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*Family and Consumer
Sciences Department
University of Florida Extension
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Sleep Is A Basic Human Need

Sleep is a natural part of everybody's life, but many people know very little about how important it is, and some even try to get by with little sleep. Sleep is something our bodies need to do; it is not an option. Even though the exact reasons for sleep remain a mystery, we do know that during sleep many of the body's major organ and regulatory systems continue to work actively. Some parts of the brain actually increase their activity dramatically, and the body produces more of certain hormones.

Sleep, like diet and exercise, is important for our minds and bodies to function normally. In fact, sleep appears to be required for survival. Rats deprived of sleep die within two to three weeks, a time frame similar to death due to starvation.

An internal biological clock regulates the timing for sleep. It programs each person to feel sleepy during the nighttime hours and to be active during the daylight hours. Light is the cue that synchronizes the biological clock to the 24-hour cycle of day and night.

Problem Sleepiness Has Serious Consequences

Sleepiness due to chronic lack of adequate sleep is a big problem in the United States and affects many children as well as adults. Children and even adolescents need at least 9 hours of sleep each night to do their best. Most adults need approximately 8 hours of sleep each night.

When we get less sleep (even one hour less) than we need each night, we develop a "sleep debt." If the sleep debt becomes too great, it can lead to problem sleepiness – sleepiness that occurs when you should be awake and alert, that interferes with daily routine and activities, and



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Sleep is a Basic Human Need (continued)

reduces your ability to function. Even if you do not feel sleepy, the sleep debt can have a powerful negative effect on your daytime performance, thinking, and mood, and cause you to fall asleep at inappropriate and even dangerous times.

Problem sleepiness has serious consequences – it puts adolescents and adults at risk for drowsy driving or workplace accidents. In children, it increases the risk of accidents and injuries. In addition, lack of sleep can have a negative effect on children's performance in school, on the playground, in extracurricular activities, and in social relationships.

Inadequate sleep can cause **decreases** in:

- Performance
- Concentration
- Reaction Times
- Consolidation of Information Learning

Inadequate sleep can cause **increases** in:

- Memory Lapses
- Accidents and Injuries
- Behavior Problems
- Mood Problems

Signs of Sleep Disorders

A child who has not obtained adequate nighttime sleep is at high risk for symptoms of physical and/or mental impairment. The child may fall asleep in school, have difficulty concentrating in school and other activities, and/or exhibit behavioral problems. Some children who are sleepy become agitated rather than lethargic and may be misdiagnosed as hyperactive. Not getting enough sleep is one cause of problem sleepiness. Undiagnosed/untreated sleep disorders can also cause problem sleepiness. Children as well as adults can suffer from sleep disorders. Parents should talk to their pediatrician about a possible sleep disorder if their child has any of the following:

- Snoring
- Breathing Pauses During Sleep
- Problems with Sleeping at Night
- Difficulty Staying Awake During the Day
- Unexplained Decrease in Daytime Performance

Source: National Institutes of Health, National Heart, Lung and Blood Institute
<http://www.nhlbi.nih.gov>

The Most Important Meal of the Day

Remember the saying, “Breakfast is the most important meal of the day?” It’s true. In fact, breakfast may help control Americans’ increasing problem with overweight and obesity. A number of studies show that people who successfully maintain a significant weight loss eat breakfast almost every day.

What you choose to eat for breakfast makes a big difference for your health. A variety of fruits can bring you near the minimum number of five daily fruit and vegetable servings recommended for lower cancer risk. Or, once in a while, try a medley of vegetables in an omelet.

A Long-Lasting Start to Your Day

After fasting all night, breakfast can kick-start your energy level. If you choose healthful, slow-burning foods, like whole grains and fruits, you should be able to control your appetite until midday. Over-eating throughout the day is also less likely. Studies show that people who skip breakfast tend to make up for the calories later in the day, often with unhealthy, high-fat and high-calorie convenience foods.

There’s another advantage, too. Eating breakfast increases the metabolic – or calorie-burning – rate. Consequently, you have more energy and weight control is easier.

Watch out for foods heavy with refined sugars, like pastries and sugary cereals. These foods offer calories without many essential nutrients. High sugar foods and drinks may also cause your energy to soar briefly before it falls to lower levels. To avoid the sugar slump, choose whole grain breads and cereals (with low sugar content), fresh or canned fruits (in unsweetened juice) and even foods that are not usually served for breakfast, such as vegetable soup or a bean spread like hummus on whole wheat toast. Choosing these foods will give you longer-lasting energy.

Breakfast on the Go

To resist the temptation to grab a doughnut, shop smart. Stock your pantry with healthful ingredients, like oatmeal, whole wheat bread, wheat germ, nuts and canned or dried fruit. Flaxseed from health food stores is an excellent source of omega-3 fatty acids, which you can grind and add to lowfat cereal, yogurt, cottage cheese and smoothies. Some other quick and healthful ideas are:

- A nonfat or lowfat yogurt parfait layered with fresh fruit and cereal, nuts or raisins
- Lowfat yogurt mixed with fresh fruit in a blender for a vitamin-rich smoothie
- Whole wheat toast with a little peanut butter and banana slices
- Instant or quick-cooking oatmeal or whole grain cold cereal with raisins or fresh fruit and lowfat dairy or soy milk
- Fish, such as leftover salmon, on a whole grain bagel with reduced or nonfat cream cheese
- Homemade bran or fruit and nut muffins, made on the weekend and frozen.

The American Institute for Cancer Research offers a brochure called *The New American Plate for Breakfast* to help you change to a better beginning each day. It includes recipes. Call 1-800-843-8114, ext. 110, to request your free copy or read it online at www.aicr.org/brochures/br.htm.

Source: American Institute for Cancer Research Website, www.aicr.org

Too Sick To Work Out?

Increasing evidence indicates that exercise may help prevent infections such as the common cold by boosting the body's immune system. But should you exercise if you are already sick?

That depends on your condition, experts say. If you have a cold, moderate exercise doesn't appear to have any effect, good or bad, though it's best to stay below your usual intensity. And remember if you exercise at a gym, you may be more vulnerable to infection, so be sure to wash your hands thoroughly after your workout (which is a good habit to get into even when you are not sick). But if you have a more serious infection, like pneumonia or the flu, with a fever, chills, muscle aches, fatigue or swollen lymph glands-- any amount of exercise can further stress your immune system and worsen the illness. Put workouts on hold until symptoms are gone, and avoid intense activity for one to two weeks afterward. A good rule: If symptoms are from the neck up (runny nose, sneezing, scratchy throat) moderate exercise is probably okay. Otherwise, get lots of rest and let your body concentrate on healing. Gradually return to your normal activity level.

Research indicates that regular exercise may reduce your chances of getting sick in the first place. A recent study at the University of South Carolina and the University of Massachusetts compared rates of upper-respiratory infection with physical activity levels in 547 adults. Those who regularly exercised at least moderately had about 25 percent fewer colds during the one year study period than those who got little or no exercise. At least three clinical trials support that finding. In all three, women who were told to walk briskly on most days for three months developed colds only about half as often as those who didn't exercise.

One word of caution: Exercising too intensely can actually weaken immunity, increasing the risk of colds and other infections. So avoid exhausting workouts.

Source: Mary King, Program Assistant, Sarasota County Extension Service

Breastfeeding is the First Step in Obesity Prevention.

Did you know that breastfeeding may reduce a child's chance of becoming overweight or obese? How? Breast milk has some preventive effects.

- Breastfed babies learn to regulate their appetites by stopping when they are full.
- Breastfed babies have lower levels of insulin, a hormone that promotes storage of fat.

The link between breastfeeding and lower risk of overweight appears to be greatest after infancy. At the ages of 9-14 years, which is a period of rapid growth and weight gain, children who were breastfed are less likely to be overweight than children who were formula fed.

Source: www.wicworks.ca.gov

Eye Injury Prevention

More than one million people suffer from eye injuries each year in the United States. Ninety percent of these injuries could have been prevented if the individual had been wearing appropriate protective eyewear (with “ANSI Z87.1” marked on the lens or frame).

In the house ... when using household chemicals, read instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness.

In the workshop ... think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks and splashing chemicals. Many objects can fly into your eyes unexpectedly and cause injury.

In the garden ... put on protective eyewear before you use a lawnmower, power trimmer or edger and be sure to check for rocks and stones because they can become dangerous projectiles as they shoot from these machines. Do not forget the risk to bystanders when using these machines.

In the workplace ... wear appropriate safety eyewear for your job. Many of the 2,000 employees who were injured each day didn't think they needed eye protection or were wearing eyewear inappropriate for the job.

Around the car ... battery acid, sparks and debris from damaged or improperly jump-started auto batteries can severely damage your eyes. Keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.

Prevention is the first and most important step in protecting your eyes from injuries, so be sure to protect your eyes with appropriate protective eyewear. If you do experience an eye injury, seek medical attention promptly.

Source: American Academy of Ophthalmology

Toy Jewelry Recall

More than 150 million toy bracelets, rings, and necklaces sold in vending machines across the U.S. over the past 18 months have been recalled due to high levels of lead. Concerns over children ingesting the small pieces of jewelry prompted the recall.

High levels of lead shown in these toy jewelry pieces can cause lead poisoning, which cannot be reversed. Lead poisoning can cause permanent neurological damage or behavior or learning problems.

The contaminated toy jewelry is made by four companies in India and is about 90% of the toy jewelry found in vending machines across the country. The importation of these toys has been stopped until a commission, Safe Jewelry Council, can determine an acceptable level for lead. It must be a level that poses no risk for children.

Children put things in their mouths and sometimes swallow them. If jewelry or other items contain lead, the child can be injured by lead poisoning. For example, a 4-year old Oregon boy had 12 times an acceptable level of lead after swallowing a necklace pendant from a vending machine.

The commission has posted a website with pictures of all the recalled jewelry at www.toyjewelryrecall.com and has set up a hotline at (800) 441-4234 for more information.

Source: Wayne Garfinkel, EPA Region 4 Children's Environmental Health Coordinator

Artichoke Potato Salad Anyone?

A new study by the U.S. Department of Agriculture was cited as finding that beans, artichokes and russet potatoes have more disease-fighting antioxidants than other vegetables.

The story says that the fruit winners were cranberries, blueberries and blackberries, often touted as especially healthy because of their high antioxidant content. Pecans, walnuts and hazelnuts were ranked highest among the nuts. Spices can also be high in antioxidants, and ground cloves, ground cinnamon and oregano took top billing in the seasoning category.

Source: USDA Agricultural Research Service

Wholesome Whole Grains

Most Americans eat between 7 and 11 servings of grains each day. Unfortunately, most of those servings are refined grains – white bread, pasta and rice – which offer less nutrition than whole grains. Whole grains retain the nutritious bran and germ and offer B vitamins, vitamin E, selenium, zinc, copper and magnesium. The soluble fiber in oats and barley may help lower blood cholesterol, while the insoluble fiber in all these grains helps keep the digestive tract healthy.

Whole grains are also a rich source of phytochemicals – health-protective substances that occur naturally in plant foods. In fact, the level of phytochemicals (especially the important phenolic acids) in refined wheat may be less than 5 percent of that found in whole grain wheat.

Go with the (Whole) Grain:

- When baking, replace one-third to one-half of all-purpose flour with either whole wheat flour, whole wheat pastry flour, cornmeal, millet flour, oat flour or spelt flour. Or replace one-quarter of the flour with oat or rice bran. Wheat germ can replace up to 1/2 cup of flour in baked goods.
- Purchase whole grain crackers, pretzels, tortillas, bagels, waffles, pita bread and pizza crusts. Choose products that list “whole grain” or “whole wheat” first on the ingredient list and that provide at least 3 grams of dietary fiber per serving.
- Experiment with spelt or other whole grain pastas.
- In pilafs and stuffings, use barley, kasha or brown rice.
- Try whole grain hot cereals made with oatmeal or whole wheat.
- Use buckwheat flour to make great-tasting crepes and pancakes.
- Crush whole grain dry cereals as a coating for fish and poultry.
- Have a few handfuls of air-popped popcorn as a lowfat snack.
- Select recipes that call for unfamiliar grains like barley, bulgur, roasted buckwheat (also called kasha), quinoa, millet and wheatberries.

Source: American Institute for Cancer Research, www.aicr.org

FDA Launches Campaign on OTC Pain Relief Products

In January 2004, the FDA launched a national education campaign on the safe use of over-the-counter pain relief products.

"Pain relievers and fever reducers are safe drugs when used as directed, but they can cause serious problems when used by people with certain conditions or those who are taking specific medicines," says FDA Commissioner Mark B. McClellan, M.D., Ph.D. "We want to remind consumers who take these products that it's important to follow current dosing and label directions carefully."

The FDA's campaign focuses on OTC pain and fever reducers that contain acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs), which include products such as aspirin, ibuprofen, naproxen sodium and ketoprofen.

Many OTC medicines sold for different uses have the same active ingredient. For example, a cold-and-cough remedy may have the same active ingredient as a headache remedy or a prescription pain reliever. To minimize the risks of an accidental overdose, consumers should avoid taking multiple medications with the same active ingredient at the same time.

Acetaminophen is an active ingredient found in more than 600 OTC and prescription medicines, such as pain relievers, cough suppressants and cold medications. It is safe and effective when used correctly, but taking too much can lead to liver damage and even death. The risk for liver damage may be increased in people who drink three or more alcoholic beverages per day while using acetaminophen-containing medicines.

NSAIDs are common medications that are used to relieve fever and minor aches and pains. These products can cause stomach bleeding, with an increased risk in consumers who are over 60 and are taking prescription blood thinners or taking steroids, or have a history of stomach bleeding. NSAIDs may also increase the risk of kidney problems in people with pre-existing kidney disease, or who are taking a diuretic.

In September 2002, the FDA's Non-Prescription Drugs Advisory Committee recommended changes to labeling of certain OTC drug products, including acetaminophen and NSAIDs. They advised that these changes are needed to better inform consumers about the products' ingredients and the possible side effects caused by improper use. The FDA is reviewing various labeling changes that better reflect the latest scientific knowledge about oral OTC pain relievers.

The FDA recommends that consumers talk with health care providers or pharmacists if they have questions about using OTC medicines, and especially before using them in combination with dietary supplements or other OTC or prescription medicines.

Source: www.fda.gov

Reduce, Reuse, and Recycle

Part 1 of 3

Three great ways YOU can eliminate waste and protect your environment!

Waste, and how we choose to handle it, affects our world's environment -- that's YOUR environment, everything that surrounds you including the air, water, land, plants, and man-made things. And since by now you probably know that you need a healthy environment for your own health and happiness, you can understand why effective waste management is so important to YOU and everyone else. The waste we create has to be carefully controlled to be sure that it does not harm your environment and your health.

What exactly is "waste"?

Simply speaking, waste is anything discarded, rejected, surplused, abandoned, or otherwise released into the environment in a manner (or quantity) that could have an impact on that environment.

How can you help?

You can help by learning about and PRACTICING the three R's of waste management: **Reduce**, **reuse**, and **recycle**! Practicing all three of these activities every day is not only important for a healthy environment, but it can also be fun too. So let's take a minute right now to learn more about waste and waste management, so you can become a key player in making our world a safe and healthy place. In this issue we address reducing our waste.

Reduce

Reduce/Reduction: to make something smaller or use less, resulting in a smaller amount of waste. "Source reduction" is reducing waste before you purchase it, or by purchasing products that are not wasteful in their packaging or use. A key part of waste "reduction" is "conservation" - using natural resources wisely, and using less than usual in order avoid waste.

You can practice reduction by selecting products that do not have to be added to landfills or the waste stream in general. This is really easy to do...

- First and foremost, buy and use less! If all the other people on the Earth used as much "stuff" as we do in the United States, there would need to be three to five times more space just to hold and sustain everybody ... WOW! So buy only what you need and use all of what you buy. Or make sure that when you are through with something, you pass it along to other people who can continue to put it to good use. This is especially important when it comes to items where disposal is difficult or could be particularly dangerous to our environment, such as paint and chemicals (cleaners, strippers, pesticides, herbicides, etc.).
- Start making wise "package" selections. Why is it important to consider how something is "packaged" when you consider what to buy? You can reduce waste by selecting products that are not wasteful in their "packaging". The package surrounding the product really only needs to be designed to protect the product from damage, keep it clean and sanitary, and present product information. Yet many manufacturers make the packaging far more elaborate (and expensive!)

Reduce, Reuse, Recycle (continued)

than necessary with the hope that it will attract your attention or give the appearance that the product inside is better than its competitors. So keep the following package-related tips in mind no matter what you are buying.

- *Precycle* by purchasing products in materials/packaging that can be readily [recycled](#). Flashy and fun packaging costs more, usually adds little or no value to the product, and (worst of all!) can do considerable harm to our environment by creating more waste or waste disposal difficulties. So whenever you have a choice, put plain and recyclable packages high on your list to reduce packaging waste in our environment.
- Avoid single-serve containers whenever possible. You can buy juice or water in large recyclable bottles or cans and then divide it up into smaller portions in reusable, washable containers as you need it at home or to take with you. And if you want to take juice or water with you on your bike rides or to the gym, just take it along in your own reusable sports bottle. With regard to buying bottled water, first determine if you really even need to buy bottled (packaged) water. City water (and clean well water) is usually just as healthy, much cheaper, and may even be safer than bottled water products.
- Think BIG! Buying in "bulk" (*a large amount that is not divided into separate containers*) gives you the best "product to package" ratio. Many stores allow shoppers to scoop out the amount they need of bulk goods like nuts or coffee. This considerably reduces waste and packaging materials. Or you can buy in bulk by selecting bigger quantities in a single box or package -- for example, buy the largest box of toothpaste, dishwasher detergent, or cereal, rather than a series of small boxes. This not only reduces the waste (from having to throw out the old containers) but it will also save you money. Packaging is expensive, so buying in larger volumes reduces the unit cost.
- Buy concentrates rather than diluted products – the result is less waste for disposal when it is empty.
- Refuse store bags! When you buy one or two items at a store, carry them out in your hands; or take a reusable bag with you to carry the items you buy. And don't forget to take your old plastic and paper bags back to the grocery store for reuse or recycling. Most grocery stores have convenient paper and plastic recycling bins located near the entrance.

Source: National Institute of Environmental Health Sciences, NIH

Don't Get Taken

Now that a storm has passed, it is time to survey the damage and to start cleaning up and making repairs. This is a stressful period and a time when homeowners may easily be victimized by unethical workers who take advantage of the need to get repair work done quickly.

Before having any work done, whether it is removing a tree or making home repairs, know who you are dealing with. Do they have a licence, if so, by whom? Any person or company doing home repairs in Florida must have a license issued by the state and follow certain practices designed to protect the consumer.

Ask to see evidence that the worker or company has liability insurance. Without liability insurance the homeowner could be sued by the worker in case of an accident.

Have a written, signed contract before any work begins. Be sure all details are clearly stated, for example, the number of trees to be cut, the stump height, and who will remove the trees from the property. Make sure the contract has a beginning and a completion date clearly stated. Include the mailing address and the physical location of the business.

If a company or individual comes to your door (resident) and solicits work, you have three working days within which to cancel the agreement without a penalty. Make sure you are given an address and telephone number where you can contact the company. Although you can call to cancel, it is wise to also send a cancellation letter. Send it certified mail and request a returned signature.

Never pay for work before it is done. Do not give money to a worker or company to buy supplies unless you know them well. If supplies must be purchased before the work can begin, the homeowner should purchase them and take them to his/her home.

Never sign a completion statement until all work is done satisfactorily. If credit is used be sure all blanks in the contract are filled in before signing. Know the annual percentage rate, if it is a fixed or a variable rate, the total amount of the payments, how long the loan will last and if a lien is being placed against your home.

You have experienced one loss. Protect yourself against another. Contact your Extension Agent for more information.

Source: Mary Harrison, Professor, Consumer Education, University of Florida, IFAS Extension

Florida Food Fare

By Mary King

Cooperative Extension for Sarasota County

LIMES

Description: This small versatile lemon-shaped, citrus fruit grows in tropical and subtropical climates such as Mexico, Florida, California and the Caribbean. There are two major types: Key limes and Persian or Tahiti limes. The key lime is small, about 1 to 2 inches in diameter and round. The fruit has a thin, smooth leathery rind and is green when immature and more yellow in color at maturity. The flesh is greenish-yellow, juicy, seedy and more acidic than Tahiti limes. The last commercial Key lime plantation in the Keys disappeared in the late 1970s. Today the bulk of the Key limes sold in the United States are harvested from Mexico. The most widely available in the United States is the Tahiti lime which is larger than the key lime and oval shaped. The fruit is dark green when mature, gradually becoming yellow when over mature. The flesh is light green, juicy, slightly acid and generally seedless. Both varieties are grown in home gardens in Florida.

Availability: Tahiti limes are available all year long, but summer is peak season. Outside of Florida, the key lime is usually found in specialty produce markets and gourmet sections of the supermarket. Lime juice is also available in the store all year, bottled or frozen.

Nutritional Value: Fresh limes are an excellent food seasoning choice, as they are virtually fat-free, high in vitamin C, cholesterol-free and very low in sodium. One fruit, approximately 2" in diameter yields 20 calories, 22mg calcium, 68mg potassium, 19.4mg vitamin C, .4g protein and 7g carbohydrates.

Selection and Care: Look for limes that are firm with smooth shiny skins and deep green color (Tahiti) or yellow skin (Key Lime) and free from decay and broken, bruised or hard dry skins. Small brown areas will not affect the flavor or juiciness but a hard or shriveled skin will. Refrigerated, uncut limes will stay fresh 6 to 8 weeks in a plastic bag. Cut limes can be stored in a plastic bag up to 5 days. Bright lights will age a lime and cause the skin to turn yellow. Whole limes, like all citrus, do not freeze well. To freeze the lime juice, squeeze and freeze in ice cube trays. Remove from trays when frozen and store cubes in re-sealable freezer bags in the freezer. Grated lime peel may be frozen in an airtight container for use later in desserts.

Recipe:

Thai Marinade

1/4 cup minced fresh parsley	1 teaspoon red pepper flakes
1/4 cup lime juice	1/2 teaspoon peeled grated ginger root
1/4 cup lemon juice	1 clove garlic, minced
1 teaspoon soy sauce	

Mix all ingredients; pour over chicken or seafood in non-metal bowl. Marinate for about an hour for seafood, 2-3 hours for poultry. Can be used to baste when grilling, discard any leftover marinade.