

May/June 2008 EHC Newsletter

TODAY'S PORK IS GOOD FOR ANY DIET

At one time, pork was considered taboo if you were watching what you ate. Good news . . . today's pork can fit into almost any diet. Pork is low in calories and has a relatively high nutrient density level.

We all know that nutrients are needed to keep your body healthy. A 3-ounce cooked serving of pork provides 53 percent of the daily value (DV) of thiamin; 33 percent DV of vitamin B12; 20 percent DV of niacin; 15 percent DV of zinc; and 7 percent DV of iron.

As you can see, pork definitely contains nutrition that our bodies need. It can be a healthy part of our diet while we enjoy its taste, variety and versatility. Like other favorite foods, it just takes a little practice and changing of habits.

Portion control is one of the greatest challenges we face in our diets. We want to eat the entire portion of meat at one setting when in reality most adults need between 5 and 6 ounces from the meat group daily. One easy way to remember this amount is that a 3-ounce serving is roughly the size of a deck of cards.

If we trim all visible fat before eating, it will also help us have a leaner finished product. Although fat contributes flavor, too much fat adds calories and fat grams to your diet.

The healthiest options for cooking lean are broiling, grilling, stir-frying (in a small amount of water or broth) or roasting the meat. When roasting, be sure to roast the meat on a rack so that all the fat can drain away from the meat.

With time being a precious commodity for all of us, choose to prepare a smaller cut, like pork chops or stir-fry strips, which cook quickly and are still healthy. On the other hand, if you are entertaining and have several other dishes to prepare, you may want to choose a roast or pork loin, which can be put in the oven or slow cooker and will require very little attention.

Most of the loin or leg cuts contain between 6 and 8 grams of fat per 3-ounce cooked serving. Pork tenderloin, the leanest choice, has only 4 grams of fat per serving. These choices would fit easily into a healthy diet.

As you make your menu for next week, why not add a boneless pork loin? You can make a Cajun Garlic Roast, which has only 163 calories per 3-ounce serving. As an added bonus, it has only 195 mg of sodium and 24 grams of protein, and it will make your kitchen smell great!

Cajun Garlic Pork Roast

3-4 pounds boneless pork loin

1 tsp. seasoned salt

1 T oregano leaves, crushed

1 T black pepper

1 ½ T minced garlic

½ tsp. red pepper flakes

1 tsp. chili powder

1 tsp. ground cumin

Heat oven to 350 degrees Fahrenheit. Blend all seasonings well and rub mixture over all surfaces of pork loin. Place pork in shallow roasting pan and roast until meat thermometer inserted in roast registers 155 – 60 degrees Fahrenheit, about 60–90 minutes. Remove pork from oven; let rest 10 minutes before slicing.

HERITAGE SKILLS DAY BY EHC

You are invited to observe demonstrations or try your hand at creative skills that have been passed down through time. The Boone County Extension Homemakers are sharing their skills in Knitting, Crochet, Quilting, Bobbin Lace, Sewing, and Embroidery. These skills will be shared from 1 p.m. – 3 p.m. on Saturday, May 31, 2008, at the main campus of North Arkansas College. Come to the main entrance of the college. Drop in anytime or stay the whole time. This event is free of cost and no registration is necessary.

This meeting is open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Employment Opportunity Employer. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

For more information about this event or EHC, contact Trudy McManus at the Extension office at 870-741-6168.

SPRING COUNCIL

Baxter County EHC Spring Council will be Tuesday, May 6, at Big Creek Country Club. Registration will begin at 5:30 p.m., and the meeting begins at 6 p.m.

There will be two contests during our Council meeting – decorated gift boxes and head dressings. The decorated gift boxes should be no more than 15x15x15 inches, and a new item should be inside (stationary, candle, jam, etc.) First place will receive \$15, second place \$10, and third place \$5. The winner will also be taken to the AEHC State meeting as Baxter County's door prize.

The other contest will be for the AEHC State Meeting Creative Skills contest of head dressing for cancer patients. They can be caps or hats,

crocheted, knitted or decorated. They do need to be very soft and comfortable. The winner will represent Baxter County and receive \$15, second place gets \$10 and third place will receive \$5.

WE'RE ON THE WEB

If you misplace your newsletter or can't remember a date, just check out the web edition. Current EHC newsletters can now be found at www.uaex.edu/baxter/ . Scroll down to the bottom of this website and choose either the Extension Homemakers Clubs or the News and Newsletters link.

DATES TO REMEMBER

- May 6 – Spring Council
- May 16 – Body Walk for Baxter County 4th Graders
- May 26 – Memorial Day
- May 28 – Board Meeting
- June 9-12 – AEHC State Meeting
- June 25 – Board meeting
- July 30 – Board meeting
- August 5 – EHC Summer Workshop
- August 27 – Board meeting
- Sept. 9-13 – Fair Week
- Sept. 24 – Board meeting

Tanya Yates,
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