

July is UV Safety Month

Protecting your skin and eyes while in the sun is the best way to prevent skin cancer and UV-related eye damage.

UV light is intensified when reflected off water, snow, and pavement; this can be the most dangerous type of UV light.

Suggestions on ways to limit exposure to harmful UV rays:

- Stay out of the midday sun (10:00 a.m. – 2:00 p.m.).
- Use a broad – spectrum sunscreen with a SPF of 15 or greater.
- Wear a wide brimmed hat, long sleeves, long pants, & sunglasses that block 99-100% UV-A & UV-B rays.

Remember: Protect your children, too.



References:

What You Need to Know About Skin Cancer. Prevention. Retrieved from www.cancer.gov. July 12, 2010.

Talking Points. . . UV Safety Month. Retrieved from www.aao.org. July 12, 2010.

LSU AgCenter (2009). Filling Up, Not Out. *Smart Choices Nutrition News*, Vol. 4, 1-2.

LSU AgCenter (2009). Inside the Pyramid-Meat & Beans. *Smart Choices Nutrition News*, Vol. 19,2.

Prepared by: Ashley Powell
Assistant Extension Agent –
FCS oncordia Parish
405 Carter St.
Vidalia, LA 71373
(318)336-5315

Visit our website at:
www.lsuagcenter.com

Louisiana State University Agricultural Center

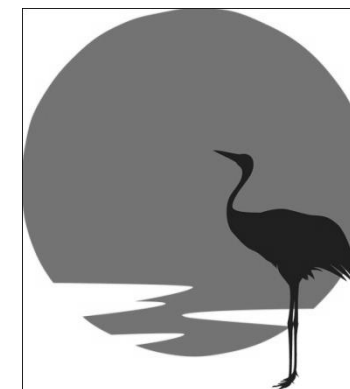
William B. Richardson, Chancellor
Paul Coreil, Vice Chancellor and Director - Extension

David Boethel, Vice Chancellor and Director - Research

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension service provides equal opportunities in programs and employment.



**HELPFUL
HINTS
TO FILL
YOUR
BASKET
July 2010**



Fill Up – Not Out

Heard the saying “A minute on the lips, a lifetime on the hips”? If you do not want that statement to come true, you should follow a healthy eating plan by making a few adjustments to your diet.

100 extra calories a day

A pound equals 3500 calories. Just one hundred extra calories a day can cause a 10 pound weight gain over the course of a year.

All the extra bites we take during the course of a day can quickly add up. For example: that extra tablespoon of butter on top of the baked potato added 100 more calories to your diet.

Maintaining a healthy weight is a matter of balance:

Calories In =Calories Out.



Ways to Cut 100 Calories

Use mustard or low-fat mayonnaise on your sandwich instead of regular mayonnaise.

Drink diet soda instead of regular soda.

Choose sherbet, sorbet, or low-fat ice cream over super-premium ice cream.

Top your favorite pasta with a red sauce instead of a cream sauce.

Order a small drink instead of a super-sized drink.

Use water-packed tuna instead of oil-packed.

Eat a snack-sized chocolate bar instead of a whole candy bar.

Leave 3 to 4 bites of food on your plate.

Pass on the gravy on your mashed potatoes.

Leave the cheese off your sandwich or burger.

Switch to low-fat salad dressing instead of regular.

Have a side salad instead of French fries as a side dish.

Remove the skin from poultry before eating.

Baked Chicken with Vegetables

4 sliced potatoes

6 sliced carrots

1 large onion, quartered

1 raw chicken, cut into pieces, skin removed

1/2 cup water

1 teaspoon thyme

1/4 teaspoon pepper

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees for one hour or more until browned and tender.

Yield: 6 servings

Per Serving: 190 calories, 3.5 g fat, 1 g saturated fat, 75 mg cholesterol, 135 mg sodium, 13 g carbohydrate, 5 g dietary fiber, 6 g sugars, 26 g protein

