

Portion sizes, seasonal produce (zucchini, peaches) and including more fish in your diet to prevent heart disease and promote eye health are August features. Enjoy! Jan Temple

AVOID 7 PORTION CONTROL MISTAKES

With all the concern about obesity in the US, we need to focus upon how MUCH we eat as well as WHAT we eat. Here are some tips.

- 1. BEVERAGES** – Most people need 2-4 or more quarts of water per day. If the water is part of soda or other beverages with sugar and or fat calories, there is the potential for many calories not associated with satiety. **Water is the best choice!**
- 2. CRACKERS AND CHIPS** – These are very easy to grab and eat on the go. But they are calorie dense. A serving size of just an ounce (about one handful) is very small. **Make sure you have fruits and vegetables for grab and go snacks, too.**
- 3. BAKED GOODS** – Most baked goods look normal when they are actually huge sizes. Cookies or cake for sale in most bakeries are upwards of 500 calories. **An apple is just 80 calories.**
- 4. FRIED FOOD** – Frying food doubles the calories of just about any food versus eating it plain. **Choose foods that are grilled, poached, baked or roasted.**
- 5. PIZZA** – Eating pizza until full can lead to 2 or 3 times the amount you should eat. **Remember to go light on the cheese and start out with a large salad first.**
- 6. SALAD** – Many people get into trouble with salad two ways. First they load up on high fat ingredients like mayonnaise-laden dressings, cheese, croutons or bacon. Second, they tend to eat too little salad - if low in fat it would help displace higher fat/calorie foods. **Eat more salad but make it low in fat.**
- 7. MEAT** – Cuts of meat from a store or restaurant are often bigger than a 3 ounce serving. **Make sure your portion of meat, chicken, or fish fills just one fourth of the plate.**

Source – Communicating Food for Health

QUICK PORTION GUIDE

BEVERAGES – fist is about a cup

CRACKERS AND CHIPS – handful is about 1 ounce

BAKED GOODS – 2 fingers or 1 small biscotti is about 150 calories; size of palm is 500 calories

FRIED FOOD – Limit or omit

PIZZA – one slice and fill up on salad that is low in fat

SALAD – make it big and low in fat

MEAT – deck of cards

Source – Communicating Food for Health



CRUSTLESS ZUCCHINI QUICHE SERVES 6

3 cups zucchini, chopped	1 cup nonfat egg substitute
1 cup onion, chopped	1 cup nonfat evaporated milk
1-2 cloves garlic, minced	1 cup shredded Swiss cheese
2 teaspoons olive oil	2 teaspoons grated parmesan cheese, optional
1/4 teaspoon ground ginger	1/2 cup plain bread crumbs, divided



Microwave Directions: Spray 9-inch glass pie plate with nonstick vegetable spray and sprinkle with 1/4 cup bread crumbs. Set aside.

Sauté zucchini, onions and garlic in olive oil for 7 minutes on full power, stirring every 3 minutes. Add ginger, (salt and pepper if desired), egg substitute, evaporated milk and Swiss cheese; mix. Pour egg-vegetable mixture into prepared pie pan. Sprinkle top with remaining crumbs and grated parmesan cheese. Cook for 13 minutes on full power; turn dish every 3 minutes. **Conventional Oven Directions:** Bake at 350 degrees for 40-45 minutes, or until knife inserted into center comes out clean.

Each serving: 209 calories, 8.5 g fat, 4 g saturated fat, 0 g trans fat, 22 mg cholesterol, 249 mg sodium, 18 g carbohydrate, 1.5 g fiber, 15.6 g protein. Save 50 calories and 5 grams fat by using reduce fat Swiss cheese. Cost = \$.82

CARAMEL PEACH CRUNCH – SERVES 4

4 ripe peaches, pitted and cut in wedges (3 cups)*	1/2 cup low-fat granola
1/4 cup brown sugar	Regular or frozen nonfat vanilla yogurt, optional

Toss peaches with brown sugar and place in glass baking pan. Cover with plastic and microwave for 6-8 minutes on high or until peaches are tender. Serve in individual bowls with low-fat granola sprinkled over the top. It goes well with a regular or frozen nonfat yogurt. You may use a one pound bag of frozen peach wedges. Increase cooking time to 12-15 minutes or until fruit is tender and mixture is bubbly.

Each 1/2 cup serving: 140 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 30 mg sodium, 31 g carbohydrate, 2 g fiber, 2 g protein. Cost (without yogurt) = \$.43

Source: Communicating Food for Health

TIP: Remember the hand rule – items as large as your hand are probably about 400 calories. Keep it the size of a finger and you will only have around 100 calories.



DIET AND AGE-RELATED MACULAR DEGENERATION

Age-related macular degeneration (AMD) is the #1 cause of blindness for people who are age 55 or older in the United States. By 2020 it is estimated that perhaps 3 million Americans will have late-stage AMD in which there is a significant loss of their central vision.

In effect they have a blind spot in the middle of their visual field making reading, driving, and face recognition difficult if not impossible.

About 90% have what doctors call the “dry” form of the disease for which there is not effective drugs or surgical treatments. The less common “wet” form of AMD can be slowed with surgery including laser treatments but there is no lasting cure.

Current research in the area of AMD is showing an association between fat and eye health. A little of the right fat is good. This includes fat from extra virgin olive oil, nuts and omega-3 rich fish (salmon, trout, tuna, mackerel). It just takes one to two servings of each per week according to recent studies. By including these fats in your diet in small amounts while largely avoiding fats from meat and dairy products and refined oils, you are assured of an adequate intake of essential fatty acids without getting so much total fat that promotes weight, diabetes, DVD, some cancers as well as AMD.

- **Choose a heart-healthy diet that is high in fiber and low in fat, sugar and refined carbohydrates** to lower your risk for diseases which increase risk of AMD: diabetes, dyslipidemia, and high blood pressure. You should get plenty of physical activity, too, so you can control your weight but limit your eyes exposure to sunlight.
- **Avoid eating foods that are rich in trans fatty acids.** These include many cookies, crackers, desserts, chips, and fried foods. Read the Nutrition Facts Panel. Most restaurants still use trans fat-rich oils for frying and on grills so be careful when dining out. Make fat choices healthy – with fish or nuts a few times per week.
- **Eating a diet that has plenty of antioxidant-rich fruits and vegetables is also a good idea.** Green leafy vegetables and some yellow fruits and vegetables are excellent sources of lutein and zeaxanthin-plant chemicals that help protect the macular from sun damage.



Source: *Communicating Food for Health, July 2008*

SALMON SALAD SANDWICH – SERVES 4

7.5 ounce can red salmon, drained	2 ripe plum tomatoes, diced
½ cup diced cucumber	1/3 cup nonfat plain yogurt
¼ cup sliced green onion	8 slices whole grain bread
¼ cup sliced red bell pepper	2 cups shredded dark green lettuce

Mix salmon, vegetables and yogurt together in medium-sized mixing bowl. Make 4 sandwiches with salmon and dark green lettuce in between 2 slices of whole grain bread. Serve with slaw and fresh vegetable sticks.

Each sandwich: 310 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 150 mg sodium, 40 g carbohydrate, 8 g fiber, 20 g protein. **Cost = \$.86**

Source: *Communicating Food for Health*



BROILED FISH TACOS – SERVES 4

1 pound mahi fillets	1 ½ cups shredded cabbage
1 lime, cut in half	8 corn tortillas
8-10 sprigs cilantro (rinsed)	¼ cup mild salsa

Preheat oven broiler. Cut fillets lengthwise into 1-inch strips. Squeeze juice of 1 lime half over fish. Remove large stems from cilantro and place leaves in a bowl with the cabbage. Squeeze juice of other lime half over cabbage and stir. Broil fish until done – it will be firm and opaque and flake easily. Microwave tortillas on microwave-safe plate on high 30 seconds or until tortillas are flexible. Add fish strips down center of each tortilla. Top each with cabbage mixture and salsa and fold in half. Serve with brown rice, if desired.

Each 2-taco serving: 391 calories, 3.5 g fat, .5 g saturated fat, 0 g trans fat, 82 mg cholesterol, 228 mg sodium, 61 g carbohydrate, 5 g fiber, 28 g protein. **Cost = \$1.23** (Use less expensive white fish to lower cost per serving.)

Source: *Adapted from Communicating Food for Health, July 2007*

GOOD NEWS FOR CELIAC PATIENTS

General Mills Inc.’s Betty Crocker brand is rolling out gluten-free mixes for cookies, brownies, and cakes, reportedly the first gluten-free offering from a major, mainstream brand in the cake-mix aisle.

Source: *Communicating Food for Health, July 2008*

FIVE WAYS TO TRIM 100 CALORIES

1. Swap an 8-oz. regular soft drink for a diet soft drink.
2. Drink 2 cups fat free milk instead of 2 cups whole.
3. Use 1 tablespoon mustard or ketchup or 1 tablespoon fat free mayo instead of 1 tablespoon regular mayo.
4. Split a small bag of French fries with a friend.
5. Cut apple pie pieces 1/3 smaller (8 slices NOT 6).

Source: *Barb Anderson, ISU Extension Nutrition Program Specialist*

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