

# CELEBRATE SPRING WITH FOOD FOR FITNESS AND FUN!

APRIL 2002

## PICK A BETTER SNACK & ACT

APRIL featured produce items for the Pick A Better Snack and Act Campaign include

- Artichoke
- Avocado
- Pineapple
- Grape Tomatoes



For information about the produce and the Snack and Act Bingo card contact an Iowa State University Extension Office or go to the web:

[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)

Return completed April Snack & Act Bingo cards by the 30th of April to:

*Pick a Better Snack*  
P. O. Box 1913  
Iowa City, IA 52244

## FAST FROZEN FRUIT CUPS

When you need a tasty but simple do-ahead fruit cup, this recipe should top the list. Serve it for company or make plenty to have for snacks for the family.



- 2 cans (20 ounces each) crushed pineapple packed in juice, undrained
- 1 bag (16 oz.) frozen strawberries, thawed and sliced OR use frozen, sliced berries – but these usually have added sugar
- 1 can (20 ounces) fruit cocktail packed in light syrup, undrained
- 1 can (12 ounces) frozen orange juice concentrate, thawed
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 6 medium firm bananas, cubed

In a large bowl, combine all ingredients. Pour into foil-lined muffin cups or individual plastic beverage glasses. Freeze until solid. When ready to serve, thaw for 30-45 minutes before serving. Yield: 10 servings about  $\frac{3}{4}$  cup each.

Source: Adapted from Taste of Home, Reiman Publications, April/May 1998

## ARE YOU EATING WELL?

Many of us are watching what we eat – to stay healthy and improve the quality of our lives. But are we doing enough? Try the quiz below from the American Institute for Cancer Research to evaluate your diet. **Scoring:** **Often** = most days; **Sometimes** = once or twice a week; **Rarely/never** = only once every few weeks or less often. Total your points and compare with the evaluation on the bottom of the next page.

### How often do you . . .

1. Eat a variety of fruits – such as oranges, grapefruit, berries, melon and apples – or drink 100 % fruit juice?  
Often (2); Sometimes (1); Rarely/never (0)
2. Eat leafy green or “cruciferous” vegetables such as spinach, kale, broccoli and Brussels sprouts, or eat yellow-orange vegetables such as carrots and red bell peppers?  
Often (2); Sometimes (1); Rarely/never (0)
3. Eat whole grain foods, such as whole wheat bread, pasta or brown rice?  
Often (2); Sometimes (1); Rarely/never (0)
4. Use canola oil or olive oil, instead of butter or margarine, when cooking?  
Often (2); Sometimes (1); Rarely/never (0)
5. Eat legumes, such as beans, peas and lentils?  
Often (2); Sometimes (1); Rarely/never (0)
6. Use onion, garlic or herbs to season foods rather than salt? Often (2); Sometimes (1); Rarely/never (0)
7. Eat fresh or canned oily fish such as tuna, salmon or sardines?  
Often (2); Sometimes (1); Rarely/never (0)
8. Snack on seeds or nuts, or add them to your meals?  
Often (2); Sometimes (1); Rarely/never (0)
9. Consume lowfat or nonfat milk, yogurt or other dairy products?  
Often (2); Sometimes (1); Rarely/never (0)

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**Helping you become your best.**

## TIPS FOR NAVIGATING THE SUPERMARKET CEREAL SHELVES

- ✓ Check the fiber content. Your goal should be at least 3 grams per 100 calories.
- ✓ To get the most fiber, look for whole grains – whole wheat, wheat bran, whole barley, brown rice, oat and corn. Corn and oats are always whole grains, but the others – wheat, barley, and rice are often refined and thus may be missing the outer bran layer during processing.
- ✓ Check for vitamin fortification. It's fine to have cereals fortified, but getting 100% of vitamins and minerals through a cereal may be more expensive than just taking a daily vitamin pill.
- ✓ Check the sodium content. It's best if the milligrams of sodium is about equal to the number of calories per serving.
- ✓ Check for added sugar because that means extra calories. It doesn't matter if it's sucrose, fructose, maltose, corn syrup, rice syrup, brown sugar or honey – they are all forms of sugar. Set your goal to be 10 grams or less of sugar per serving – a teaspoon of table sugar is 4 grams.
- ✓ Add your own dried fruit to keep cost of cereal more reasonable.
- ✓ Shop by price. Store brands are often the same as national brands and cost much less.

Source: UC Berkeley Wellness Letter, April 2002

## COLORFUL SPRING BUNDLES

For each bundle you will need:

- 1 slice whole wheat bread
- 1 to 2 ounces fully cooked ham
- 3 to 6 asparagus spears, fresh or frozen
- ½ Tablespoon cheddar or mozzarella cheese – cubed or shredded



Wooden skewer soaked in water and tops from one green onion

Lightly spray each side of bread with vegetable spray. Flatten slice of bread between folded piece of waxed paper. Place ham in center of flattened bread. Top with asparagus and cheese. Secure with skewer. Bake for 8-10 minutes at 425°F or until browned. To serve, remove skewer and tie bundle with the top of a green onion (use it like a string). Serve warm.

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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## SPECIAL DEVILED EGGS

Give the deviled eggs you serve a few more nutrients and more color with spinach.

- 6 hard-cooked eggs
- 3 tablespoons mayonnaise
- 1 teaspoon vinegar
- 1 ½ teaspoons sugar
- ¼ teaspoon pepper
- ¼ cup frozen chopped spinach, thawed and squeezed dry
- 4 teaspoons real bacon bits



Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork. Stir in the mayonnaise, vinegar, sugar, pepper, and salt. Add spinach and mix well. Stir in the bacon; spoon into egg whites. Yield: 12 halves.

Adapted from *Quick Cooking*, Reiman Publications, March/April 2000.

## HOW DID YOU SCORE? (CONT. FROM PAGE 1)

**0-9:** You are probably already aware that you are not eating as well as you should. Take a good look at your diet and change your eating habits gradually over the following weeks. For instance, add vegetables to your sandwich, snack on fruit or switch to a whole grain cereal at breakfast. Your eventual goal at meals is to fill two-thirds (or more) of your plate with plant-based foods – vegetables, fruits, whole grains, beans – and one-third (or less) with animal-based foods.

**10-15:** You are making an effort to eat well. Now think of ways you can do even better. Look for additional opportunities to choose healthy foods each day, such as having a piece of fruit instead of cookies, using a variety of herbs and spices when cooking, or trying some vegetables you don't usually eat.

**16-18:** Well done. Keep eating a varied, mostly plant-based diet. Along with exercise, this is one of the best ways to improve your health, boost your energy and keep your cancer risk low.

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