

FOOD FOR FITNESS AND FUN

October- 2008

We have a great apple crop this year in Iowa. I've included several healthy preparation ideas and some Fall food fun. Enjoy! Jan Temple

FALL FOOD FUN

GOLD, ORANGE & PURPLE FLOATS-

1 SERVING

This snack uses commercially available ingredients that may be assembled on location.

1 cup orange, grape, or apple juice
1/2 cup reduced fat vanilla ice cream
Place ice cream in a glass. Pour juice over the ice cream. Serve immediately with a spoon and straw.



Each serving (using orange juice): 222 calories, 2.5 g fat, 1.1 g saturated fat, 10 mg cholesterol, 62.5 mg sodium, 45 g carbohydrate, 1 g fiber, 4.7 g protein.

ORANGE PARFAIT — 1 SERVING

This snack uses commercially available ingredients that may be assembled on location.

6 oz. orange or vanilla flavor low fat yogurt
1/4 cup canned mandarin orange slices (drained)
2 Tablespoons crunchy cereal (i.e. Grape Nuts®)
In a cup or glass, layer half the yogurt, half the oranges and 1 Tablespoon cereal; repeat layers.
Each serving: 175 calories, .3 g fat, 0.1 g saturated fat, 0 trans fat, 2.5 mg cholesterol, 177 mg sodium, 36.7 g carbohydrate, 1.7 g fiber, 7 g protein.

EDIBLE SPIDER - 1 SERVING

This snack uses commercially available ingredients that may be assembled on location. It's a festive cheese sandwich!

For each spider you will need:

- 1 small hamburger bun, dinner roll or mini bagel
(Note: Whole grain would be the healthier choice.)
- 1 slice of cheese – American, Swiss, Co-Jack
- 8 carrot sticks or mini carrots
- 2 raisins

If not already cut in half, split the bread and make a cheese sandwich. Insert the carrots into the bread to be like legs on the spider.

Poke raisins into bread for eyes. (Note: cream cheese may be used as "food glue").

Each serving: 267 calories, 8.6 g fat, 4.3 g saturated fat, 20 mg cholesterol, 541 mg sodium, 43 g carbohydrate, 5.5 g fiber, 7.8 g protein.



APPLE BOUNTY

Apples taste great and provide essential vitamins, minerals and fiber that may help to protect you from chronic diseases. According to the US Apple Association, it is recommended you select apples that are firm to the touch, have a good aroma and are free of skin breaks and bruises. Handle them gently to prevent bruising. Store apples away from strong-smelling foods to prevent them from absorbing unpleasant odors. Properly-refrigerated apples can keep anywhere from 4-6 weeks. Before eating or cooking, wash apples under running water. To retard browning when cutting apples, use one of the following: 1) one part lemon juice to three parts water, 2) vitamin C-fortified 100% apple juice, or 3) commercial anti-browning product.

APPLE PUMPKIN MUFFINS — 12 MUFFINS

The wonderful flavors of Fall combined in one delicious quick bread. Make extra for the freezer!

1 1/2 cups All Purpose Flour (or 3/4 cup Whole Wheat and 3/4 cup All Purpose flour)	1/2 cup fat free milk	
1/2 cup sugar	1/2 cup canned pumpkin	
2 teaspoons baking powder	2 Tablespoons oil	
1/4 teaspoon salt	2 egg whites (or one whole egg)	
1/2 teaspoon cinnamon	1 cup finely diced (or grated), cored, but unpeeled apple	
1/2 teaspoon nutmeg	1/2 cup raisins	

TOPPING:

1/4 cup brown sugar	1/2 teaspoon cinnamon
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Spray muffin pan lightly with non-stick vegetable spray. Prepare topping by stirring together cinnamon and brown sugar; set aside. In a bowl, combine flour, sugar, baking powder, salt, cinnamon and nutmeg until well blended. In another bowl, combine milk, pumpkin, oil and egg. Add the wet ingredients to the dry ingredients just until moistened. Fold in apples and raisins. (Note: Plump raisins by placing them in a microwave safe dish; cover with water and heat for several minutes in the microwave. Drain well before adding to mixture.) Fill muffin cups two-thirds full. Sprinkle topping over muffins. Bake at 400°F for 30 to 35 minutes. Cool.

Each muffin: 154 calories, 2.6 g fat, 0.4 g saturated fat, 0 g trans fat; 0.2 mg cholesterol, 105 mg sodium, 31 g carbohydrate, 1.3 g fiber, 2.9 g protein.

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KIDS MENU: NUTRITION DISASTER!

JUST THE FACTS:

Most children's menus are filled with choices that are high in calories, fat, saturated fat and sodium. The population of today's kids is experiencing an increased rate of obesity and even rising blood pressure. Look at the typical choices for popular kid items below:



Food	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Sodium (mg)
Cheeseburger	341	20	1	6	580
Pizza	331	14	0	5	514
Grilled Cheese	334	20	.5	2	828
Chicken Nuggets	190	13	0	4	340
Macaroni & Cheese	353	13	0	4	651
Brownie	344	16	1.5	4	245
Lunchable Pizza	460	10	4.5	0	520
Dora the Explorer Soup	70	2	0	.5	580
SpaghettiO's Pasta with Franks	230	10	0	5	930
Cheeseburger Happy Meal	810	32	6	10	1010

Source: McDonalds.com, Dennys.com, Kraftfoods.com

TIPS FOR BETTER KIDS MEALS:

- Share a healthy menu item with the kids. Ideas include low-fat salad and pasta with marinara sauce, grilled fish or chicken, baked potato and salad, soup and salad.
- Visit salad bar type restaurants and places that offer low-fat options for salad, stir-fry and pasta.
- Skip the fried food. A trip through the local burger joint can stick to a hamburger, milk and fruit or salad.
- Involve kids in researching the nutrients for their favorite fast food restaurant menus. Have them visit the FDA site for Nutrition Facts Label reading so they can be aware of how to read a label and what is in the food they are eating – visit www.SpotTheBlock.com for three easy lessons on serving sizes, calories and nutrients.
- Cook with your kids!! Kidscuisine.net lists the 5 top reasons to cook with kids as: 1) It encourages kids to eat healthy; 2) It is bonding time for you and the kids; 3) It nurtures creativity; 4) It is fun; 5) Cooking can teach math and science principles!!

Source: *Communicating Food for Health*, October 2007

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APPLES – COOKING AND SNACKING

Make this the year to try at least one new apple variety.

Snacking Apples

Braeburn	Gala	McIntosh
Cortland	Golden Delicious	Pink Lady
Crispin	Granny Smith	Red Delicious
Empire	Jonagold	Stayman
Fuji	Jonathan	Winesap

Cooking Apples

Cortland	Jonagold	Rome Beauty
Crispin	Jonathan (pie, sauce, not baked apples)	Stayman
Fuji	Newtown Pippin	Winesap
Golden Delicious	Pink Lady	York
Granny Smith		

EASY BAKED APPLES FOR ONE

1 large apple	2 teaspoons raisins – optional
2 teaspoons brown sugar	Cinnamon

Use a baking apple. Spray microwave safe container with vegetable spray – custard cup is great for single serving. Wash apple, remove core or cut into quarters or slices. Place in cup. Fill center with brown sugar raisins and cinnamon (or sprinkle over slices). Bake apple on full power in microwave for 2-3 minutes or until apple is tender.

Note: Possible substitutions for brown sugar: pancake syrup, marmalade, honey.

Each serving: 113 calories, .3 g fat, 0 g saturated fat, 0 trans fat; 0 mg cholesterol, 3.7 mg sodium, 29.7 g carbohydrate, 3.5 g fiber, .6 g protein.



APPLE POCKET PIE (MAKES 4 SERVINGS).

4 flour tortillas	1/8 teaspoon nutmeg
2 apples	Milk
1/4 teaspoon ground cinnamon	Sugar (optional)
2 Tablespoons brown sugar	

Warm tortillas in microwave to make them easier to handle. Chop apples into small pieces. Place 1/4 of the apples on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over apple. Roll up the tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small slits to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Bake in a 350 degree oven for 8-12 minutes or until lightly brown. Serve warm.

Each serving: 288 calories, 5.3 g fat, 1.3 g saturated fat, 0 g trans fat; 0 mg cholesterol, 346 mg sodium, 54 g carbohydrate, 4 g fiber, 6.5 g protein.