

CELEBRATE SPRING

Food for Fitness and Fun - April 2003

PICK A BETTER SNACK

APRIL featured produce items for the Pick a **better** snack™ campaign include:

- Artichoke
- Avocado
- Pineapple
- Grape Tomatoes



By eating fruits and vegetables and getting physical activity, you may be eligible to win one of 6 prizes to be awarded **each** month. Here's what you need to do.

1. Get a copy of the Pick a Better Snack and Act Bingo Card from the web site at: www.extension.iastate.edu/food/ OR Call Johnson County Extension Office at 319-337-2145 to have a card and entry blank mailed to you.
2. Earn a Bingo by completing the physical activity and eating suggestions in any row across, down; or corner to corner. You are "on your honor" as to what "counts" as a Bingo for you. For a new food item, just a bite may be sufficient. For familiar foods, you would eat a serving. Physical Activity will be similar. For a new activity, giving it a try is a great goal. If it's a familiar activity, participate for 20-30 minutes.
3. Use one of these ways to return completed entries:
 - a) Complete the form on the web site,
 - b) Fax the form to me at 319-337-7864
 - c) Mail to: Jan Temple - PBS
Johnson County Extension,
4265 Oak Crest Hill Road, SE,
Iowa City, IA 52246
4. Winners will be contacted. Prizes will be mailed to persons within the continental United States Participate each month – October 2002 to September 2003. Encourage the whole family to play!

IT'S NEVER TOO LATE

A study conducted in Michigan found that previously sedentary people aged 80 to 92 who walked on a treadmill or rode an exercise bike for about 20 minutes two times a week for six months improved their cardiovascular fitness significantly and lowered their blood pressure. More exercise resulted in bigger improvement.

At age 80, American women can expect to live, on average, another 9.1 years, men another 7.6 years. If you live to 80 you have a better chance of living to 100 than you had at age 70. Once Americans reach 80, they can expect to live longer than their counterparts in long-lived countries like Japan, France or Sweden.

Source: *Wellness Letter, UC, Berkeley, April 2003*

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EGGS – NUTRITIOUS AND FUN



In spite of all the controversy about cholesterol, eggs remain an inexpensive source of high quality protein, vitamin B₁₂, riboflavin and selenium. Current research has shown that the yolk of the egg contains less cholesterol than once believed – only 213-220 milligrams rather than 275. The American Heart Association now suggests that healthy people may consume one egg per day as long as the total amount of dietary cholesterol for that day still stays under 300 milligrams. Persons with elevated cholesterol still need to limit themselves to one whole egg, or egg yolk, per week.

Storage: Fresh eggs in the shell may be kept in the refrigerator for 4-5 weeks from the packing date listed on the container. Keep eggs in the carton – NOT the molded section of the refrigerator – they get too warm as the door opens and closes. Furthermore, the carton protects them from odors in the refrigerator. Hard-cooked eggs may be stored in the refrigerator for up to one week. Remember that hard cooked eggs are perishable and should not remain at room temperature for longer than two hours. If you plan to use eggs for a decoration this spring, use different eggs for eating.

EASY DEVEILED EGGS

6 hard cooked eggs
¼ cup fat free creamy Italian dressing



Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks. Stir in Italian dressing. Pipe or stuff egg whites. Sprinkle with paprika and refrigerate until serving time.

EASY DEVEILED EGGS PLUS

Add ¼ cup frozen chopped spinach, thawed and squeezed dry to mashed egg yolks and Italian Dressing in recipe for "Easy Deviled Eggs".

CUTE DEVEILED EGG CHICKS

Use your favorite recipe for deviled eggs. Cut a thin slice from the bottom of each egg so it will sit flat. Cut a zigzag pattern a third of the way from the top and remove the yolk. Prepare filling and pipe or spoon into egg white bottoms; replace tops. Use slices of ripe olives for eyes and a small triangle of sweet red pepper for a beak. Gently press eyes and beak into egg yolk filling. Refrigerate until serving time.



MAX MAC AND CHEESE — SERVES 4

This handy recipe makes a cheesy side dish that is lower in fat and sodium than many commercial preparations. Carrots added to the sauce make a nice orange color.

8 oz. package macaroni
1 cup skim milk (seek fortified skim milk – often called 'Skim Plus' – it is thicker than regular skim milk and it contains added calcium.)
½ can carrots, drained (or 1 cup cooked)
¼ cup grated parmesan cheese
½ cup light shredded cheddar cheese
½ teaspoon garlic powder
Black pepper to taste

1. Cook macaroni according to package directions; drain in colander.
2. Puree milk, carrots, cheeses and seasoning together in blender until smooth.
3. Pour this sauce into microwavable casserole dish and add noodles.
4. Stir well and microwave on full power for 3-4 minutes or until mixture is thick. Serve hot. If you are chilling this dish for later, add a little skim milk prior to reheating in the microwave.

Source: *Communicating Food for Health*, April 2003

WATER IN AN EMERGENCY



If a disaster – natural or man-made – strikes your community, you might not have access to food, water and electricity for days or even weeks. Having an ample supply of clean water is a top priority in an emergency. A normally active person

needs to drink at least 2 quarts of water each day. Hot weather can double that amount. Children, nursing mothers and ill persons will need even more. You will also need water for food preparation and hygiene. Store a total of at least one gallon per person per day. You should store at least a two-week supply of water for each member of your family. If supplies run low, never ration water. Drink the amount you need today, and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.

Store water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly, label them and store in a cool, dark place. **Rotate water every six months.**

For more information: www.iowahomelandsecurity.org/

SELECTING A FROZEN MEAL



When it's dinner time and you are too tired to cook and don't want the expense of take-out, frozen meals may be a good choice. Following are some nutritional considerations to note as you search through the frozen food aisle.

- Look for meals with the most vegetables. Don't trust the title. Instead, check the list of ingredients. Vegetables should be among the first few items on the ingredient list.
- Read the Nutrition Facts Panel and compare different brands. Here are some rules of thumb to follow: look for no more than 800 milligrams of sodium and no more than 10-13 grams of fat in a meal that contains about 300-400 calories. That's about 30 percent of calories from fat.
- Supplement your frozen meal with other healthful foods. If your frozen meal is not adequately filling, add some packaged tossed salad, leftover cooked vegetables or vegetable soup. Add a whole grain roll and a piece of fruit to satisfy your hunger.
- Try making your own frozen dinners.

Source: *American Institute for Cancer Research Newsletter*, Spring 2003, Issue 79

SLEEP ON IT!



Too little sleep may lead to weight gain. Studies in the *Journal of the American Medical Association* (Aug. 16, 2000) and *The Lancet* (Oct. 23, 1999) suggest chronic sleep loss can make it harder to maintain or lose weight by affecting various components of metabolism that influence hunger and weight gain.

Though most healthy adults generally need an average of eight hours of sleep nightly, some people can function on less while others may need more, according to NSF. Here are general tips to help you sleep better:

- 1) Drink fewer fluids before bedtime,
- 2) Avoid heavy meals shortly before bedtime,
- 3) Don't smoke,
- 4) Go to bed and get up at the same time daily – including weekends,
- 5) Exercise regularly, but at least three hours before going to bed,
- 6) Avoid napping during the day if you have trouble sleeping at night,
- 7) Avoid caffeine and alcohol in the late afternoon and evening. While caffeine may keep you awake, alcohol may cause you to awake later in the night.

Source: *Food Reflections Newsletter*, U of Nebraska Cooperative Ext. in Lancaster Co.

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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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