

FOOD FOR FITNESS AND FUN

August - 2005

August - summer is almost over and school will begin soon. Following are tips to help prepare for school and enjoy the last days of summer. Read on! Jan Temple

WHICH IS THE BEST BUY?

The new USDA Food Guide Pyramid encourages us to eat about 3 cups of vegetables and 2 cups of fruit each day depending on individual needs. Think eating this much is too expensive? Read on.

On a recent trip to the grocery store, I checked the price of a bag of potato chips – the suggested retail price was \$3.50 for 10 servings (about 10 chips each). I then went to the produce isle to see how much produce I could buy for \$3.50. Note that in the chart below, the “servings per unit” is a general guide that will vary with the size of the produce.

Produce	Servings/Unit	Cost/Lb	Amt/\$3.50
Bananas	4/pound	29¢/lb	31 bananas
Apples	3/pound	99¢/lb	8 apples
Kiwi	5/pound	3/ \$1.00	11 kiwi
Raisins	12/pound	1.92/lb	5 cups (20-¼ C. servings)
Grapes	5/pound	99¢/lb	11 cups (22-½ C. servings)
Cantaloupe	3/pound	99¢/melon	3.5 melons 15-½ cup servings
Carrots	5/pound	99¢/lb	3.5 bags (17 servings)
Celery	6/pound	69¢/bunch	5 bunches (35-½ C. servings)
Broccoli	5/pound	\$1.29/lb-crowns	16 cups (32-½ cup servings)
Cauliflower	6/pound	79¢/head	4.5 head – 22-½ cup servings
Peppers	5/pound	2 for 79¢; 4/\$2.29	7 peppers - 14 ½ cup servings

Whether you buy fresh, canned, frozen or dried, you get more nutrition for your dollar with produce. Prices from July 30, 2005, Washington, IA.

ENJOY SALAD!

Salad is good for you because it may help you:

- control your weight.
- get to 5 servings of fruits and vegetables a day.
- lower your risk for heart disease and cancer.
- keep your eyes healthy
- have good digestion and regularity.

For best results, make your salad low in fat and eat one every day. A study by Barbara Rolls, PhD, RD, showed that people ate fewer calories during a meal if they consumed a large, low-fat salad first.

How should you dress your salad? Most commercial salad dressings are laden with fat and/or sodium. Read the Nutrition Facts Label before you buy. Choose dressing that contains 3 grams of fat or less per serving and 200 mg. or less of sodium per serving. Flavored vinegar and just a drop or two of oil is always the best choice. Lemon and lime wedges can be a refreshing topper, too. If you eat out, request the dressing on the side. That way you can dip your fork in the dressing and use sparingly as you go. Source: 2005 Food and Health Communications, www.foodandhealth.com

HEARTS OF ROMAINE WITH

RASPBERRY DRESSING—SERVES 4

- 1 small head romaine lettuce, quartered lengthwise
- 1 Tablespoon seedless raspberry jam
- 4 Tablespoons red wine vinegar
- 1 teaspoon olive oil
- Black pepper to taste
- Pinch oregano
- 1 cup chopped tomatoes
- ¼ cup chopped red onion



Rinse lettuce thoroughly under cold, running water. Pat dry with paper towels and refrigerate until ready to serve. In a small mixing bowl, mix jam, vinegar, oil and seasonings. To serve, place romaine hearts on a chilled salad plate, and spoon dressing over the top. Garnish each salad with chopped tomatoes and red onions. Each serving (2 cups): 50 cal., 1.5 g fat, 0 g sat. fat, 0 mg cholesterol, 16 mg sodium, 9 g carbohydrate, 2.5 g fiber, 2 g protein. Diabetic exchange: 2 vegetables. Source: 2005 Food and Health Communications, www.foodandhealth.com

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SALAD BAR INGREDIENTS – JUST THE NUTRITION FACTS

Note how the vegetables and vinegar at the top are much lower in calories than the toppings and dressings.

Ingredient	Calories	Fat (g)
1 cup lettuce	9	0
Cucumber, ¼ item	11	0
Tomato, 1 small	22	0
Carrots, ½ cup	24	0
Vinegar, 1 tablespoon	2	0
Bacon bit, 2 tablespoons	50	3
Hardboiled egg, 1	77	5
Cheese, 1 ounce	114	9
Regular dressing, 2 tablespoons	115	11
Oil, 1 tablespoon	119	13.5
Croutons, 1 ounce	121	4

Source: *Communicating Food for Health, July 2005*

TUNA TOMATO MACARONI – SERVES 4

This is really easy and fast to prepare. A great way to include fish in your diet although chicken could be substituted.

- 2 cups dry macaroni
- 6-ounce can low-sodium tuna (in water), drained
- 2 14-ounce cans peeled, diced tomatoes with Italian herbs and garlic
- ½ cup water
- 4 Tablespoons Parmesan cheese



Combine all ingredients except Parmesan cheese in a shallow, microwavable container. Cover and microwave on high for 12-15 minutes or until macaroni is tender. Serve each portion with 1 tablespoon Parmesan cheese on top. Each 1 cup serving: 330 calories, 3 g fat, 1.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 420 mg sodium, 54 g carbohydrates, 4 g fiber, 21 g protein. Diabetic exchanges: 3.5 starch, 1 very lean meat.

Source: *Communicating Food for Health, July 2005*

WHITE WHOLE WHEAT BREAD

Cruise down the bread aisle at your local grocery store and you may see a new category of product – white whole wheat bread. The white-like bread uses an albino wheat variety to appease consumers who don't like brown bread. Each slice may only contain 2 grams of fiber. This will be a good start, but you could do better for fiber.

Compare labels carefully - serving sizes may vary.

Adapted from *Communicating Food for Health, July 2005*

CAJUN STUFFED PEPPERS – SERVES 4

This is a great way to use bell peppers whether you grow your own or buy them at the farmer's market.

- 4 green bell peppers
- 15 oz. can kidney beans, rinsed, and drained

- 1 cup cooked brown rice
- 1 teaspoon Cajun spice mix
- 14 oz. can peeled, diced tomatoes with Italian herbs and garlic



½ cup grated nonfat mozzarella cheese
Cut off top of peppers. Hollow out seeds & veins. Mix beans, rice and spices in medium-sized mixing bowl. Fill peppers with this mixture and place in microwave proof container. Place ¼ inch of water in the bottom of the container and cover. Microwave on high for 15 minutes, placing cheese on top the last 4 minutes. Serve with a large tossed salad or raw veggie sticks.

Each stuffed pepper: 190 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 280 mg sodium, 33 mg carbohydrates, 7 g fiber, 12 g protein. Diabetic exchanges: 2 starch, 1 very lean meat.

Source: *Communicating Food for Health, July 2005*

AFTER SCHOOL SNACKS

Children need a snack at the end of the school day. American tradition refers to milk and cookies. With the concern today about childhood overweight you may want to consider some of the following options.

Fruits	Vegetables	Milk
Apple slices	Carrots	Yogurt
Banana	Celery	Milk
Kiwi	Pepper slices	Pudding
Orange slices	Grape tomatoes	Cottage cheese
Grapes	Cauliflower pieces	Cheese cubes
Raisins	Broccoli pieces	String cheese

It is important to consider how you present these foods to your students. Having produce in the refrigerator may not be enough. Eliminate as many barriers as possible. For example, have produce washed and ready to eat (may mean cutting it into bite size pieces) and make sure it's easy to see. For more information, request "Snacks for Healthy Kids" PM 1264 from your local Extension Office.

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