

Oilseed Consumption

In addition to providing vegetable oils, North Dakota's oilseed plants provide other foods. Striped sunflower seeds are roasted and eaten in the shell or as kernels. The kernels are used in breads, rolls, muffins and other baked goods. Flax seeds are in some multi-grain breads and cereals. Sunflower and flax seeds can be used instead of nuts in most recipes and sprinkled on salads, soups and vegetables.

Soybeans can be made into soy sauce, soy nuts, sprouts, soy milk, tofu (a cheese-like food made from curdled soy milk), meat substitutes and many other products.

Like all foods that come from plants, North Dakota's vegetable oils have no cholesterol. They're liquid at room temperature rather than solid, which means they're healthier oils than solid fats.

Oils provide vitamin E and other nutrients for your body. They also provide energy as calories. Physical activity allows you to balance the calories you eat with the calories you use. So you need to run and play to use up this energy and stay healthy.

MyPyramid

Oils are featured in the new food pyramid. Oils are important for a healthy diet but should be used sparingly. Oils can be from fish, nuts or vegetable sources. Visit mypyramid.gov to learn more.



What types of oils did you have yesterday?

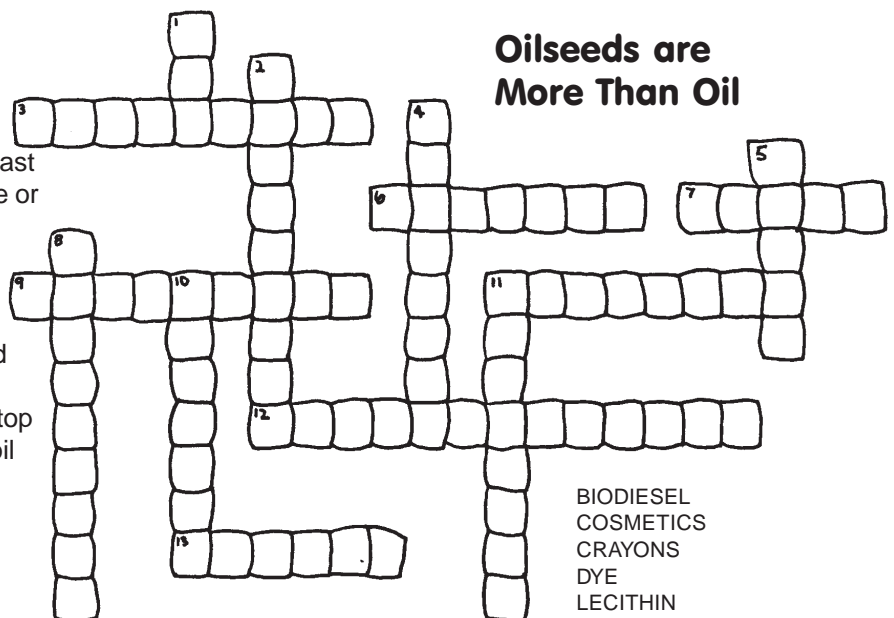
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STEPS TO A HEALTHIER YOU

Down

1. A substance that colors materials
2. Biodegradable engine fuel made primarily from soybeans
4. Compounds that can be molded or cast
5. A liquid mixture used as a decorative or protective coating
8. Liquid or solid that reduces friction, heat and wear when applied as a surface coating to moving parts
10. Sticks of colored waxy material used for drawing
11. A durable, washable floor or countertop covering made by pressing linseed oil with other materials

Across

3. Lipstick, mascara, powder and other makeup
6. Coats surfaces with a hard, glossy, thin film
7. Liquid that adds color to wood's surface
9. A lotion or cream formulated to prevent sunburn, skin cancers and other conditions caused by excessive exposure to the sun
11. A soybean product that helps keep ingredients mixed
12. Meal from oilseeds is usually used for this
13. What this Ag Mag is printed with



Oilseeds are More Than Oil

BIODIESEL
COSMETICS
CRAYONS
DYE
LECITHIN
LINOLEUM
LIVESTOCK FEED
LUBRICANT
PAINT
PLASTICS
SOY INK
STAIN
SUNSCREEN
VARNISH