

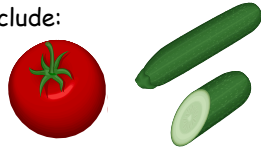
ON THE WAY TO 5 A DAY

Food for Fitness and Fun - September 2002

Pick a Better Snack & Act

SEPTEMBER featured produce items for the Pick a Better Snack and Act Campaign include:

- Plums
- Zucchini
- Tomatoes
- Radishes



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 Snack & Act Bingo cards by September 30th to:

Pick a Better Snack - Jan Temple
4265 Oak Crest Hill Rd. SE
Iowa City, IA 52246

5 TO 9 AND FEELING FINE - FRUITS AND VEGGIES ANYTIME

National 5 a Day Week is September 22-28. "5 a Day" refers to a minimum of 3 vegetable and 2 fruit servings each day. As your activity level increases, so does your need for fruits and vegetables. Active Americans need 5 vegetable and 4 fruit servings each day. That's where we get "5 to 9 and Feeling Fine."

Groups of people who consistently eat at least five or more servings of fruits or vegetables a day have been shown to significantly reduce their incidence of cancer and cardiovascular disease. Fruits and vegetables contain vitamins, minerals, fluid and fiber - all important in fighting many chronic and debilitating diseases.

Fruits and vegetables also contain natural compounds thought to help in the fight against disease. These phytochemicals (plant chemicals) have names such as flavonoids, carotenoids, lycopenes, and phytoestrogens. The best way to obtain these health-promoting compounds is to eat fresh, frozen, canned or dried fruits and vegetables or their juice.

THE WAY TO 5 A DAY

The best way to 5 a day is to add fruits and vegetables to what you are already making.

Breakfast:



- Sprinkle fruit over cereal
- Fill a plastic cup with yogurt, whole grain cereal and fresh fruit

Lunch:

- Eat salad - in a pita, as an entrée or side dish
- Eat vegetable soup
- Load your sandwich with veggies



Dinner:

- Make a taco salad with beans, rice, lettuce, chips, salsa and plenty of vegetables
- Add some frozen mixed vegetables to spaghetti with plenty of marinara sauce
- Try a stir-fry dish with plenty of fresh or frozen vegetables



Snacks:

- Low sodium tomato juice or vegetable juice
- Fruit is a great snack anytime
- Pita filled with shredded carrots, chopped Romaine and mashed avocado

SPAGHETTI STIR-FRY TOSS

- 1 tsp oil
- 1 pound package frozen stir-fry vegetables
- 1 Tbsp sesame oil
- 3 Tbsp. light soy sauce
- 8 ounces dry spaghetti, cooked and drained

Place oil in a large nonstick skillet and heat over medium-high heat. Sauté the stir-fry vegetables until crisp tender; season them with sesame oil and soy sauce. Toss with hot, cooked spaghetti. Optional garnish: serve with a sprinkle of ground ginger and roasted peanuts over the top.



Source: *Communicating Food for Health, Sept. 2001*

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PIZZA - MAKE IT FIT 5 A DAY



Pizza, whether carry out or frozen, is eaten by many families. You are making healthy choices when you choose the vegetable pizza, but it may not be as healthy as you think.

To get one serving of vegetables (a half cup) from a pizza, you may need to eat HALF of the PIZZA! Next time, while the oven preheats or before the pizza is delivered, prepare one of the following suggestions to help you get your 5 to 9 and still enjoy your pizza.



Add any one of these to your pizza before serving:

- Artichokes - Drain and rinse (to reduce sodium) a can/jar of artichoke hearts. 
- Broccoli - Microwave some fresh or frozen broccoli florets or chopped broccoli. 
- Mushrooms, onions, pepper - Sauté sliced mushrooms, chopped onions and diced green peppers with oregano and olive oil. 
- Spinach - Microwave a package of frozen spinach - drain; squeeze dry. Sprinkle with oregano, Italian seasoning or Parmesan cheese.
- Squash - Sauté diced summer squash with onions, basil and olive oil. 
- Tomatoes - Drain and rinse a can of stewed tomatoes (low sodium preferred). Add Italian seasoning or try a pre-seasoned variety. 

Adapted from Tufts University Health & Nutrition Letter, September 2002

VITAMIN C IN YOUR ORANGE JUICE

You may be getting less vitamin C than you think in your glass of orange juice. Depending on the package design and expiration date, you may not be getting your full 60 milligrams. Researchers at Arizona State University East evaluated several brands of orange juice. Here is what they found:



6 ounces O.J.	Vitamin C* in milligrams	
	When bought	4 weeks later
Reconstituted from frozen	65	36
Screw-top container, waxed (paper) carton	49	18
Milk-carton-like container	20	7

The Daily Value for vitamin C is 60 milligrams
Note: Orange juice DOES boast more nutrients than just vitamin C. It also contains folate, potassium, some vitamin A, and trace minerals. So, even if you don't get your container finished promptly, you will still get many beneficial nutrients. But, to get the most vitamin C, it would seem frozen concentrate is the winner.

SEPTEMBER = FOOD SAFETY EDUCATION MONTH

Questions about food safety? Look here:

- USDA/Food Safety and Inspection Service: www.fsis.usda.gov
- Thermy® Web page: www.fsis.usda.gov/thermy
- FightBAC!®: www.fightbac.org
- Gateway to Government Food Safety Information: www.foodsafety.gov
- FDA/Center for Food Safety and Applied Nutrition: www.cfsan.fda.gov
- USDA/FDA Foodborne Illness Education Information Center: www.nal.usda.gov/fnic/foodborne
- Centers for Disease Control and Prevention: www.cdc.gov/foodsafety

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 Web Site: <http://www.extension.iastate.edu/food>

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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