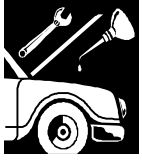


CELEBRATE MARCH NUTRITION MONTH

FOOD FOR FITNESS AND FUN MARCH 2000

TIME FOR A TUNE-UP?



The slogan for the American Dietetic Association's March National Nutrition Month 2000 is "Food and Fitness: Health for a Lifetime." The following article is from Food Reflections Newsletter, University of Nebraska Cooperative Extension in Lancaster County (www.lanco.unl.edu/food)

If you cared for your car like you care for yourself, what type of miles per gallon would you get? Or, would your auto move at all? Take this Car Care Test and then compare the human equivalent (HEQ) for your body.

1. Do you recharge your car's battery if it runs low?
HEQ: Do you get enough sleep?
2. Do you refill your car's gas tank when it's empty?
HEQ: Do you eat meals/snacks at regularly-spaced times throughout the day?
3. Do you use the right type of fuel for your car?
HEQ: Do you eat the right variety of foods from each Food Guide Pyramid group?
4. Do you make sure your car's radiator has enough water?
HEQ: Do you drink about 8 cups of liquid a day – mostly from water, juice, and milk?
5. Do you read the owner's manual to get the best performance from your car?
HEQ: Do you take advantage of opportunities to learn more about healthy eating and other healthy lifestyle choices?
6. Do you clean your car's body so it doesn't rust out?
HEQ: Do you brush and floss your teeth daily?
7. Do you limit passengers to a number your car's structure can handle?
HEQ: Do you keep your weight at a healthy level?
8. If smoke poured from your car, would it concern you?
HEQ: Do YOU smoke?
9. Do you give your car regular tune-ups?
HEQ: Do you participate in moderate to vigorous physical activity most days?
10. Do you keep the proper pressure in your tires?
HEQ: Do you keep your stress at a healthy level?

There seem to be similarities between our cars and our bodies. There are however, two major differences:

- 1) It's easier to replace damaged parts on our cars.
- 2) We can trade our cars in for a newer model every few years. We have to live with our bodies forever!

Perhaps, after reading this, you feel it's time for a tune-up to get back on track. Start your engine, rev up your motor and begin caring for your body as carefully as you do your car!

BAKED FISH WITH RAINBOW SALSA 4 SERVINGS

4 4-ounce fillets of fish (flounder or haddock), fresh or thawed

1 teaspoon paprika
4 Tablespoons water

Salsa:

½ cup diced pineapple (fresh or canned)
½ cup diced peaches
¼ cup diced green onion
½ cup diced bell peppers
1 cup diced tomatoes
2 Tablespoons lime juice or juice of 1 fresh lime

Preheat oven to 350°F. Place the fish fillets on a baking pan so they are spread evenly apart. Sprinkle the tops of the fish with the paprika then place the water on the tray. Bake until the fish is done – when it flakes apart and is fork tender, about 15-20 minutes.

Meanwhile, place the ingredients for the salsa in a medium-sized bowl and mix well. Serve each fillet of fish with ½ cup of salsa on top.

Source: *Communicating Food for Health* June 1999



2 BEAN PEPPER SALAD 4 SERVINGS

2 cups green beans, canned or frozen – thawed
1 cup canned black beans, drained
½ red pepper chopped
1 tomato, cored and chopped
1 Tablespoon olive oil
2 Tablespoons flavored vinegar
1 teaspoon Italian seasoning mix
4 Tablespoons slivered almonds, toasted

Toss all ingredients except almonds in a medium-sized mixing bowl. Refrigerate until ready to serve, up to 24 hours. Top with toasted slivered almonds.

Source: *Communicating Food for Health*, February 2000



TROPICAL FRUIT SALAD 2 SERVINGS

Colorful, easy and packed with nutrients! Count as 2 fruit servings from the Food Guide Pyramid.

1/3 cup pineapple chunks
1/3 cup mandarin oranges
1/3 cup sliced kiwifruit
1 Tablespoon slivered almonds, toasted

Adapted from Tufts University Health & Nutrition Letter, Feb. 2000



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SHAMROCK SANDWICHES 6 SERVINGS

Celebrate St. Patrick's Day with these special tuna sandwiches.

- 12 slices whole wheat bread
- ½ cup reduced fat shredded cheddar cheese
- 3 hard-cooked eggs, chopped*
- 1 6½ ounce can tuna, drained and flaked
- ½ cup reduced fat mayonnaise
- ½ cup chopped celery (optional)
- ¼ cup diced onion (optional)
- 2 Tablespoons green pepper (optional)



Use cookie cutters to cut shamrock shapes from bread. If you don't have a shamrock shape, use heart shapes and join in the center. Combine remaining ingredients. Place filling between bread/shamrock slices. Wrap sandwiches in foil. Refrigerate until ready to use. To serve, heat foil wrapped sandwiches in a 350°F oven for 15 minutes.

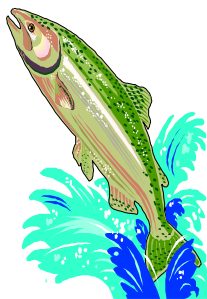
*TIP: No time to hard cook eggs in boiling water? Use the microwave to cook the eggs as scrambled eggs. Chop and add to the mixture. OR, check the dairy case where you shop. Some stores carry packaged hard cooked eggs.

LEMONY SALMON PATTIES 4 SERVINGS

- 1 can (14 ¾ ounces) pink salmon, drained, skin and bones removed
- ¾ cup skim milk
- 1 cup soft bread crumbs
- 1 egg, beaten
- 1 teaspoon dried parsley OR 1 Tbsp. fresh
- 1 teaspoon dried minced onion
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon salt
- 1/8 teaspoon pepper

LEMON SAUCE:

- 2 Tablespoons margarine
- 4 teaspoons all-purpose flour
- ¾ cup skim milk
- 2 Tablespoons lemon juice
- ¼ teaspoon salt
- 1/8 to ¼ teaspoon cayenne pepper



Combine the first 9 ingredients; mix well. Spoon into eight greased muffin cups, using ¼ cup in each. Bake at 350°F for 45 minutes or until browned. During the last 15 minutes of baking, prepare sauce by melting margarine in saucepan; stir in the flour to form a smooth paste. Gradually stir in milk; bring to a boil over medium heat, stirring constantly. Cook for 1 minute or until thickened. Remove from heat; stir in lemon juice, salt and cayenne. Serve over patties.

Source: Taste of Home, February/March 1996

RAINBOW PASTA SALAD

- 8 ounces rainbow pasta, cooked
- 1 cup cooked black beans, drained (canned are fine)
- 1 cup corn kernels
- 1 cup sliced carrots
- ½ cup sliced radishes
- ½ cup sliced green onions
- 1 cup broccoli florets, steamed
- 1 teaspoon olive oil
- 1 teaspoon oregano
- 2 Tablespoons flavored vinegar



Cook pasta according to package directions; drain in a colander and rinse with cold water. Allow the pasta to drain more while you prepare the rest of the ingredients. Place all ingredients in a medium-sized mixing bowl. Mix well; refrigerate until ready to serve. Looks and tastes great served on a bed of garden greens.

Source: Communicating Food for Health, May 1999

OH NUTS!

Some of the recipes in this newsletter contain nuts. True, nuts are high in fat and calories, but they have some nutritional benefits that make them better than many fat-laden snacks. The fat in nuts is predominately "good" fat (it's unsaturated) and they also have a few B vitamins, iron and zinc. A real bonus can be their fiber content. Unlike other members of the Food Guide Pyramid protein group, nuts DO contain some fiber.

An ounce of	Calories	Fiber	How many/oz.
Almonds	174	3.1 g	22
Cashews	163	1.1 g	18 medium
Peanuts	165	2.6 g	36
Pecans	194	1.9 g	15 halves
Walnuts	182	1.4 g	14 halves

Source: Tufts University Health & Nutrition Letter, February 2000

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Community Supported Agriculture is a partnership between farmers and community members working together to create a local food system. CSA farmers produce fresh vegetables, fruits, meats or related products directly for local community members. Community members become shareholders by paying in advance for the produce. For more information, request the following publications at your County Extension Office in Iowa.

Local Food Systems for Iowa, Pm-1692
Iowa CSA Farms, Pm-1693

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