



# Food and Fitness



June 2009

It's the first fruit to ripen in the spring, the seeds are really the fruit. It's the most popular berry in the United States, ninety-four percent of United States households consume them and Americans eat 3.4 pounds of this fruit fresh, plus 1.8 pounds frozen per capita. What is the fruit? It is strawberries!

Try this for a quick and easy way to enjoy this all American favorite.

### Fresh Lemon-Poppy Seed Dip

2/3 cup nonfat or light sour cream  
4 teaspoons sugar  
1 tablespoon lemon juice



1 tablespoon poppy seeds  
1 teaspoons finely grated lemon peel or lemon zest

Whisk ingredients until smooth (Optional - add a drop of yellow food coloring to add eye appeal)

Rinse your strawberries, pat dry with paper towels. Dip and eat. How easy is that? This is a great way to Pick a Better Snack while getting your vitamin C!!!

### Altering Recipes for Better Health

One way to improve your diet is by altering the recipes of the foods that you are now eating by using less fat, sugar and salt. Some general reductions and substitutions include:

Sugar can be reduced by 1/3. This works best in home canned and frozen fruit and in making puddings and custards. It may be less desirable in cookies and cakes.

Fat can often be reduced by 1/3. This

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Salt may be left out or reduced by 1/2. Use spices and herbs for flavor.

Whole grain flour can be substituted for 1/4 to 1/2 of refined flour.

Yogurt or cottage cheese may be substituted for sour cream in some sauce and dip recipes.

### Growing Green in Your Garden - Reasons to Eat Salad Greens



Two cups of green leaf lettuce provides:

More than 100 percent of the Daily Value for Vitamin A – essential for healthy vision, and more than 150 per cent of the recommended DV for vitamin K – necessary for proper bone growth.

An excellent source of Vitamin C, which may help to prevent against heart disease

A good source of the essential mineral manganese which help support the immune system, maintain normal blood sugar levels and support normal bone growth.

### Four Steps to a Better Spread

When grocery shopping you may want to stop and take time to check out the margarine labels. When trans fat was added to the Nutrition Facts Label, manufacturers looked closely at their products and made some changes. These changes in spreads mean more healthful options, but also make it harder to choose.

For Questions About...

Polk County  
Congregate Meals  
515-286-2062

Commodity &  
Supplemental Foods  
515-286-3655

Nutrition, Food  
Preparation &  
Food Safety  
ISU AnswerLine  
1-800-262-3804

Use these steps to pick a better spread.

1. Check the Nutrition Facts to be sure that trans fats are 0 and saturated fat is no more than 1.5 grams per tablespoon.
2. Be sure oil is first in the list of ingredients.
3. Scam the ingredient list for partially hydrogenated oils and avoid brands with them.
4. Once you have narrowed your options, perform your own taste test.

### **The Whole Grain Stamp**

If you are searching the grocery aisles for authentic whole grain foods, look for the Whole Grain Stamp.



The stamp features a stylized sheaf of grain on a golden-yellow background with a bold black border. There are two different varieties of stamp, the Basic Stamp and the 100% Stamp.

If a product bears the 100% stamp, then all of its grain ingredients are whole grains. There is a minimum requirement of 16 g – a full serving – of whole grain per labeled serving, for products using the 100% stamp.

If a product bears the Basic Stamp, it contains at least 8g – a half serving – of whole grain, but may also contain some refined grain. Even if a product contains large amounts of whole grain, it will use the Basic stamp if it also contains extra bran, germ or refined flour.

*Stamp Picture courtesy of: Oldways and the Whole Grains Council*  
[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

### **Wash Cantaloupe before Eating**

We all enjoy cantaloupe in the summer and this year you should consider adding a step to the preparation—wash before eating. The increasing concern for foodborne illness suggests that this step can give you peace of mind and a safe fresh piece of fruit. Here are the steps:

- Wash cantaloupes just before eat and serve them. Even though you do not eat the rind, it is important to wash the cantaloupe before you cut it.
- First, wash your hands with hot, soapy water for 20 seconds. Dry your hands with a paper towel.
- Wash with soap and water and sanitize all food preparation areas and utensils, including any fruit/vegetable brush, with a solution of 1 teaspoon chlorine bleach in 1 quart water.
- Use a cleaned and sanitized fruit/vegetable brush to vigorously scrub the outside of the cantaloupe in a clean sink under clean running water.



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