



Food and Fitness



April 2009

Take the Stairs

Just 7 minutes a day of walking up stairs may help protect your heart, among other benefits. But only about 6 percent of people actually take the stairs in public building. Posting signs encouraging use of stairs can help. One study showed encouraging signs near steps can triple the use of steps.



Five Ways to Trim 100 calories

- Swap an 8-ounce regular soft drink for a diet soft drink.
- Drink 2 cups of fat-free milk instead of 2 cups of whole milk.
- Use 1 teaspoon of mustard or ketchup or 1 tablespoon of fat-free mayonnaise in place of 1 tablespoon of regular mayonnaise.
- Split a small bag of French fries with a friend.
- Slice a typical piece of apple pie about 1/3 smaller (cut pie into 8 slices instead of 6).

Give Prepared Foods a Boost

Add lightly sautéed vegetables to jarred pasta sauce. Try broccoli, onions, mushrooms, peppers, carrots, or eggplant. Serve over whole-wheat pasta.

Perk up take-out or frozen pizza. Add pineapple, chopped tomatoes, mushrooms, peppers, broccoli, onions or other favorite vegetables.

Dress up quick-cooked brown rice. Look for the color with diced tomatoes, shredded carrots, raisins, and pine nuts. Season with a splash of

balsamic vinegar.

Top frozen whole-grain waffles with fresh or frozen fruit.

Add dried fruit to instant cereals like oatmeal or Cream of Wheat.

Heat canned fat-free refried beans in the microwave. Add low-fat cheese, vegetables and salsa and roll in a whole-wheat tortilla.

Add dried cranberries or cherries to pre-packaged romaine salad. Top with reduced-fat dressing or crumbles of cheese.

Create your own soup by adding chopped, steamed vegetables to tomato, lentil, bean or chicken noodle soup.

Pick up fresh fruit cup at the local grocery store. Pair it with low-fat yogurt or cottage cheese for an on-the-go snack or meal.

Food for Fun and Health

Mama's Pizza Boats (4 servings)

4 hot dog buns or English muffins

½ cup pizza sauce

5 to 6 ounces sliced cooked ham, beef, turkey or Canadian bacon

1 cup (peppers, onions, mushrooms, onion and/or drained crushed pineapple

¾ cup shredded cheese

Heat oven to 450°. Cover baking sheet with foil, open buns or muffins, lay cut side up and toast for a few minutes.

Spread about a tablespoon of sauce on each half of open bun or muffin. Layer meat and other ingredients, sprinkling cheese on top. Bake 10 minutes or until heated through and cheese starts to bubble.



For Questions
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Go Green with Broccoli



Use your eyes to pick the best broccoli. Select broccoli with a deep green or green/purple color, tiny buds and green leaves. Do not select broccoli with yellow “flowers” inside the buds. This indicates it is old and tough. Store unwashed broccoli in the refrigerator vegetable crisper or drawer, away from fruits, for up to four days. In addition to vitamin C, broccoli has 41 mg. of calcium in every cup.

Cooking Greens

Color tells it all. Choose greens that are the darkest shade - kale, collards, turnip greens, beet greens, spinach and Swiss chard. Most green may be eaten raw when young and tender; as they mature the strong flavors benefit from a brief cooking. Store green unwashed, wrapped in damp paper towels and placed in a plastic bag in the refrigerator. To use, wash, then trim roots, stems and midribs if they are thick and tough.

Greens are great in salads, sandwiches and stir-fries. Many are great sources of calcium and can complement dairy foods for daily calcium needs.



Spinach Dip with Mushrooms

1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
1-1/2 cups nonfat sour cream
1 cup fat-free mayonnaise
1 cup chopped fresh mushrooms
3 green onions, chopped

In a medium-sized bowl, combine all ingredients. Mix well. Cover and

variety of raw vegetables.

Calcium-Fortified Snack

Add orange juice to yogurt and fruit in a blender to make a smoothie high in calcium and flavor. You can also freeze in molds for a delicious frozen snack.

4 Layer Supper Dish

4 potatoes
1 can CSFP chicken or 2 cups diced cooked chicken
1 Tablespoon dehydrated minced onion
½ cup shredded cheese
1-16 ounce can green beans, drained and rinsed
1-10 ½ ounce caned cream of chicken soup
¾ cup skim milk
Cajun seasoning or garlic powder to taste (optional)

Boil potatoes in jackets. Slice and layer in an electric skillet or casserole dish. Spoon beans over potatoes and then chicken. Stir milk, onion, and seasoning into soup and spread over chicken. Cover skillet; set at 350 degrees and heat through or put in a 350 degree oven for 30 minutes. Just before serving add shredded cheese. Cover again to melt cheese. Cooking in the electric skillet is preferred because the potatoes turn out very brown.

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