



April 10th, 2009

## Nutrition in the News



### To Eat Red Meat or Not?

A recent study has led to much buzz about eating red meat leading to early death. Whether you choose to eat red meat or not can depend on a number of factors beyond health. Here's what to take away from this study related to health:

Those who ate the least red meat (< 1 oz a day) had a slightly lower death rate than those who ate the most red meat. However, those who ate more red meat were also more likely to have other health risks (high BMI, smoking, diets high in calories/fat, low in fiber, vitamins, etc.), so was it the lifestyle or just the meat? This study does not give a definitive answer to the question of eating red meat or not.

#### Recommendations beyond this study:

- Limit red meat (to 3 ounce portions, substitute white meat, fish or beans)
- Choose lower fat cuts of red meat (rule of thumb: choose cuts with "round" or "loin" in the names)

## Upcoming Events

**Did You Know... In Terms of going Green, What you eat is as important as what you drive!?**

The average American family's eating plan emits more carbon dioxide than their driving.

To help you shift to a low-carbon diet join us for the next Healthy Living session presented by Dawn McFadden, RD

### How Local Can You Go?

Thurs, April 23rd 12:15-12:45 in Admin B190

Register at [deback.judy@co.la-crosse.wi.us](mailto:deback.judy@co.la-crosse.wi.us)

If you can't buy a Prius, you can still eat like one!

- Jonathan Kaplan National Resources Defense Council



## Nutrition, On a Budget



Economic stress is taking its toll on Americans' emotional & physical health.

Half of Americans surveyed say they self medicate by overeating or indulging in unhealthy foods.

Comfort foods such as this won't prove very comforting to your health in the long run.

Enjoy your chocolate eggs, but eat your fruits & veggies too! Or eat just a couple pieces and put the rest of the bag away!

### To Buy Organic or Not?

When food dollars are tight, more people are asking this question. Use this list to help you decide.

Source: [www.foodnews.org](http://www.foodnews.org)

#### Dirty Dozen Buy Organic

- Peach
- Apple
- Bell Pepper
- Celery
- Nectarine

#### Clean 15 Lowest in Pesticides

- Onion
- Avocado
- Sweet Corn
- Pineapple
- Mango

