

FOOD & FITNESS

IOWA STATE UNIVERSITY EXTENSION

EATING WELL ON THE ROAD



Take healthy snacks on the road.
Medium-size apple - 72 calories
Medium-size banana - 105 calories
1 cup blueberries - 83 calories
1 cup grapes - 100 calories

Still some summer vacation time left? Don't let "on the road eating" put you on a crash course with an unhealthy diet. Take healthy snacks with you to eat better on the road. Stock a cooler with cheese, pre-cut vegetables, yogurt, and other food to munch on while traveling. Pack a bag with individual portions of low-fat popcorn, trail mix, energy bars, nuts, or dried fruit. Avoid sweetened soda and other drinks that add empty calories. Drink more water. If you crave a sweet drink, try low-fat chocolate milk.

Pick healthy menu items when eating in restaurants. Opt for lighter fare like salads, grilled sandwiches, and wraps. Check the nutritional information provided on the menus. If you must indulge, choose small portions or share larger ones.

Always start a day of travel with a healthy meal to help balance out what may come later. Eat a good breakfast. If your overnight hotel/motel room has a refrigerator, load it the night before with cereal, low-fat milk, yogurt, and fruit. If breakfast is provided at your overnight stay, great!! But remember, wise choices apply here also.

DEAR RISK REDUCER

We know we need to exercise and eat right to be healthy. Exercise maintains muscle mass lost with dieting alone. Exercise helps maintain a normal metabolic rate and is crucial in long-term weight maintenance.

Moderate intensity exercise affects brain chemicals resulting in decreased appetite. Exercise may help improve energy levels and sleep quality.

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Aerobic activity (walking, hiking, skating, skiing, rowing, cycling) is best for weight loss. Create the habit of exercising, even if you can only exercise for a short period. Talk to your doctor before beginning any exercise program.

Healthily Yours,
Barbara Anderson
ISUE Nutrition and Health Field Specialist

STRIDE RIGHT

Walking is a safe, simple way to exercise that anyone can do, almost anywhere, and any time. Follow these techniques to improve your walking form.



- ◆ Hold head high.
- ◆ Focus eyes 15 feet to 20 feet in front of you.
- ◆ Keep chin parallel to the ground.
- ◆ Move shoulders naturally, freely.
- ◆ Swing arms in a natural motion while walking briskly.
- ◆ Gently tighten stomach muscles.
- ◆ Tuck pelvis under torso.
- ◆ Position feet parallel to each other, if comfortable, and shoulder width apart.

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

CANTALOUPE OR MUSKMELON

Which is it, cantaloupe or muskmelon? Although referred to as a cantaloupe, the cantaloupe in the United States is in fact a muskmelon. The true cantaloupe exists in Europe and has a rough and warty surface unlike the netted characteristics found in the United States.

When shopping for a cantaloupe, consider the shape, color, and stem end. The melon should have a spherical and uniform appearance without bruises and indentations. When ripe it should have a khaki colored skin, not green. There should be a smooth stem end without any tear. This indicates the melon was not harvested too early.



Once cantaloupes are harvested they cannot further produce sugar. Leaving the melon on the counter at room temperature will not make the melon sweeter, but it will turn softer and juicier. Do not leave the cantaloupe at room temperature for more than 4 days. Once ripe or cut, the melon should be refrigerated and eaten within 2 days.

The orange flesh is rich in beta-carotene and provides potassium and vitamins C and A. Cantaloupe has a high water content and when consumed on hot days will help a person stay hydrated.

ROASTED RED PEPPER BRUSCHETTA

Ingredients:

- 1-16 ounce loaf Italian bread
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tomato, seeded and chopped
- 1 cup fresh basil, chopped
- 1-16 ounce jar marinated roasted sweet red peppers
- 1 small onion, chopped
- 3 teaspoons balsamic vinegar

Preheat oven's broiler. Slice bread into 1-inch slices and brush one side with olive oil. Broil, oil side up, until barely golden. Remove and cool. In a medium bowl mix together roasted pepper, garlic, tomato, basil, and onion. Sprinkle mixture evenly on each toast portion. Drizzle with balsamic vinegar. Serve immediately.

Recipe serves 12.

Nutrition information per serving:
143 calories, 3.9 g fat, 0 mg cholesterol,
22.7 g carbohydrates, 4.2 g protein,
358 mg sodium, 1.7 g fiber

CANNING TIP

Boiling water bath - When jars have been processed in boiling water for the recommended time, turn off the heat and remove the canner lid. Wait 5 minutes before removing jars.

Pressure canner - After the canner is depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes, unfasten the lid, and remove it carefully. Then remove the jars.