

FOOD FOR FITNESS AND FUN

February - 2006

Valentine's Day and President's Day come to mind as I flip the calendar to February. Although it is tempting to want gooey chocolate, we need to remember it is also Heart Month. So, I have experimented with some old favorites and tried to update and adapt them for young and mature audiences alike. Time friendly, healthy and tasty - Enjoy! Jan Temple.

RED AND WHITE TREATS

Following are several different methods for preparing the same basic dessert. To serve, place a slice of angel food cake on a plate; add ½ cup thawed frozen strawberries and top with ¼ cup of topping. There is a nutrition comparison at the end of the article to help you sort the differences.

BASE: ANGEL FOOD CAKE

Use an angel food cake mix requiring only water to be added. For ease of serving, bake it in two loaf (bread) pans. A serving of angel food cake only contains 120 calories, 0 g fat, 0 g cholesterol, 300 mg sodium and about 31g carbohydrate.

MAIN FEATURE: STRAWBERRIES




Fresh strawberries are great if you can find them in February. Another option - look in the frozen food section. Buying frozen berries means no preparation time and no waste. You may choose whole or sliced berries without added sugar. If you want them sweetened, you will save calories by choosing those with artificial sweetener.

TOPPING: CHOOSE ONE OF FOUR-

1. STRAWBERRY PUDDING - INSTANT

Note: this is a really fun option for those with a youthful spirit who like to dance. The fastest method is to purchase a 16 oz. bottle of prepared strawberry milk, but sometimes it hard to find the fat free variety. To reduce fat, purchase strawberry flavored powder and mix it with fat free milk.

 1 package (4-½ cup servings) instant vanilla pudding-sugar free; fat free
2 cups strawberry flavored milk

In a quart jar with a tight fitting lid, combine milk and pudding. Secure lid and shake for 2-3 minutes (Works great to shake to music – go for an entire song). Pudding will set up in less than 5 minutes.

2. STRAWBERRY PUDDING – COOK & SERVE

To reduce sodium consumption, try the cook and serve vanilla pudding. It takes only 6 minutes to cook in the microwave using the directions on

the package. To make it strawberry flavored, use ¼ cup of the strawberry flavored powder.

3. STRAWBERRY FLAVORED YOGURT

This is the least time consuming of the options, inexpensive, and one of the healthiest. Just open the container and serve.



4 SUGAR FREE COOL WHIP*

Although it's easy you are spending food dollars that are not helping your body in a positive way.

PER ¼ CUP SERVING	INSTANT ¹	COOK & SERVE	YOGURT	COOL WHIP*
CALORIES	63	53	23	40
FAT	0.6 g	0 g	0 g	2 g
CHOLESTEROL	2 mg	0.6 mg	1 mg	0 mg
SODIUM	180 mg	88 mg	34 mg	0 mg
TOTAL CARB	11 g	11 g	4 g	6 g
SUGARS	8 g	8 g	3 g	0 g
CALCIUM	10 %	10 %	8 %	0 %
COST	\$.23	\$.20	\$.16	\$.10

¹Made with Nestle Reduced Fat Strawberry Milk

*No endorsement of companies or their products mentioned is intended, nor is criticism implied of similar companies or their products not mentioned.

PRESIDENT'S DAY SALUTE SERVES 6

FILLING:

½ C sugar or substitute	¾ tsp. lemon juice
3 Tbsp. all-purpose flour	5 C apples, unpeeled, sliced
1 tsp. lemon peel, grated	1 C red tart cherries

TOPPING:

2/3 C rolled oats	2 tsp cinnamon
1/3 C brown sugar or substitute	1 Tbsp soft margarine, melted
¼ C whole wheat flour	

Filling: Combine sugar, flour, and lemon peel in medium bowl. Mix well. Add lemon juice, apples, and cherries. Stir well. Spoon filling into a 6 cup microwave safe baking dish.

Topping: Combine oats, brown sugar, flour and cinnamon in small bowl. Add melted margarine. Stir. Sprinkle topping over filling. Bake at full power in microwave for 11-13 minutes. Serve warm or at room temperature.

Nutrition Facts per serving: 252 calories, 2 g fat, <1 g saturated fat, 0 mg cholesterol, 29 mg sodium, 5 g fiber, 58 g carbohydrate, 221 mg potassium, 3 g protein

Adapted from: *Keep the Beat* Heart Healthy Recipes, Nat'l Heart, Lung and Blood Institute, July 2003.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

TOP 10 WAYS TO LOWER TRIGLYCERIDES

Triglycerides are used daily by our bodies and are normally found circulating in the bloodstream with other fatty molecules, such as cholesterol. However, when levels of triglycerides in the blood become too high, this can put you at risk for heart disease. If you are overweight, you probably have elevated triglycerides. Here are 10 easy ways to lower them and help you with your weight, too.

1. Restrict total fat to less than 30% and saturated fat in your diet to less than 10%. Here is a guide:

Calories	Total Fat	Saturated Fat
1200	<33 g	<9 g
1400	<38 g	<11 g
1600	<44 g	<12 g
1800	<50 g	<14 g
2000	<55 g	<15 g

- Avoid hidden trans fats in foods, which are often found in fried foods, margarine, vegetable shortening, and high fat processed foods (ex: crackers).
- Use only trans-free margarine (Promise, Fleischmann's Light or Olive, etc.)

2. Restrict alcohol intake.

- Men should drink less than two 1 oz. servings per day.
- Women should drink less than three 1 oz. servings per week, with no more than one serving per day.
- Note: If you drink less than the restriction above, yet have high triglycerides, it would be beneficial for you to restrict your alcohol intake even more.

3. Restrict refined carbohydrates in your diet.

- Examples of refined carbohydrates include: white bread, pasta and rice, pretzels, cereals not considered high fiber or whole grain baked goods (cookies, cakes, etc.) and other sugar-containing foods not providing significant nutrition (ex: pudding).
- Refined carbohydrates should be restricted to 2 servings per week (one serving = 100 calories).

4. Avoid foods high in sugar.

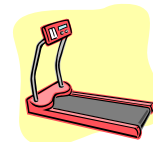
- Eliminate regular sodas, concentrated fruit juices and other sweets.

5. Lose weight and inches.

- A 10% weight loss will not only improve your triglycerides, but also your cholesterol, blood pressure and glucose levels.

6. Exercise regularly.

- Moderate intensity exercise for 30-60 minutes on most days of the week is strongly encouraged.



7. Add more fish to your diet.

- The omega-3 fatty acids, EPA & DHA, are among the most potent things you can increase in the diet to lower triglyceride levels.
- Replace meat and cheese in the diet with seafood rich in omega-3s.

8. Consume foods high in fiber.

- Look for whole grain breads with 3g fiber per slice on the food label.
- Choose foods with "whole grain" as the first ingredient.
- Other foods high in fiber include beans, ground flaxseed, oat bran, fruits and vegetables.
- Be sure to drink more water when you begin to increase your fiber intake.

9. Consume 2 servings of fish per week.

- Especially fish high in omega-3 fatty acids (salmon, mackerel, sardines, tuna and trout).

10. Manage daily stress, comply with your medications, and quit smoking.

- If you have questions or concerns with your medications, please contact your doctor's office.
- Smoking cessation classes are offered throughout the community. Contact a local hospital or the American Lung Association for classes near you.



Source: *Communicating Food for Health*, January 2006.

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.