

FOOD FOR FITNESS AND FUN

February - 2007

I've included fun ideas for celebrating Valentine's Day and President's Day that will be kind to your heart since this is also heart month. Enjoy! Jan

CHOCOLATE: MAKE IT HEALTHY

Chocolate contains phenolic compounds called flavonoids that act as potent antioxidants to lower the risk of heart disease and cancer. These phytochemicals are found in a greater concentration in cocoa powder than regular chocolate, which is higher in saturated fat, sugar and calories than cocoa powder. Eating one ounce of a chocolate candy bar is equal to eating: 1 Tablespoon unsweetened cocoa powder, plus 4 teaspoons sugar, plus 2 1/3 teaspoons shortening. According to Jeannie Moloo, registered dietician in Sacramento, California and a spokesperson for the American Dietetic Association, "To get the maximum possible health benefit, consumers should look for chocolate made up of **at least 70% cocoa.**" Other plant foods such as red wine, tea, onions and parsley also contain high levels of flavonoids.

The flavonoids in chocolate are thought to protect the heart two ways; by inhibiting low-density lipoprotein (LDL) or "lousy" cholesterol oxidation and by stopping blood platelet aggregation – processes which contribute to atherosclerosis.

CHOCOLATE ANGEL CHERRY BARS 24 BARS

A low-calorie and low-fat heart healthy treat to be enjoyed in moderation.

1 package of one-step angel food cake mix
2 Tablespoons unsweetened baking cocoa
1 22 ounce can of prepared cherry pie filling

Preheat oven to 350°F. Combine cocoa with the dry cake mix.

Add the pie filling and mix well.

Pour batter into an ungreased 10 x 15 inch jelly roll pan. Bake for 20-25 minutes. Cool and cut into 24 bars. Cover loosely with waxed paper for storage.

Each bar: 99 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 165 mg sodium, 23 g carbohydrate, 0.3 g fiber, 2 g protein.

Source: Modified from Brown Bagging it Lunches To Go!, Jeannette L. Miller and Elisabeth Schafer, ISBN 1-879776-00-6



VALENTINE SANDWICHES W/BANANA LACE

This treat is an alternative to frosted sugar cookies at parties for youth (and adults).

For each sandwich you will need:

2 slices whole wheat bread
2-3 Tablespoons peanut butter
1 Tablespoon strawberry jam
½ banana, cut in slices



Spread about 2 Tablespoons peanut butter on one slice of whole wheat bread. Top the peanut butter with strawberry jam. Using a heart shaped cookie cutter, cut a heart shape out of the other slice of bread and place bread on top of the jam and peanut butter. (Save the bread heart to use for "Fruity Hearts"). Cut the banana slices in half; use the remaining peanut butter to attach them to the top slice of bread to look like lace around the heart. *Each Sandwich: 425 calories, 18.3 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 414 mg sodium, 58 g carbohydrate, 7.4 g fiber, 14 g protein.*

FRUITY HEARTS

Heart shape cut from a piece of whole wheat bread
1-2 teaspoons peanut butter

1 Tablespoon dried cranberries or cherries

Spread the heart shaped piece of bread from the Valentine Sandwiches with peanut butter. Use dried cranberries or cherries to decorate.

Each heart: 119 calories, 10 g fat, 1.1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 116 mg sodium, 14 g carbohydrate, 2.0 g fiber, 4 g protein.

CHEESY GRINS — MAKES 8 GRINS

In honor of Children's Dental Health Month, try this grinning snack. Note: In the case of a peanut allergy, substitute strawberry cream cheese for the peanut butter

1 medium red apple, cored and cut in 16 slices

Peanut butter – about 5 Tablespoons

String Cheese – 4 pieces

Spread one side of each apple slice with peanut butter. Cut each piece of string cheese into 8 pieces. Place 4 pieces of cheese on top of 8 slices of apple spread with peanut butter. Top with the other apple slice, peanut butter side down.

Each grin: 109 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 7.5 mg cholesterol, 170 mg sodium, 4.5 g carbohydrate, 1.0 g fiber, 6.5 g protein.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

CHOCOLATE VALENTINE CRACKERS—MAKES 8

A simple snack assembled from purchased ingredients.

4 chocolate graham crackers – 8 halves

(Or use honey grahams)

1 medium red apple, cored and cut in 16 slices

5 Tbsp. Peanut butter (or strawberry flavored cream cheese)

8 Tbsp. dried cranberries or cherries

Spread each cracker half with a thin layer of peanut butter. Top with two slices of apple – core edges meeting in the center of the cracker to make the shape of a heart – peel edge on the perimeter.

Place a small dollop of peanut butter on top of the apple slices and decorate with the dried fruit.

Each cracker: 111 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 63 mg sodium, 13 g carbohydrate, 1.5 g fiber, 3 g protein.



CHOCOLATE ANGEL CAKE – 12 SERVINGS

A simple, low fat yet elegant dessert for your Valentine.

1 package of one-step angel food cake mix

2 Tablespoons unsweetened baking cocoa

16 oz. bag frozen red raspberries, thawed

Dark chocolate (70% cocoa or more) for garnish

Heat oven to 350°F. Combine cocoa with the dry cake mix and prepare as directed on the package for an angel cake baked in a tube pan. Bake 37 to

47 minutes or until the top is dark golden brown and cracks feel dry and not sticky. Cool as directed on package. To serve, cut into slices. Top each slice with thawed raspberries and a small piece of

dark chocolate. (You may wish to melt the chocolate at 60% power in the microwave and drizzle it into a heart shape on waxed paper. Cool and use for decoration.)

Each piece: 150 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 34 g carbohydrate, 2 g fiber, 3.4 g protein.

COMMON NUTRITION MISTAKES

Here are some common nutrition myths, misconceptions and mistakes solved for you.

1. **Skipping breakfast is a good idea to save calories for weight loss.**

FALSE. Breakfast is one of the most important meals for your metabolism. Metabolism is the rate at which you burn calories or energy from food. When breakfast is skipped, your body will actually begin to conserve the calories and shifts into “starvation mode” where the metabolic rate is decreased. Always remember to eat breakfast, ideally within 1-2 hours of waking.

2. **Butter is a better choice than margarine.**

FALSE. Butter is highly concentrated in saturated fat, the main dietary cause of high cholesterol. Margarine formerly was a source of trans fats, however many food companies have removed trans fats from their products since it was mandated to be on the food label in January of 2006. Better still, many choices are reduced in fat and calories. Choose soft margarine in tubs, ideally the light versions, and be sure they are trans-fat-free.

3. **Eating carbohydrates will make you fat.**

FALSE. Carbohydrates supply 4 calories per gram, where as fat sources provide 9 calories per gram. Carbohydrates are the main source of fuel for the body and brain and therefore at least 50% of your calories should come from these sources. Complex carbohydrates, which consist of high fiber grains, starchy vegetables, beans and fruit, should be the majority of your carbohydrate intake. Limit the refined carbohydrates in your diet, such as white breads, snack foods, cakes, cookies, etc. as these types of foods do not supply you with much nutrition benefit and are calorie dense.

4. **If you eat after 8:00 PM you will gain weight.**

FALSE. Your body does not have a biological “time clock” as to when it quits burning calories. It is best to try and space your meals and snacks out within 3-4 hours of each other for hunger control as well as keeping your metabolism steady. However, many people tend to snack in the evening out of boredom, or eat huge meals after skipping meals during the day. Often times these snacks consist of high fat, high sugar foods such as chips and ice cream. For these individuals, it is important to pay attention to your cues and triggers to eating and be sure to snack when you are hungry and to choose healthier snacks, such as fruit.

5. **It takes a lot of time to eat healthy.**

FALSE. Planning is the key to a healthy, well-balanced diet. Purchase foods that are pre-prepped or involve little preparation time. Examples would be pre-cut vegetables, frozen vegetables or fruit. Fish is a great food to grill or bake as the cooking time is quick. For lunch choose soup and a salad rather than a huge deli sandwich; or lowfat pasta and salad instead of fat-laden lasagna or pizza. Small steps every day can lead to a healthier you.

Source: *Communicating Food for Health*, February 2007.

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.