

## Cooperative Extension

### Becoming a Vegetarian - What You Need to Know About a Plant-based Diet

Marilou Rochford, FCHS Educator, Rutgers Cooperative Extension of Cape May County



A vegetarian is one who consumes a plant-based diet or a diet that excludes meat, fish and poultry. With careful planning a vegetarian diet can supply all the needed nutrients and be a very healthy way to eat. One key is to choose a variety of foods from each of the food groups from My Plate.

There are many types of vegetarians. Some of them are:

- **Lacto-ovo vegetarians** – exclude meat, fish, and poultry but allow dairy products and eggs
- **Lacto-vegetarians** – exclude meat, fish, poultry and eggs as well as foods that contain them. Dairy products (milk, cheese, yogurt, butter) are included.
- **Vegans** – exclude meat, poultry, fish, eggs and dairy and foods that contain these products.

**Why be a vegetarian?** People are vegetarians for a variety of reasons. Some follow vegetarian diets for health reasons. Research shows that eating a diet rich in fruits, vegetables and whole grains can lower your risk of chronic disease. A concern for animals and the environment is another reason. Certain religions follow vegetarian diets too.

**Can kids be vegetarians?** A vegetarian diet can be a healthy choice for kids but it must be well planned. According to medical experts from KidsHealth.org, a website from Nemours, kids can be vegetarians but they need adults to help them get the vitamins and minerals they need. Meat is a good source of protein and other important nutrients. A vegetarian needs to replace those nutrients with non-meat foods. It's important to keep in mind that as kids grow, their nutritional needs change.

#### Vegetarians need to pay special attention to these nutrients:

**Vitamin B-12:** Vitamin B-12 is necessary to build red blood cells and prevent anemia. It is found almost exclusively in animal products and may be difficult for vegetarians to get enough Vitamin B-12. For this reason, a vitamin supplement is recommended. It is found in dairy products and in most fortified cereals.

**Vitamin D:** Vitamin D is important for healthy bones. It is found in milk, vitamin D-fortified orange juice and other vitamin D-fortified products. If you lack fortified foods and have limited sun exposure, a vitamin D supplement is suggested.

*continued on page 8*



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# Make the Most of the Farmers Market This Season

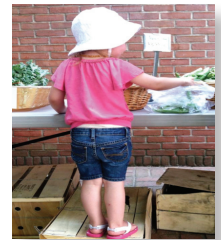
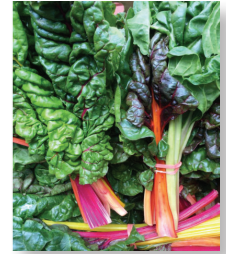
Sarah Dixon, Senior Program Coordinator, Rutgers Cooperative Extension



This month and next, farmers markets around the Garden State will be reopening for the 2015 market season. The New Brunswick Community Farmers Market offers a few suggestions for making the most of this market season:

- ◀ **Check when the market is open.** Remember, you'll find the best selection early in the day. Most farmers markets have a website and/or a Facebook page. "Like" your local market on Facebook to help you remember.
- ◀ **Remember!** We know- shopping at the farmers market is a seasonal habit, and that can make it that much harder to keep. One trip to the farmers market can make a week's worth of meals more exciting, delicious, and fun, so don't forget to go! Use your calendar, or put a note on the fridge to help you remember.
- ◀ **Bring your own bag or basket.** Sturdy, canvas bags work best. Remember to put delicate items on top! If you'll be buying perishables or running errands afterwards, a cooler or insulated bag will help keep your purchases fresh on the way home.
- ◀ **Leave the list at home.** You're headed to the farmers market to get the freshest produce possible. Plan on buying whatever is in season and looks best, and do the rest of your grocery shopping around your farm-fresh produce.
- ◀ **Buy what you love.** Don't underestimate how fast those tomatoes or peaches will disappear in August! The harvest season earned its name for a reason. Embrace the abundance of local, fresh food. Buy a bit more than you think you'll use- you'll be happy to have an abundance on hand once you're in the kitchen, and many fruits and veggies from the market freeze well.

**Insider tip:** *don't let the end of a harvest sneak up on you! Remember to ask the farmer when you make your purchase how much longer they'll have what you want. Even if you come back the following week, whatever you bought that you loved might already be gone.*



## VISIONS

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- ◀ **Try new foods.** Buy something you've never had before. Start by learning the most basic way to prepare it- you can ask at the market (farmers, market managers, and other shoppers!), search online, or use your favorite cookbook for reference.
- ◀ **Experiment easily with greens for cooking.** Beet greens, Swiss chard, spinach, and kale can all be used interchangeably in a variety of recipes. Chop cooking greens finely to make them easier to chew (especially for little eaters) and reduce cooking time.
- ◀ **Cold salads are perfect for summer.** Think outside of the salad "box" by getting creative with bean salads (rinsed, canned beans work fine), grain-based salads (quinoa is versatile and makes a great salad "base") and simple veggie salads with a light vinaigrette and chunky, fresh vegetables, like tomato & cucumber.
- ◀ **Simplify further with root roasts.** Sweet potatoes, yams, turnips, carrots, beets, celery root, kohlrabi, and even radishes all roast nicely with a variety of spices. Chop evenly, toss in oil, spread on a baking sheet, and roast, turning once. Hint: the bigger the variety of veggies you roast, the simpler your spices can be.
- ◀ **Remember, the market doesn't stop when school starts.** Everything else might change when the kids start school again, but many farmers can't harvest fast enough at this time of year. Stick with your local market and you'll likely find that your farmers market selection is at its peak, and prices are at their lowest. Many markets stay open until November.

# Ready, Set, Grill! Your Guide to a Safe BBQ Season

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Kicking off the summer with family, friends, and a BBQ is as traditional as it gets! Grilling is a fun, easy, and delicious way to bring people together. However, it is important to remember food safety guidelines to prevent any food borne illnesses, especially during the hot summer months since bacteria multiply rapidly in warm and moist environments. According to the Centers for Disease Control and Prevention (CDC), there are approximately 76 million cases of food borne illnesses overall each year. In addition to this, you may have heard that there is recent research linking grilling certain foods with increased health risks. Use this guide for what you need to know to keep your fun filled barbecues safe, healthy, and delicious.

<b>BEFORE GRILLING</b>	<ul style="list-style-type: none"> <li>• <b>Shop</b> for meats last and go straight home. Place food in the refrigerator right away. <b>Tip:</b> Keep cold foods at 40°F or below until it is time to place them on the grill.</li> <li>• <b>Thaw</b> frozen meats in a sealed container in the refrigerator, in a sealed bag under cold running water, or in the microwave if you intend on grilling food immediately. <b>Tip:</b> Completely thaw meat and poultry before grilling so it cooks more evenly.</li> <li>• <b>Marinate</b> food in the refrigerator, not on the counter, in order to maintain it at a safe temperature and to prevent cross contamination. <b>Tip:</b> Poultry and cubed meat can be marinated for up to 2 days. Beef, veal, pork, lamb, and steaks can be marinated up to 5 days.</li> </ul>										
<b>DURING GRILLING</b>	<ul style="list-style-type: none"> <li>• <b>Cook</b> food to safe temperatures. This can't be done just by looking at the food. The heat of the grill cooks the outside faster while the inside may still be raw.</li> </ul> <div style="text-align: center; border: 1px solid black; padding: 5px;"> <p>USDA Recommended Safe Minimum Internal Temperatures</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 20%;">Beef, Pork, Veal, Lamb Steaks, Roasts &amp; Chops</td> <td style="width: 20%;">Fish</td> <td style="width: 20%;">Beef, Pork, Veal, Lamb Ground</td> <td style="width: 20%;">Egg Dishes</td> <td style="width: 20%;">Turkey, Chicken &amp; Duck Whole, Pieces &amp; Ground</td> </tr> <tr> <td>145 °F with a 3-minute rest time</td> <td>145 °F</td> <td>160 °F</td> <td>160 °F</td> <td>165 °F</td> </tr> </table> </div>	Beef, Pork, Veal, Lamb Steaks, Roasts & Chops	Fish	Beef, Pork, Veal, Lamb Ground	Egg Dishes	Turkey, Chicken & Duck Whole, Pieces & Ground	145 °F with a 3-minute rest time	145 °F	160 °F	160 °F	165 °F
Beef, Pork, Veal, Lamb Steaks, Roasts & Chops	Fish	Beef, Pork, Veal, Lamb Ground	Egg Dishes	Turkey, Chicken & Duck Whole, Pieces & Ground							
145 °F with a 3-minute rest time	145 °F	160 °F	160 °F	165 °F							
<b>AFTER GRILLING</b>	<ul style="list-style-type: none"> <li>• <b>Keep food hot</b> at 140°F or above until it is served <b>Tip:</b> The temperature danger zone is anywhere between 40°F and 140°F This is where bacteria can multiply rapidly.</li> <li>• <b>Refrigerate</b> Cooked items within 2 hours in mild weather and within 1 hour when the outside temperature is at 90°F or above. <b>Tip:</b> Cover your cooked items to keep them hot and away from bacteria.</li> <li>• <b>Watch out</b> for cross contamination. Do not use the same plate and utensils you used to place the raw meat on the grill when you are ready to take the food off the grill.</li> </ul> <div style="text-align: right;"> </div>										
<b>A HEALTH TIPS</b>	<ul style="list-style-type: none"> <li>• Evidence suggests that certain cancer causing substances are formed in red meat, poultry, and fish during grilling and other high heat cooking methods. Some harmful substances are formed when fat drips onto the grill, accumulating and charring on the food when smoke and flare-ups occur.</li> </ul> <p>What can you do to avoid this?</p> <ul style="list-style-type: none"> <li>• Grill more fruits and vegetables. Eat moderate amounts of grilled proteins and choose lean cuts.</li> <li>• Avoid charring foods by precooking them prior to grilling them.</li> <li>• Spread aluminum foil on the grill. Make small holes to allow the fat to drain and avoid flare-ups.</li> <li>• Turn food frequently to avoid the creation of these cancer-causing molecules.</li> </ul>										

For more information, see "Grilling with Care" factsheet at <https://njaes.rutgers.edu/pubs/publication.asp?pid=FS1089>, USDA fact sheet at <http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets>, and CDC website: [www.cdc.gov](http://www.cdc.gov)

Photo credit: [www.fsis.usda.gov](http://www.fsis.usda.gov), and [clipartpanda.com](http://clipartpanda.com)

# The Basics of Food and Safe Eating!

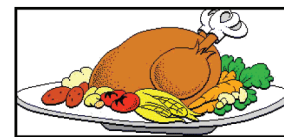
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Keeping food safe all year long is important for a family's health. For many of us, dinner is the highlight of the day. During this pleasant time of sharing, how can we enjoy our food safely?

## Clean

- ✓ Whoever handles food should wash hands with warm water and soap for 20 seconds before, during, and after food preparation.
- ✓ Keep appliances, utensils, and kitchen surfaces such as countertops and cutting boards clean using hot, soapy water throughout meal preparation.
- ✓ Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.
- ✓ Do not wash raw meat and poultry before cooking to avoid spreading bacteria to the sink and countertops.



## Separate

- ✓ Use two separate cutting boards: one for raw meat and fish and another one for ready-to-eat fresh fruits and vegetables.
- ✓ Use separate spoons and forks to stir, taste and serve food.
- ✓ Keep foods that will not be cooked separate from raw eggs, meat, poultry or seafood – and from kitchen utensils used for those products.
- ✓ Do not leave cooked meat or other food that is ready to eat on an unwashed plate that has contained any raw eggs, meat, poultry, seafood or their juices.



## Temperature

- ✓ Set temperature of a refrigerator set to maintain 40°F or slightly lower and the freezer at 0°F to prevent the spread of harmful bacteria.
- ✓ Cook whole turkeys to 165°F. Check the temperature with a meat thermometer at the innermost part of the thigh. When cooking a stuffed turkey, be sure that the stuffing reaches 165°F. See Turkey Talk: Answers to Your Thanksgiving Food Safety Questions! <http://njaes.rutgers.edu/pubs/publication.asp?pid=E234>
- ✓ Cook holiday hams and pork roasts to 145°F and a rest time of 3 minutes



## Thaw

- ✓ When defrosting food in a refrigerator, cover raw meat and place it on the bottom shelf to prevent juices from dripping onto other foods.
- ✓ After defrosting food in a microwave, cook it immediately afterward.
- ✓ If you do not have enough time, thaw a wrapped frozen turkey (breast-side down) in a sink filled with cold tap water. Be sure to change the water every 30 minutes.
- ✓ Allow enough time to properly thaw food. A 20-pound turkey needs four to five days to thaw completely in a refrigerator.

## Store

- ✓ Refrigerate leftovers and takeout foods—and any type of food that should be refrigerated, within two hours.
- ✓ Leftovers should be used within three to four days, or frozen immediately.
- ✓ See Fact Sheet: Home Storage of Foods: Refrigerator and Freezer Storage E 340 <http://njaes.rutgers.edu/pubs/publication.asp?pid=E340>

### Additional Fact Sheets:

**Smart Food Choices: Safe Food for Families** FS 1056 <http://njaes.rutgers.edu/pubs/publication.asp?pid=FS1056>

**Help! My Refrigerator or Freezer Stopped Working. Is My Food Safe?** FS 1178  
<http://njaes.rutgers.edu/pubs/publication.asp?pid=FS1178>

**Jersey Summer Shore Safety: Keeping Food Safe When Packing a Picnic** FS 1196  
<http://njaes.rutgers.edu/pubs/fs1196/jersey-summer-shore-safety.asp>

**Holiday Food Safety Tips**  
[http://www.foodsafety.gov/keep/events/holidays/check\\_steps.pdf](http://www.foodsafety.gov/keep/events/holidays/check_steps.pdf)



# Fish: From Farm to Table

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Over the past few years, the term ‘farm raised’ has slowly crept into the mainstream of the seafood industry. According to the U.S. Department of Commerce, approximately half the seafood consumed in the United States today is farm-raised. In fact aquaculture is now deemed one of the fastest growing types of food production in the world. Aquaculture, or fish farming, involves raising fish in all types of water environments.

As with any new ventures, uncertainty has raised questions regarding whether or not the consumption of farm raised fish is safe. There are many governmental agencies that are responsible for the regulation of seafood, ensuring its safety before it is distributed to the general public. These agencies include the U.S. Environmental Protection Agency (EPA), the National Oceanic and Atmospheric Association (NOAA), the Food and Drug Administration (FDA), and the U.S. Department of Agriculture. In the United States, seafood farmers must comply with the same numerous state and federal food safety regulations and undergo regular inspections, as any other producer of seafood. These regulations include: harvesting seafood from approved waters, making sure to follow the feed regulations outlined by these government regulatory agencies, ensuring proper handling and processing under sanitary conditions, and maintaining proper records. With the United States undergoing the strictest environmental and food safety rules and regulations found anywhere in the world, purchasing U.S.-grown farmed fish and shellfish guarantees strict adherence to ensure safety.



In addition to guaranteed safety, fish has well-known health benefits, including being a great source of omega-3 fatty acids in our diet. The body does not make enough omega-3's so they must be obtained from food. The type of food with the highest natural amount of omega-3s is cold-water, oily fish such as salmon, trout, mackerel, herring, or sardines.

The American heart association recommends eating fish at least twice a week. Research has shown that eating oily fish containing omega-3 fatty acids may help lower the risk of death from heart disease whether people already have heart disease or not. The Dietary Guidelines for Americans states that the amount and variety of seafood eaten should be increased. This can be done by selecting seafood as a protein in place of meat and poultry.

Other considerations for those who are pregnant, and for children include choosing fish that are low in mercury, PCBs (polychlorinated biphenyls), dioxins and other environmental contaminants. Levels of these substances are generally highest in older, larger, predatory fish and marine mammals. Children and pregnant women are advised by the U.S. Food and Drug Administration (FDA) to avoid eating those fish with the potential for the highest level of mercury contamination (e.g., shark, swordfish, king mackerel or tilefish); to eat up to 12 ounces (two average meals) per week of a variety of fish and shellfish that are lower in mercury (e.g., canned light tuna, salmon, pollock, catfish); and check local advisories about the safety of fish caught by family and friends in local lakes, rivers and coastal areas. Five of the most commonly eaten fish or shellfish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish. Eating a variety of fish will help minimize possible adverse effects due to environmental pollutants.



It is also important to keep in mind, as with any food, necessary precautions should be taken to avoid the risk of foodborne illness associated with seafood. This can be done by purchasing food from reputable sources and selecting fresh seafood that is refrigerated or properly iced. In addition, most seafood should be cooked to an internal temperature of 145°F.

## Baked Dijon Salmon

Prep time:  
20 minutes  
Ready In:  
35 minutes  
Cook time:  
15 minutes  
Servings: 4



### Ingredients:

- ¼ cup olive oil
- 3 tablespoons Dijon Mustard
- 1-½ tablespoons honey
- ¼ cup dry breadcrumbs
- ¼ cup finely chopped pecans
- 4 teaspoons chopped fresh parsley
- 4 (4 ounce) salmon fillets
- salt and pepper to taste
- 1 lemon, for garnish

### Directions:

- Preheat oven to 400 degrees F. (200 degrees C).
- In a small bowl, stir together olive oil, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley.
- Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture.
- Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper, and garnish with a wedge of lemon.

520 calories per serving,  
16 grams carbohydrate,  
37 grams fat, 30 grams  
protein, 367 grams sodium  
and 7 grams sugar.

<http://allrecipes.com/Recipe/Baked-Dijon-Salmon/Detail.aspx>

# Top 10 Tips for Happier, Healthier Families All Year Long

Jennifer Martin-Biggers, MS, RD, *Nutritional Sciences Doctoral Candidate*  
Carol Byrd-Bredbenner, PhD, RD, *FAND Professor/Nutrition Specialist*

Want the best for your family this year? Here are 10 tips for happier, healthier families! Visit [HealthyHomeStyles.com](http://HealthyHomeStyles.com) for even more quick, easy, no cost ideas for a healthier lifestyle now and the results you want for a lifetime!

**#1 Start the day right—everyday!** Breakfast eaters of all ages get more of the nutrients they need for good health, have healthier levels of cholesterol in their blood, and have healthier body weights. Plus, kids who are breakfast eaters do better in school, remember more, and have the energy needed to run, play, learn, and grow.

**#2 Eat together often—breakfast, lunch, or dinner—eating together makes a difference!** Eating together improves communication. For kids, mealtime chats promote brain development—kids learn new words, how to make sentences and listen. Communication also helps strengthen family bonds—kids feel more secure and closer to their families. Plus, meals eaten together as a family are generally healthier and help kids maintain a healthy weight.

**#3 Make meals an event no one wants to miss.** To keep mealtimes cheerful and calm—turn down the lights, turn on soothing music, turn off the distractions like arguments, TV, and smart phones. Distractions sidetrack eaters and may lead to overeating. Calm mealtimes help families connect and are linked to healthier eating.

**#4 Forgo the fussing and have meals without squeals.** For fuss-free feeding, offer only healthy foods and let kids decide which to eat. When only healthy foods are served, kids will eat them. Serving less healthy foods at meals and snacks just leads to arguments when kids are tempted to eat those instead of the foods parents want them to eat. Also be sure to let kids decide how much to eat—they have a built-in ability to match the amount they eat to what they need. Bribing or forcing kids to eat can backfire! Kids end up disliking the healthy foods parents want them to eat even more!

**#5 Think about those drinks.** Having a sugary drink once in a while is fine, but many people drink more than is healthy. Sugary drinks are most frequently consumed at home—if they are available at home and parents drink them, kids will, too. Sugary drinks provide lots of calories and very few nutrients. Do your family a favor, provide the best choices for kids and parents—water and low-fat milk! To keep it exciting, dress up water with a splash of fruit juice. Or, add flavors to low-fat milk—chocolate low-fat milk has all the nutrients in milk and less sugar than soda.

**#6 Enjoy a fruit and veggie rainbow.** Is your family missing out on the rewards of fruits and veggies? Getting enough fruits and veggies helps families get more nutrients, avoid constipation, and keep a healthy weight. To boost fruit and veggie intake, try serving those that are colorful and have mild flavors, talk about how good they taste, and serve them at every meal.

**#7 Right size it.** Many families are eating much more than they did years ago. That's because the portions served today are larger. For instance, small soft drinks, fries, burgers, and pizzas are twice as big as they were in the past. Large portions can cause overeating and weight gain especially when parents or kids are inactive. Given an age appropriate portion size, kids will get the nutrients they need to grow and develop normally.

**#8 Play, Every Day!** Physical activity is important for the whole family. It helps kids and parents be healthy and feel good about themselves. For the most benefits, kids should be active for at least 60 minutes every day and their parents should aim for at least 30 minutes of physical activity daily, or at least 150 minutes/week of moderate physical activity. Being active means playing hard enough to breathe hard and sweat. Being active builds closer family bonds, soothes stress, promotes better sleep, and helps promote a healthy weight. Keeping TV, DVDs, and computer time to a maximum of 2 hours daily helps families find time to play actively.

**#9 Have a standing reservation with "Mr. Sandman".** Sleep is key to good health. It helps improve memory, learning, and creativity. Many kids and adults do not get enough sleep. Kids who do not get enough sleep have a harder time learning and remembering, are short-tempered and misbehave, and poor sleep may contribute to excess body fat. To be sure kids get enough sleep, set a regular bedtime and stick to it. A bedtime routine that helps everyone unwind and prepare for sleeping helps the whole family get the "zzz's" they need.

**#10 Be the leader.** Kids notice everything...and like sponges, they soak it up! So, to get them to eat breakfast, play actively, eat their veggies, and get enough sleep...parents have to encourage them to do it. Let them know you enjoy it too, and then...do it!



Find more tips for making this year the happiest and healthiest ever at [HealthyHomeStyles.com](http://HealthyHomeStyles.com)

# Do You Know Your Digital Assets?

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The term “digital assets” refers to personal information that is stored electronically on either a computer or an online “cloud” server account. Anyone who uses e-mail on a computer, has a password protected cell phone, uses social media, makes online purchases, or pays bills or does banking online has digital assets.

Digital assets generally require a user name and/or password or PIN to access and can be difficult or impossible to retrieve if someone is incapacitated or passes away. Some digital assets have a monetary value while others have sentimental value. Either way, they are usually very important to the people who create them.

Take the time to record all of your digital assets using the Rutgers Cooperative Extension Digital Assets Inventory Worksheet: <http://njaes.rutgers.edu/money/pdfs/Digital-Assets-Worksheet.pdf>. Then keep this information in a safe place and share it with your power of attorney, executor, and other trusted people who would need to have it. Writing everything down will also help you, personally, keep track of your digital life by itemizing account access details in one place so this information is available when needed.



## Below is a list of categories for frequently held digital assets:

- **Electronic Devices** - This category includes all of a person’s electronic gadgets including a smart phone, tablet, laptop computer, desktop computer, and external hard drive.
- **Benefit Accounts** - Examples include airline miles, Amtrak railroad miles, hotel rewards program points, and online accounts for retailer reward/loyalty programs.
- **E-mail Accounts** - Specific examples include Yahoo!, Google Gmail, AOL, Outlook, Hotmail, Juno, and an employer’s E-mail account.
- **Financial Accounts** - This category includes bank, credit union, and brokerage accounts, and online access for mutual funds, retirement savings accounts, credit cards, employee benefit accounts, PayPal, and Social Security.
- **Online Merchant Accounts** - Included here are accounts that someone creates to make online purchases from any retailer. Specific examples are Amazon, Blair, Chadwicks, eBay, Etsy, Zappos, and Wal-Mart.
- **Organization Accounts** - Include here access information for professional societies, membership organizations, and personalized charitable organization donation web pages such as those for American Cancer Society fundraisers.
- **Photography and Music Accounts** - These are web sites where people store often irreplaceable family photos and music. Examples include Instagram, Snapfish, Flickr, and a digital music library.
- **Publication Accounts** - This category includes online access to newspapers, magazines, and blogs.
- **Social Media Accounts** - In this category are various types of social media that often include intellectual property and personal photographs. Examples include Facebook, Twitter, Pinterest, LinkedIn, and Google+.
- **Video Accounts** - This category includes web sites, such as YouTube and Vimeo, that are used to store videos that people create for personal or professional use.
- **Virtual Currency Accounts with Cash Value** - Many people have digital currency with real U.S. dollar currency value stored in web sites such as Bitcoin, Farmville, Second Life, and World of Warcraft.
- **Web Site Accounts** - This category of digital assets includes domain names, hosting services, online business accounts, and cloud storage sites such as Dropbox, Google Drive, and Apple iCloud.



## Once you identify your digital assets, what else do you need to do? Consider these three tips:

- Include specific language in estate planning documents (e.g., will, trust, and power of attorney) that authorizes a fiduciary to handle digital assets as well as tangible assets.
- Review the “terms of service” for online accounts. For example, some account providers may require a death certificate to access or delete a deceased person’s account.
- Refer to your list of digital assets in your will, as you would similarly do for a list of untitled personal property. However, do not include it in your will. A will becomes a public document when someone dies.

# Becoming a Vegetarian - What You Need to Know About a Plant-based Diet

- continued from page 1



**Calcium:** Calcium helps to build strong teeth and bones. It is found in milk and dairy products, dried beans, dark leafy green vegetables and calcium enriched and fortified juices, tofu, soy and rice drinks, and cereals.

**Protein:** Protein builds and maintains healthy skin, muscles, bones and organs. It can be found in dairy products, eggs, soy products including tofu, whole grains, dried beans and nuts. You don't need to eat large amounts to meet your daily protein needs.

**Iron:** Iron is a critical part of our red blood cells. Good sources are eggs, beans, dried fruits, leafy-green vegetables, enriched cereals, and whole grains. Iron isn't as easily absorbed from plant sources and the recommended amount is almost double of that for non-vegetarians. To help your body absorb iron, eat foods rich in vitamin C like citrus fruits, or tomatoes at the same time that you eat iron-rich foods.

**Zinc:** Zinc is found in cells throughout the body. It is needed for the body's defensive (immune) system to properly work. It plays a role in cell division, cell growth, wound healing, and the breakdown of carbohydrates. Zinc is also needed for the senses of smell and taste.

Plant sources of zinc include whole grains, legumes, nuts and soy products. Sources of zinc for vegetarians and vegans include many types of beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds. Milk products are a zinc source for lacto vegetarians.

**Getting Started:** If you are thinking of starting a vegetarian diet here are a few tips to get you started.

- **Change gradually** – Start by reducing meat, fish and poultry from five days/week to two days/week.
- **Learn to substitute** – Take favorite recipes and try them without meat.
- **Try vegetarian menus** – Search the Internet, scan cookbooks and check out ethnic restaurants to sample vegetarian cuisines.
- **Get support if you need it** – Talk to a registered dietitian for help in planning a healthy vegetarian diet.

Like any healthy diet, a key to the vegetarian diet is proper planning. Remember to eat a variety of foods from all of the food groups and in the right amounts. Beware of possible nutritional deficiencies and plan accordingly. Check <http://www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html> for additional information.