

FOOD FOR FITNESS AND FUN

August - 2006

With school just around the corner, I've included some information about breakfast and beverages to keep you well hydrated in the August heat. Learn about chayote squash as well as potassium rich foods to include in your diet. Enjoy! - Jan Temple

YOUR BODY NEEDS FLUID



Water is needed by the body on a daily basis to take nutrients to parts of your body and to carry waste products away. It also plays a key role in regulating your body temperature. Without enough fluid,

you reduce your concentration, coordination, strength and stamina. Once you are dehydrated, it takes 24 to 36 hours to rehydrate and regain strength. While this is important information for everyone, those engaged in physical activity need to pay very close attention.

Each day the body needs 10-15 cups of water. A diet rich in fruits and vegetables will naturally be higher in water thus lowering the daily goal to 8-12 cups of fluids. When should you drink fluids?

According to ISU Extension's "Eat to Compete: What you should know about fluids. . ." (PM 1965a):

Before practice/competition –

- 17-20 ounces 2-3 hours before activity
- 7-10 ounces within 10-15 minutes of starting

During practice/competition –

- 7-10 ounces every 10-15 minutes

After practice/competition –

- Drink 3 cups of water for every pound lost

What should these fluids be? Water is the best choice in most situations, especially if the practice/competition lasts less than one hour.

When it comes to sport drinks, there are three general categories. Following is an overview.

1 – Fluid replacement drinks – these are best when there is one hour or less before an event. It may also be consumed during the event. May use when continuously active for over 60 minutes.

2 – High carbohydrate drinks – use 1 to 2 hours before the event or immediately after.

3 – Meal replacement drinks – Use 3 to 4 hours before the event as a snack or meal replacement.

For more information go to

<http://www.extension.iastate.edu/nutrition/sport/>

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HOMEMADE FLUID REPLACEMENT

To save money, you may wish to make your own fluid replacement. Here are two choices.

1 – Combine equal parts of juice and water

2 – Combine 5 tsp. sugar, ¼ teaspoon salt, 1 Tablespoon lemon juice and 8 oz. water.

EAT TO COMPETE

ISU Extension is available to work on a first come-first serve basis with groups of parents of athletes. Program topics: Fluids, Dietary Supplements and the Training Diet. Each program includes activities, handouts and a presentation. Call your county extension office for more information or go to page two of this site for the field specialist nearest you.

<http://www.extension.iastate.edu/nutrition/sport/N3489.pdf>

CHAYOTE SQUASH

It rhymes with coyote and is a variety of summer squash best known in the South and Southwest. It has several other names including mirliton, vegetable pear, mango squash, chocho, choke, and christophene. You may have noticed it in the grocery store



and wondered what it was. I am experimenting with it myself and finding it is similar to other summer squash such as zucchini except that it has a large seed in it which is not eaten.

Purchase: Look for firm, unblemished fruit. It will keep for up to one month uncovered in a cool, dry, dark place. After purchase, it may be stored in a perforated plastic bag in the crisper drawer of a refrigerator for up to one week.

Prepare: Wash and peel the fruit since the skin is tough. Because the sticky liquid just under the peel can be irritating (burning or numbing the skin) do the peeling under running water. Cut the squash in half and remove the seed. It may now be sautéed with onion and garlic as you would other summer squash – do this on the grill, stove top or wrapped in foil in the oven. It can also be added raw to salads or substituted for potatoes in soup; shredded and used in quick breads and pastry. Be brave and try a new vegetable!

DAILY POTASSIUM GOAL: 4700 MG

A large government report suggests that eating a diet rich in potassium (4700 mg daily), could help Americans prevent hypertension. Currently, most Americans get only half of that amount. Potassium is easily available in fruits, vegetables and legumes. Avoid the added sodium in canned vegetables by eating fresh or frozen. Review this list to see if you are meeting your goal of 4700 mg.

Food	Potassium (mg)
Spinach, 1 cup	840
Potato, baked, w/skin, medium	800
Sweet potato, baked, medium	700
White beans, ½ cup	600
Yogurt, nonfat, 1 cup	600
Halibut, cooked, 4 oz.	600
Brussels sprouts, 1 cup	500
Orange juice, 1 cup	500
Lima beans, ½ cup	475
Banana, medium	470
Broccoli, cooked, 1 cup	460
Squash, winter, ½ cup	450
Avocado, ½ medium	440
Cantaloupe, cubed, 1 cup	430
Tomato sauce, ½ cup	400
Grapefruit juice, 1 cup	400
Corn, 1 cup	390
Milk, nonfat, 1 cup	380
Lentils, cooked, ½ cup	365
Salmon, baked, 4 oz.	350
Cereal, bran, 4 oz.	340
Pork chop, cooked, 3 oz.	320
Apricots, 3, pitted	314
Kale, cooked, 1 cup	300
Tomato, medium	290
Mushrooms, ½ cup	275
Orange, 5 oz.	250
Peanut butter, chunky, 2 Tbsp.	239
Grapefruit, ½ large	230
Carrot, 2.5 oz.	230
Strawberries, ½ cup	230
Almonds, 1 oz.	210
Watermelon, 1 cup pieces	186
Peach, 1	171

Adapted from UC Berkley Wellness Letter, May 2004, and Food Finder, Vitamin and Mineral Source Guide, ESHA Research

LENTIL SPINACH SALAD SERVES 4

- 1 1/3 cup cooked lentils
- 4 large celery stalks, sliced thin
- 6 ounces baby spinach leaves (pre-washed, bagged)
- 2 Tablespoons olive oil
- 3 Tablespoons fresh lemon juice
- Pinch dried thyme
- Black pepper to taste
- Granulated garlic to taste



Combine lentils, celery and spinach in large bowl. Drizzle olive oil and lemon juice over; sprinkle generously with seasoning and toss. Divide among 4 plates. For variation, you could add cooked chicken and sliced apples to this salad.

Each 1 cup serving: 146 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 84 mg sodium, 15 g carbohydrate, 9 g fiber, 7 g protein, 539 mg potassium.

Source: *Communicating Food for Health*, July 2006

BREAKFAST – THE WHY AND HOW

Smart reasons to eat breakfast:

- Fuels the body with nutrients.
- Provides food energy for the morning.
- Gets your child ready to learn. Adults get more done in the morning when they eat breakfast.
- Helps keep a healthy body weight. Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young children may need a small morning snack.
- Helps kids feel good. Children may get tummy aches (hunger pangs) if they miss breakfast.
- Tastes good!

Easy ideas for quick, yummy breakfasts:

- Ready-to-eat cereal with milk and fruit
- Peanut butter on whole wheat toast
- Bagel with cheese
- Reheated rice, hard cooked egg
- Grits topped with cheese
- Oatmeal with applesauce
- Pita bread with yogurt
- Toasted waffle topped with sliced fruit
- Rice and beans with fruit
- Chicken noodle soup and fruit
- Whole wheat toast topped with canned peaches or pears, a slice of American cheese and sprinkled with cinnamon and sugar.



Source: USDA, *Nibbles for Health*, Nutrition Newsletters for Parents of Young Children.

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