



Food and Fitness



September 2009

Sweet Potato Soufflé'



Try drained, canned sweet potatoes for this recipe.

- ¼ cup apple juice (100% juice)
- 2 cups cooked sweet potatoes
- ¼ cup unsweetened orange juice
- 1 small banana
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 eggs

Non-stick vegetable spray

Mix all ingredients together in a blender. Secure lid and blend until smooth. Pour into an 8 inch square baking pan that has been sprayed with non-stick vegetable spray. Bake at 350° for 40 minutes. Serve warm or cold. Makes 6 servings.

Defining Moderate Exercise

If you are trying to follow the guidelines that recommend doing 'moderate-intensity' activities for 30 minutes five times a week, you may wonder what is 'moderate-intensity'? If your exercise is walking, it is doing at least 100 steps per minute, according to a new study in which researchers



correlated walking speeds and energy expenditures in people using a treadmill. Starting by aiming for 1000 steps in 10 minutes, and

work up to 3000 steps in 30 minutes. A pedometer makes it easy to count steps.

We Get Questions



Q -- The recommendation is 30 minutes of moderate-intensity exercise most days of the week. Does household chores or yard work count?

A -- It depends on the chore. Unless it is an especially energetic task such as scrubbing the floor, indoor housework tends to be low-intensity. But you could try to do some chores, such as vacuuming or sweeping, faster than usual. And many out door chores can provide moderate workouts including carpentry, cleaning gutters, gardening raking leaves, splitting firewood, and pushing a lawn mower. Those provide the same workout as biking, swimming and walking.



For Questions About...

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Green Ideas

Mary Crooks, Iowa State University Extension, Family Life Field Specialist, shares these “food for thought” suggestions relating to “Thinking Green”

- The average American uses between 300 and 700 plastic bags per year
- If everyone in the United States tied their annual consumption of plastic bags together in a giant chain, the chain would reach around the Earth no once, but 760 times!

According to the American Forest and Paper Association, in 1999 the U.S. alone used 10 billion paper grocery bags, requiring 14 million trees to be cut down.

- Plastic bags don’t biodegrade, they photodegrade, breaking down into small toxic bits contaminating soil and waterways and entering the food-chain when mistaken for zooplankton or jellyfish.



Small Actions Matter Use cloth bags instead disposable plastic or paper bags for your groceries.

Back to School with Healthy Eating

As the school year begins, it is a great time to revisit the important role healthy eating contributes to your child’s success in school.



- Start the day with breakfast. Children who eat breakfast do bet-

ter in school. Think “3” when it comes to breakfast-breakfast should have foods from three different food groups.

- Variety is key! Exposure to a wide variety of different foods helps to balance nutrient intake and develops acceptance of different flavors. This helps with picky eaters.
- Make water your family’s number one drink. Staying properly hydrated keeps the brain functioning well. Encourage your child to carry a water bottle to school each day.
- Include more whole grains, fruits and vegetables and low-fat dairy products in your family menu. They provide carbohydrates for energy, plus vitamins, minerals and fiber.
- Lead by example - put away the chips, and choose that piece of fresh fruit for an afternoon snack.

Sugar Substitutes are Safe in Moderation

The newest no-cal product is *Truvia*. It combines the sweetener rebiana, from the stevia plant, with other natural flavorings, including some found in grapes and pears. The FDA gave Truvia its designation as ‘Generally Recognized as Safe’ last December, meaning it can be used safely in all foods. Just remember that you should not use diet products or use no-cal or low-cal sweeteners as an excuse to load up on high-calorie foods. That tendency may explain why research has linked the use of the products to weight gain, not weight loss.

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Printing provided by Polk County
Board of Supervisors.

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.