary fiber, vitamin B1, copper, vitamin C, phosphorus and folate. They are also a good source of vitamin B6, niacin, vitamin B2, molybdenum, zinc, protein, magnesium, iron, potassium and choline. Surprisingly green peas are a good source of protein—about 3/4 cup (100-calorie serving) contains more protein than 1/4 cup of almonds or a tablespoon of peanut butter! To turn these power-packed legumes into “mock guacamole,” cook frozen peas as desired, drain and cool. Place cooled peas in a food processor, with one small garlic clove, and a few cilantro leaves, process until smooth. Remove from processor, season to taste with salt, pepper and a squeeze of fresh lime juice. Serve with vegetable dippers or whole grain chips.

**Spaghetti Squash** is a winter squash that is low in fat—it contains about half the calories of most of the other members in the winter squash family. It’s a good source of vitamin C, niacin, vitamin B6, pantothenic acid, potassium and manganese. It is low in cholesterol and is a very good source of fiber. It makes a gluten-free alternative to pasta. To prepare, the Academy of Nutrition and Dietetics suggests the following:

- ◆ Cut squash in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear. Top the spaghetti-like strands with tomato sauce.

This is not to say drop meat from your diet, but to give you suggestions to help you boost consumption of plant foods, and benefit from the nutrients they provide.

**Take Away:** Give your plate a makeover—eat more vegetables, grains, tubers, legumes, fruit, nuts and seeds.

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**Sign up today!**

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# WELLNESS CORNER



## Time to Focus on Self-Care



We have all been through quite a lot throughout the COVID-19 pandemic and many of us have learned a lot about our own habits and the activities of

**CLICK on this link to learn more about Self-care and wellness.**

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

## Motivational Moment

**"LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD."**

*-Hippocrates*



## Q&A Challenge

**Question:** A \_\_\_\_\_ is essential to successful turkey roasting. The internal temperature of the turkey should reach 165 °F. Once it does, remove it from the oven, and let it rest for 20 minutes.



**Answer:** food thermometer  
<https://www.fightbac.org/healthyhomeholiday/>

## WE'RE ON THE WEB AT:

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



## 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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