

FOOD FOR FITNESS AND FUN

June - 2007

In addition to celebrating Father's Day in June, we also recognize that it's Dairy Month and Fresh Fruit and Vegetable Month. I've tried to provide some information on all of these. Enjoy! Jan Temple

MAKE FATHER'S DAY HEALTHY

Planning on celebrating Father's Day with a backyard barbeque? Toss some healthy choices on the grill and give your Dad the gift of men's health. Use these delicious tips and ideas to give your husband or father a step towards better health:

- When you fire up the grill be sure to grill some veggies. Skewer red and green pepper chunks, slices of corn on the cob, onions, zucchini, and eggplant. Brush with a little lowfat salad dressing.
- Serve Dad raw or steamed cruciferous veggies like broccoli, cauliflower and cabbage to help prevent cancer. They are also full of vitamin C and fiber.
- Help protect Dad from heart disease by lowering his servings of red meat and increasing his servings of cold water fatty fish like salmon, tuna, mackerel and trout. These fish contain omega-3 fatty acids that are good for his heart.

Here is a healthy and delicious Father's Day menu:

Grill-Baked Garlic Potatoes
Teriyaki Grilled Salmon Steaks
French Grilled Veggies
Magical Fruit Salad



GRILL-BAKED GARLIC POTATOES

4 baking potatoes 4 SERVINGS
Olive oil spray
Black pepper to taste
Garlic powder to taste

Wash potatoes under cold running water to remove dirt. Dry potatoes, pierce them with a fork and spray with olive oil. Rub with black pepper and garlic powder. Wrap potatoes in foil and place on a preheated grill. Grill until done, about 1 hour.

Each serving (4 oz. potato): 329 calories, 0.5 g fat, 0 g saturated fat, 0 mg cholesterol, 13 mg sodium, 6 g carbohydrate, 8 g fiber, 11 g protein.

Source: Communicating Food for Health, June 2001

TERIYAKI GRILLED SALMON STEAKS

4 3-ounce salmon steaks 4 SERVINGS
2 Tablespoons canola oil
3 Tablespoons fresh squeezed lemon juice
1 Tablespoon light soy sauce
½ teaspoon dried ginger

Combine all ingredients and pour over salmon. Place in a covered dish in the refrigerator and marinate for 30 minutes. Preheat a barbeque grill or the broiler in your oven. Grill until done, about 10 minutes per side.

Each serving: 241 calories, 17 g fat, 2.6 g saturated fat, 53 mg cholesterol, 178 mg sodium, 1.5 g carbohydrate, 0 g fiber, 20 g protein.

Source: Communicating Food for Health, June 2001

FRENCH GRILLED VEGGIES - 4 SERVINGS

1 zucchini	1 cup onion chunks
1 yellow squash	1 pint whole mushrooms
¼ cup lowfat French dressing	

Wash vegetables and cut into bite-sized pieces. Place vegetables in large covered microwave container. Microwave on high until veggies are still crisp and barely tender, about 3 minutes. Remove from microwave, rinse in cold water and add dressing. Marinate up to 6 hours. Grill veggies briefly on preheated grill until heated through, brushing more dressing as needed. Serve hot.

Each 1 cup serving: 53 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 137 mg sodium, 9 g carbohydrate, 2 g protein, 1.6 g fiber.

Source: Communicating Food for Health, June 2001

MAGICAL FRUIT SALAD - 12 SERVINGS

20 oz. can pineapple chunks	2 bananas
½ lb. seedless grapes	1 ¾ cups fat free milk
1 - 1 oz. pkg. sugar free instant pudding, lemon or vanilla	

Drain the pineapple; put chunks in a large bowl. Rinse the grapes, remove from stems; add to the bowl. Peel the bananas and cut into bite-sized pieces. Add to the bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Refrigerate leftovers within 2 hours.

Each serving: 100 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 24 g carbohydrate, 2 g protein, 1 g fiber.

Source: Oregon State University Extension Service

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CELEBRATE FRUITS & VEGETABLES

June is Fruit and Vegetable Month. This also corresponds to the time of year when the Farmer's Markets and produce section of the grocery store is filled with a multitude of fresh selections – lettuce, radishes, melons, beans, berries and more.

There is no better time than now to start enjoying more fruits and vegetables. Here are ways to get ready for the celebration.

GET CLEANED UP

Make room for fruits and vegetables in your kitchen.

- Clean out your refrigerator so you will have room for more fruits and vegetables.
- Convert the deli drawer for fruit storage.
- Use one of the bottom produce drawers for salad and the other vegetables in season.

DRESS UP WITH COLOR

Did you know that there are 5 color groups for fruits and vegetables?

- 1) White/brown
- 2) Yellow/orange
- 3) Purple/blue
- 4) Green
- 5) Red



Try to keep a variety of colors on hand so you can benefit from all of the nutrients and phytochemicals (beneficial plant chemicals) these color groups provide.

PREPARE THE FEAST

Prepare fruits and vegetables so they are ready for round-the-clock snacking.

- Cube melons and place them in a covered dish in the refrigerator.
- Wash berries and place them in bowls ready to put on cereal and yogurt.
- Make a big tossed salad. Tossed salad lasts in a bowl for up to 2 days when it is not dressed.
- Bananas, peaches, plums and tomatoes can be placed on the counter in a bowl (refrigerate when ripe).
- Shuck corn and wrap in plastic. All you have to do is microwave for 2-3 minutes per ear.
- Keep potatoes, along with fat-free sour cream and light margarine on hand for snacks and meals.

FRUIT AND VEGETABLE QUIZ

Provide the answers to these questions: Answers at bottom of page.

- 1) 8 of these berries have more vitamin C than one orange. _____
- 2) The _____ is a variety of the peach. They are smooth while the peaches are fuzzy. Both are high in vitamin A.
- 3) This vegetable is also a grain. _____
- 4) This fruit has been used in civilization for a long time and is classified for table, wine or raisins. The red variety has received attention in the press for its heart-beneficial phytochemicals. _____
- 5) This sweet, delicious red melon can be served sliced or cubed for snacks and desserts; best of all, it contains just 80 calories per 2 cups! _____

Source: *Communicating Food for Health, 2005*

FRESH VEGETABLE GUIDE

Iowa State University Extension has a new publication to help you as you celebrate Fruit and Vegetable month. It is called: Fresh Vegetable Guide, PM 2034. Within the publication you will find information about selection and storage of vegetables. There is even an easy to use monthly chart indicating which vegetables are in season through out the year. Plus, you will find simple steps to follow when preparing fresh vegetables. The publication is available from your local County Extension Office or find it free on line as a downloadable pdf file:

<http://www.extension.iastate.edu/Publications/PM2034.pdf>



Answers to Fruit and Vegetable Quiz:

- 1) Strawberries;
- 2) Nectarines;
- 3) Corn;
- 4) Grapes;
- 5) Watermelon

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and justice for all

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