

FOOD FOR FITNESS AND FUN

June - 2005

June means that summer is here! I'm sharing some fun activities for Father's Day, some food safety tips, and tips for healthier eating during these warmer months. Enjoy! Jan Temple

GOIN' FISHIN' FOR FUN FOODS



The weather outside won't be an excuse to stop any of these fishing trips! Use your imagination, have some fun, and enjoy the fruits, vegetables and whole grains!

SPEAR FISHING IN THE OCEAN

1 cup low fat or fat free yogurt - any flavor with several drops blue food coloring stirred in (ocean)
Small pieces of fruit – fresh, frozen or dried – (fish)
examples: grapes, strawberries, blueberries, apple chunks, bananas, peaches, and/or pear slices
Toothpicks (spears)

Pour “blue-yogurt” ocean into a shallow plate. (Note: amount will vary depending on dish and appetite of the fisherman). Stock the ocean with plenty of fish (fruit pieces). Using a toothpick, spear (and eat) as many fish as you can. Spoons may be provided to eat whatever part of the ocean remains.

POLE FISHING IN THE RIVER

Begin by preparing the “fish.” Combine in a plastic bag or bowl 1 cup each of 2 or more different ready to eat cereals. (Low sugar, high fiber choices are great - Cheerios®, Honey Nut Shredded Wheat®, or Cracklin' Oat Bran®). You may also wish to add a few fish-shaped crackers. Give EACH fisherman:
1 cup of cereal mix (fish) poured onto a small plate
1 Tablespoon of peanut butter (bait)
1 pretzel rod or several pretzel sticks (fishing pole)
Put some bait on the end of the fishing pole and go fishin' in the cereal mixture.

FLY FISHING IN A STREAM

Add blue food coloring to 2 tablespoons of Ranch® dressing to make it the color of a stream. Pour this down the center of a small plate. Use vegetable pieces to be the fish – examples: carrot, celery, broccoli, cauliflower, peppers, peas, radishes, grape tomatoes. For a pole use a green bean or long carrot stick to cast into the “stream” and drag some vegetable “fish” to shore for a great snack.

SHREDDED CHICKEN = QUICK MEALS

With a minimum of effort, you can prepare your own shredded chicken that is low in sodium and fat. Purchase chicken breasts in bulk packages. Put the chicken breasts in a slow cooker with water and a bay leaf. Cook on high for 2 hours. Remove from slow cooker and place meat in a colander. Rinse with cold running water until cool enough to handle wearing rubber or disposable gloves. (This gets it cold quickly reducing the risk of food poisoning. Flavor comes from the other foods you mix with the chicken). Shred the chicken meat with your hands and package in portions of 1 or 2 cups in resealable freezer bags. Freeze for later use. Put the broth in a 2 inch deep pan to cool in the refrigerator. This may be used for cooking rice or other foods. The portioned frozen chicken may be used for pasta, soup, chili, stir-fry or rice dishes.

Adapted from Communicating Food for Health, June 2005

CHICKEN TACO SALAD SERVES 4

Baked Taco Chips – about 13 chips per serving
4 Tablespoons shredded cheddar cheese
2 cups cooked, shredded chicken
1 onion, chopped
1 teaspoon chili powder
1 teaspoon oregano
1 teaspoon garlic powder
4 cups shredded romaine lettuce
1 cup tomatoes, chopped or use grape tomatoes
4 Tablespoons fat-free sour cream



For each serving, crush about 13 baked chips onto a microwave safe plate. Sprinkle with 1 Tablespoon shredded cheese. Microwave on full power just long enough to melt the cheese.

Lightly spray a large nonstick skillet with cooking spray and heat over medium-high heat. Sauté the onion with the seasonings until golden. Add the chicken and heat through. Place ¼ of meat mixture on each plate of crushed chips. Top with 1 cup of lettuce, ¼ cup tomato and 1 tablespoon of sour cream. You may even wish to serve this with brown rice on the side or just add it to the salad.

Each serving: 308 calories, 6.5 g fat, (2.5 g saturated), 68 mg cholesterol, 210 mg sodium, 35 g carb, 5 g fiber, 28 g protein.
Diabetic exchanges: 2 bread, 1 meat, 1 vegetable.

Adapted from Communicating Food for Health, June 2005

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

BUILD A "BETTER" BURGER

Review this list and think about how you can lower fat and sodium while increasing fiber as you eat your next burger.

1. BUN - choose one

- Hamburger Bun (2 oz.)
Calories: 158 Fiber: 1 g
- Hamburger Bun (4 oz.)
Calories: 316 Fiber: 2 g
- Whole Wheat Bun (2 oz.)
Calories: 150 Fiber: 4 g
- Whole Wheat Bun (4 oz.)
Calories: 300 Fiber: 8 g



2. MEAT - choose one

- Quarter Pound Hamburger (3 oz. cooked)
Quick-serve restaurant burger
Calories: 233 Fat: 15 g
- Regular Hamburger (1 1/2 oz. cooked)
Quick-serve restaurant burger
Calories: 116 Fat: 8 g
- Double Hamburger (2 1/2 oz. cooked)
Quick-serve restaurant burger
Calories: 190 Fat: 13 g
- Home-made Pattie (3 oz. cooked)
 - 95% lean ground beef (3 oz. cooked)
Calories: 139 Fat: 5 g
 - 90% lean ground beef (3 oz. cooked)
Calories: 173 Fat: 9 g
 - 85% lean ground beef (3 oz. cooked)
Calories: 197 Fat: 12 g
 - 80% lean ground beef (3 oz. cooked)
Calories: 209 Fat: 14 g

3. VEGGIES - choose one or more

- Iceberg Lettuce (1 large leaf)
Calories: 5 Vitamin A: 196 IU
Potassium: 55 mg Sodium: 4 mg
- Romaine Lettuce (1 large leaf)
Calories: 5 Vitamin A: 1626 IU
Potassium: 69 mg Sodium: 2 mg
- Spinach (1 large leaf)
Calories: 2 Vitamin A: 938 IU
Potassium: 56 mg Sodium: 8 mg
- Tomato (2 slices)
Calories: 7 Vitamin A: 833 IU
Potassium: 95 mg Sodium: 2 mg
- Onion (2 slices)
Calories: 12 Vitamin A: 1 IU
Potassium: 40 mg Sodium: 1 mg
- Pickles (3 dill slices)
Calories: 4 Vitamin A: 38 IU
Potassium: 24 mg Sodium: 269 mg
- Pickles (3 sweet slices)
Calories: 18 Vitamin A: 34 IU
Potassium: 48 mg Sodium: 162mg

Pickled Beets (2 slices)

Calories: 18 Vitamin A: 31 IU
Potassium: 42 mg Sodium: 75 mg

4. CONDIMENTS - choose zero or more

- Bacon (2 slices)
Calories: 84 Fat: 6 g
Sodium: 384 mg Calcium: 2 mg
- Cheese (1 ounce American)
Calories: 106 Fat: 9 g
Sodium: 406 mg Calcium: 174 mg
- Cheese (1 ounce Mozzarella)
Calories: 90 Fat: 7 g
Sodium: 118 mg Calcium: 163 mg
- Mustard (1 teaspoon or packet)
Calories: 3 Fat: 0 g
Sodium: 56 mg Calcium: 4 mg
- Catsup (1 Tablespoon)
Calories: 15 Fat: 0 g
Sodium: 166 mg Calcium: 3 mg
- Mayo (1 Tablespoon)
Calories: 103 Fat: 12 g
Sodium: 73 mg Calcium: 1 mg
- Special Sauce (1 Tablespoon)
Calories: 78 Fat: 8 g
Sodium: 100 mg Calcium: 3 mg
- Salsa (1 Tablespoon)
Calories: 5 Fat: 0 g
Sodium: 220 mg Calcium: 0 mg

ALL WASHED UP



If you are working with youth this summer (or anytime) and need to stress the importance of handwashing, try this experiment from www.fightbac.org called

SOAPY SOLUTIONS:

Materials: cooking oil, cinnamon, access to a sink to wash hands and measuring spoons.

Getting Ready: Identify 3 volunteers.

Procedure: Rub 1 tablespoon of cooking oil all over your hands until completely coated. Sprinkle 1 teaspoon of cinnamon on hands and rub it around until it's evenly distributed. The cinnamon will be like bacteria. It's all over! Wash hands as follows, rubbing them briskly for 20 seconds:

Student #1 - wash hands with cold water and no soap;
Student #2 - wash hands with warm water and no soap;
Student #3 - wash hands with warm water and soap

Have all students observe the different methods.

Message to be Learned: Wash hands with soap and warm water for 20 seconds.

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>

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.