

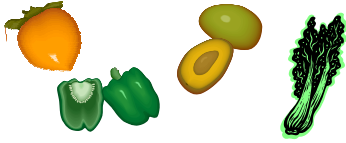
# SOUP, TEA, CARBS & FIBER

Food for Fitness and Fun - January 2004

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

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

- Persimmons
- Sweet Peppers
- Mango
- Greens, cooking



To learn more about selection, storage and use – go to the Food for Fitness and Fun website at [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food)

## STILL TIME TO 'LIGHTEN UP'!

There is still time to join a state-wide movement to improve physical activity and eating habits. All you have to do is visit the website:

[www.lightenupiowa.org](http://www.lightenupiowa.org)

and view the entry form and team captain handbook for details. ENTRIES WILL BE ACCEPTED THROUGHOUT THE MONTH OF JANUARY.

Your goal may be pounds OR DISTANCE. Since we know that physical activity is so important to health, your team may set activity as their goal. Conversion charts allow for all types of activity. Eating fruits and vegetables is another goal (fits well with Pick a Better Snack). Lighten-Up Iowa is presented by Iowa Games with support from Iowa State University Extension and the Iowa Department of Public Health.

## EASY WAYS TO INCREASE FIBER

- Replace up to 25% of the flour in your baked goods recipes with oat bran.
- Add 1 cup of mashed garbanzo beans to 2 pounds mashed potatoes.
- Sprinkle rolled oats over top of yogurt or fruit.
- Use brown rice instead of white rice.
- Use 100% whole wheat bread instead of white.
- Leave the peels on potatoes, apples and pears.
- Try to serve beans at least 2-3 times per week. Make a soup using canned or dried beans; add beans to casseroles, salads or pasta dishes.

Source: *Communicating Food for Health, January 2004*

## BROCCOLI-POTATO SOUP

2 small baking potatoes cut into 1/2-in cubes  
14 or 16 oz. pkg. frozen broccoli, florets or chopped  
½ cup onion, peeled and chopped (frozen is fine)  
14 oz. can low sodium chicken broth (~1 ¾ cup)  
2 cups water  
1/4 tsp ground mace, optional  
1/8 tsp ground nutmeg  
1/4 tsp freshly ground black pepper  
4 Tbsp freshly grated Parmesan



1. Place all the ingredients except broccoli and cheese in a 3-quart saucepan. Bring to a boil over moderate heat, then lower heat to a simmer. Cover and simmer for 15 minutes. Add Broccoli and simmer another 5 minutes until all the vegetables are tender.

2. Allow the soup to cool slightly, then puree with a blender or food processor. Take care because the soup will still be hot. Over moderate heat bring the soup back to a boil.

3. Serve hot with a tablespoon of parmesan cheese on top of each serving. Makes 4 one-cup servings.

Each 1 cup serving contains: 95 calories, 1 g fat, 0 g saturated fat, 2 mg cholesterol, 140 mg sodium, 15 g carbohydrate, 4.5 g fiber, 7 g protein.

Source: *Communicating Food for Health, January 2004*

## SOUP-ER NUTRITIOUS TIPS

- Add extra nutrition to canned soups by adding frozen or leftover vegetables, beans and cooked grains or pasta.
- Remove excess fat from soup by laying a clean paper towel over the top to soak up the grease. Or make soup ahead; refrigerate until cold; lift off the hardened fat before reheating. Or add ice cubes to soup. While fat is still clinging to the cubes, remove the cubes – and the fat!
- Give soups a creamy texture by using pureed white beans, evaporated skim milk or instant potato flakes instead of high-fat cream.
- Read the labels when purchasing broth and soup. Many contain a disproportionately high amount of sodium per calorie. A good rule of thumb is to use one containing the same number or less for milligrams of sodium as it does calories.
- Start your meal with soup. You'll be less likely to overeat when the main course is served.

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## IS A CARB, A CARB, A CARB?

The press is consumed with low carbohydrate foods. This has led to new food labeling terms: effective and non-effective carbohydrates. What are they and what does it mean for consumers?

The debate centers on the rate of digestion and absorption of the carbohydrate, referred to as the glycemic index. The index is a rating of how quickly carbohydrates are digested, absorbed, and entered into the blood stream. High glycemic index foods cause a rapid increase in blood glucose levels, whereas low glycemic index foods have a slower, more gradual rise in blood glucose levels. Those encouraging weight loss by using the index claim that a rapid rise in blood glucose leads to a concurrent rise in blood insulin levels, leading to storage of the glucose in muscle and fat cells and thus a low blood glucose, which results in hunger.

In truth, the body converts all carbohydrates, from complex carbohydrates (starches) to simple carbohydrates (table sugar) into molecules that can be used for energy or stored for energy. Usually, simple carbohydrates (table sugar) have been the offenders while complex carbohydrates are viewed as health promoting. The glycemic index provides a different picture. It shows refined grain products and potatoes as high; unprocessed grains, peas and beans as moderate; and non-starchy vegetables and most fruits as low.

The glycemic index and carb furor has led to new terms – “effective or net effective carbs”. Some manufacturers are subtracting those carbs with a lower index from the total carbohydrates and referring to them as effective or net effective carbs.” While these carbohydrates may have less of an effect on blood glucose level, they still contribute calories to an individual’s overall intake.

To meet demand, manufacturers are making ‘low carbohydrate’ products that may substitute wheat protein or soy and nut flours, which are high in protein and fat. This explains why many of the ‘low carb’ products have the same or more calories when compared to the ‘high carb’ counterpart. The products often cost more. **Bottom line:** Less fat and carbs don’t always mean fewer calories. It’s the total calories at the end of the day that counts.

Source: Ruth Litchfield, ISU Extension, Ames

## IT’S TIME FOR TEA!



The benefits of including tea in your diet appear to be endless: reduce risk of cardiovascular disease, reduce risk of some cancers, and improve body’s first immune response to bacterial and viral invasions. To take advantage of these benefits you must choose the right tea and brew it properly.

### 1. Choose tea from the *camellia sinensis* plant.

This special type of evergreen is the provider of three types of tea: black, green and oolong. It can be confusing to choose tea from this plant – choices include: English breakfast, Vanilla, Raspberry and many proprietary teas including Sleepy Time and Sweet Dreams. Basically, you need to look at the ingredient list. While there are a number of herbal infusions on the market, they do not contain the flavonoids or phytochemicals found in real tea from the *camellia sinensis* plant.

**2. Choose green tea more often.** The variation among the three main types of tea that are available lies within the processing of those teas. Black tea leaves are air-dried, crushed and then dried under high temperatures to give the leaves their characteristic color. This process alters the chemical structure of the catechins. Oolong tea undergoes a much briefer oxidation period, resulting in a peachy color and a more subtle flavor. Green tea is closest to its natural form. Its leaves are steamed for a very short time to prevent oxidation. This simple process allows the healthful polyphenols, including EGCG to remain as active compounds in the beverage.

**3. Steep your tea for an adequate amount of time.** The amount of time tea is steeped has an effect on the total flavonoids content.

- Steeped 1 minute = 208 mg active flavonoids; less than 20 mg caffeine
- Steeped 4 minutes = 301 mg active flavonoids; 100 mg caffeine

If decaffeinated tea is your preference, remember the process is accomplished with chemicals that may alter or remove some of the healthful catechins. Note: Lipton varieties of tea are known to be processed without such chemicals.

**4. Choose unsweetened tea.** Sugar adds empty calories and has been shown to raise cholesterol.

Source: Communicating Food for Health, November 2003

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