

FALL FOOD FUN

Food for Fitness and Fun - October 2003

Pick a **better snack™** –
(how easy is that!)

OCTOBER featured produce items for the Pick a **better snack™** – the **color** way campaign include:

- Apples
- Eggplant
- Carrots
- Jicama
- Grapes



To learn more about each of these produce items – how to select, store and use – go to the Food for Fitness and Fun website at

www.extension.iastate.edu/food

In addition to the current monthly feature (top of page), look at the bottom of the page for “Apples to Zucchini Snack Ideas”. As the year progresses, I will create a one-page fact sheet for each produce item that summarizes the ideas shared during the entire Pick a **better snack™** campaign.

SOUPS FOR CHILLY MONTHS

Problem:

You have too little time to spend in the kitchen. Canned soups and soup mixes are often high in sodium. Furthermore, low-sodium choices are hard to find, more expensive and don't always taste that good.

Solution:

Stretch the sodium in canned soup by adding more low-sodium ingredients, such as no-salt added canned tomatoes, frozen vegetables, cooked rice, cooked noodles and cooked meat.

Recipe:

- 1 can vegetable soup
- 1 potato, washed and diced, leave skin on
- 3 cups mixed frozen vegetables
- 1 cup water
- 1 cup cooked chicken

Place all ingredients in a large pan and bring to a boil over high heat. Lower heat to simmer and cook until potato is tender, about 10 minutes. Serve hot with a large tossed salad and a slice of whole-grain toast.

Source: *Communicating Food for Health, October 2003*



POPPIN' POPCORN – A WHOLE GRAIN!

It's easy to see why popcorn is a nutritious snack. But, like potatoes and pizza, it's what you put on the popcorn that makes all the difference. Too much butter or salt will cancel out the health benefits.

Your best bet is to use a hot-air popcorn popper and add just a touch of seasoning to taste. Some low-fat microwave brands are also good choices. Label reading is important here. It can be confusing because some brands list nutrient values for unpopped corn or for 1-cup and 6-cup serving sizes. Look for “low-fat” or “94% fat free” claims, which still make a healthy snack. Orville Redenbacher Smart Pop, Pop Secret 94% Fat Free, and Healthy Choice are good choices. Three cups is considered one serving of popcorn, so watch it – you can munch a whole bag if you're not careful!

You can make popcorn into a sweet or spicy snack without adding too much fat, extra calories, or sodium. Just spray popcorn lightly with butter flavored cooking spray (or try the garlic flavor for a change) and toss with your favorite seasoning.

Source: *Communicating Food for Health, October 2001*

PARTY PINK POPCORN

- 6 cups popped popcorn
- 2 Tablespoons margarine
- 1 teaspoon sugar-free cherry, raspberry or strawberry flavored gelatin



Keep popcorn warm in oven. Melt the margarine in the microwave. Cool slightly. Quickly stir in gelatin and immediately pour over popcorn tossing to coat all pieces.

GET A GRIP ON PORTIONS

- 1 ounce cheese looks about the size of a computer floppy disk or two dominoes
- 1 teaspoon butter or peanut butter looks about the size of the top half of your thumb
- 1 small banana looks about the size of an eyeglass case

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FALL PARTY FOOD IDEAS

Served with a glass of milk or calcium fortified orange juice, The following items would combine to make a nutritious snack or meal during October.

MENU

GLOWING JACK-O-LANTERNS,
HAIR RAISING GRANNY'S
CARROT CHIPS WITH DIP
AND
KOOL KATS

GLOWING JACK-O-LANTERNS

A VERY SPECIAL PEANUT BUTTER AND JELLY SANDWICH!



Using two slices of whole wheat bread for each Jack-O-Lantern sandwich spread one slice with peanut butter and top it with layer of grape jelly. On the other slice of bread, make a Jack-O-Lantern face. Either use a knife to cut out shapes for eyes, nose and mouth or use small cookie cutters. After the face is made, place the face side on top of the peanut butter and jelly slice. The grape jelly will show through the openings and look like it's "glowing". Use a piece of apple or celery to be like the stem.

HAIR RAISING GRANNY'S

A Granny Smith apple with fruit kabobs makes for fun eating.

Cut a Granny Smith apple into two halves. Put the cut side down on a small plate. Make a face on the stem end of the apple using wooden picks to attach purple grape halves as eyes; the tip of a baby carrot as a nose and a slice of red apple for a mouth. To make the kabobs, string pieces of fruit such as grapes, banana, apple or pineapple onto the five toothpicks or skewers. Stick the filled skewers into the top of the apple to be "hair."

CARROT CHIPS WITH DIP

To make sure you include a vegetable with this meal, try serving carrot chips – available in the produce section of some grocery stores along with Ranch® dressing as a dip. Use any assortment of raw vegetables – just be sure to offer them!

KOOL KATS

Note: You can save calories by using the sugar free varieties of these ingredients, but the final product may not be as firm and wiggly.

2 ½ cups boiling water
2 packages (8-serving size) or 4 packages (4-serving size) raspberry flavored gelatin
1 cup cold fat free milk
1 package (4-serving size) chocolate flavor instant pudding and pie filling

Stir boiling water into gelatin in a large bowl for at least three minutes until completely dissolved. **Cool** 30 minutes at room temperature. **Prepare** chocolate pudding according to package directions. After whisking for one minute, **pour** into the cooled gelatin. **Stir** pudding and gelatin until well blended. Pour into a 9 X 13 pan. Refrigerate for three hours or until firm. Dip bottom of pan into warm water about 15 seconds. Cut into shapes using cookie cutters or make your own Kool Kat using round cookie cutters and piecing it together.

Source: Modified from Jell-O

HALLOWEEN SAFETY TIPS

- Wear a costume that allows for freedom of movement, yet is not too long or baggy, and shoes that fit properly.
- Do not eat treats until you get home and have an adult inspect them for safety.
- Enjoy treats over several days or weeks. Consider freezing some to enjoy later.

SUGAR AND DIABETES

Avoiding sugar won't reduce your risk for diabetes, according to a study of almost 40,000 female health professionals. Over a six-year period, women who consumed the most sugar were no more likely to develop diabetes than women who ate the least sugar. The researchers warned, however, that these results should not be interpreted as permission to consume unlimited candy bars and soft drinks, since that will cause weight gain, which in turn increases the risk of diabetes. This confirms the advice of the American Diabetes Association that people, including those with diabetes, need not shun sugar.

Source: UC Berkeley Wellness Letter, October 2003

Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County
Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;
Web Site: <http://www.extension.iastate.edu/food>

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and justice for all

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