

JUNE FOOD FOR FITNESS AND FUN

2002

Pick A Better Snack & Act

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

- Green Beans
- Apricots
- Peaches
- Lemons and Limes



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/

Return completed May Snack & Act Bingo cards by June 28th to:

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

FATHER'S DAY GIFT IDEAS

Healthy Food Gifts:

- Grill 'basket' – a new set of barbecue tools; add in mitts, seasonings, flavored oils, vinegars and recipe books for healthy grilling.
- Chef's knives – buy dad a new kitchen knife or knife set; complete it with a new cutting board.
- Certificate for a healthy, home-made dinner (s)
- Healthy cookbook or subscription to healthy cooking magazine (Prevention, Cooking Light)

Outdoor Enthusiast:

- Landscape and gardening tools and books
- Fishing supplies
- Hunting supplies
- Camping supplies

Fun Exercise Gifts:

- Hat for walking/gardening
- Exercise t-shirt – customize it with a photo
- Water bottle
- Gift certificate for personal trainer
- Gift certificate for exercise class
- Certificate for a walking or exercise partner
- "Sneaky" exercise supplies: new lawn mower, weed trimmer, or gardening tools; auto, car or home-care supplies



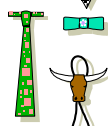
Source: Food and Health Communications 2002

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University Extension

Helping you become your best.

TIE IT ALL UP FOR DAD - PART 1

Dad may not want to wear a tie in the summer, but he's sure to EAT HIS TIE when you prepare these special treats for him.



For each **sandwich** you will need:

- 1 Long, narrow roll (ex. individual French loaf, hot dog or hoagie style bun)
- 1 Small round roll (English muffin, dinner roll)

(Note: The round bread represents the portion of the tie that goes around the neck, the long bread is the part that hangs down the chest.)

- Sandwich filling of your choice
- Equal parts cream cheese and mayo
- Assorted bite size vegetables (ex. grape tomatoes, sliced olives, carrot rounds or strips, celery strips, green pepper strips, green beans)

Prepare sandwich with favorite filling in both the long and the round breads. Mix together mayonnaise and cream cheese. Use sandwich bag (cut small hole in lower corner) as a decorator bag to pipe mixture in stripes on top of sandwich. This is the 'glue' for the assorted vegetables. Decorate top of sandwich to make it look like a striped tie.

TIE IT ALL UP FOR DAD - PART 2

Continue with the tie theme and make Dad a dessert tie. Everyone can help make AND EAT this tie!

Angel Food Cake Mix

Nondairy whipped topping

Assorted small fruits – (Examples: blueberries, or sliced strawberries, peaches, apricots, kiwi.)

Prepare the cake according to package directions.

Bake in loaf pans and round cake pans. (Note: It will taste the same regardless of shape so use what you have available. The most important is to have some fun with healthful foods for Dad). After the cake has cooled, use a sandwich bag to pipe stripes of nondairy whipped topping onto the cake. Arrange fruit pieces on the stripes. Refrigerate leftovers – if there are any!



COFFEE OR TEA?



The bulk of current scientific research shows that the consumption of **unfiltered** black coffee raises total and LDL cholesterol levels and is probably a significant risk factor for the development of atherosclerosis, heart disease and stroke. While **filtered** coffee does have less impact on blood lipids than unfiltered coffee, it may still modestly elevate serum cholesterol levels and also increase homocysteine levels. This means even filtered coffee may increase the risk of cardiovascular disease and possibly Alzheimer's disease as well.

Is tea healthier than coffee?

In contrast to coffee there is growing scientific evidence that regular consumption of tea may reduce the risk of cardiovascular disease and perhaps also help reduce the overall risk for developing cancer. Tea (both black and green) contains a variety of beneficial plant chemicals called flavonoids that may reduce the oxidation of LDL particles and/or reduce the tendency of blood platelets to stick to artery walls. This suggests that black tea may reduce the risk of clogged arteries and/or heart attacks.

Tea: The healthier choice

Regular consumption of coffee is likely to increase the risk of cardiovascular disease and may also increase the risk of Alzheimer's disease. By contrast, choosing black or green tea instead of coffee is likely to reduce the risk of cardiovascular disease and may also reduce the risk of at least some types of cancer. Clearly, tea is the healthier choice.



Which is better, green or black tea?

They are about the same – they both contain about the same amount of flavonoids and caffeine. You'll likely be healthier if you replace drinking any type of coffee with any type of tea. For people who are very sensitive to caffeine, decaffeinated tea may be a good choice. But most regular teas only contain 30-40 mg of caffeine per cup, far less than a cup of coffee, which is around 135 mg. per 8-ounce cup.

The Perfect brew

To brew the perfect pitcher of tea for chilling, bring one cup of water per tea bag or teaspoon of dried tea to a rolling boil. Measure the tea into a clean glass container. Plastic and metal tend to pick up extra flavors. Pour the boiling water over your tea and allow it to steep to the desired strength. Don't leave the tea in for too long, as it will acquire an acidic taste. Add a little ice to speed the chilling process. Place your tea in the refrigerator and allow to cool for several hours. Brewed tea will keep its flavor for at least two days in the refrigerator, so you don't have to brew it every day.

Flavor it with cubes

Iced tea on its own has a wonderful flavor, but sometimes you get the urge to dress it up. Rather than using sugar or flavored syrups, create fruity ice cubes that can be added to iced tea. In addition to great flavor, you'll be sneaking in some extra nutrition. Try freezing orange, apple or cranberry juice or apricot, pear, peach, mango or strawberry nectar in ice cube trays. Add several flavors at a time to create your own taste sensation.

Source: Communicating Food for Health, June 2002



DAIRY MONTH DELIGHT

Here's a great way to celebrate "June is Dairy Month"! Let the children help make several different flavors of these and enjoy them as snacks throughout the summer months.

Fresh or frozen fruit – chopped or crushed

Low or nonfat yogurt – any flavor
Waffle cone

Combine chopped fruit and yogurt. Measure ½ cup into a plastic sack and squeeze it down into one corner to make a ball. Secure with a twist tie. Freeze. To serve, put in waffle cone.



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

and justice for all

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