

## & FITNESS



April, 2009

Dear Risk Reducer:

Tough times force hard choices. And for many of us, these are some of the toughest times we have seen. As you search for making the most of what you have, Iowa State University Extension brings resources and experts to you at Managing Tough Times:

[www.extension.iastate.edu/answers/](http://www.extension.iastate.edu/answers/)

Get help with personal challenges such as providing nutritious low-cost meals, managing money, and dealing with stress. Find information that can help your small business, farm, or community survive – even thrive – in these tough times. Most of the resources are available at no cost or low cost.

At Managing Tough times Iowa State University Extension brings together ISU experts and other government experts by way of publications, worksheets, tips, hotlines and an “Ask an Expert” tool – just Email your question – type it carefully – and you will receive your answer. Visit the site to get the information you need today, then come back tomorrow and explore even more to get the information that meets the changing needs you have in these economics tough times.

Continually updated to meet changing needs the Managing Tough Times website is an interactive learning environment delivering the best, research knowledge from the smartest land-grant university minds across America.

Healthily Yours,

Barbara Anderson  
Family Nutrition and Health Specialist  
Iowa State University Extension

### Mini Burgers- Smoky BBQ Cheddar

Burgers are always welcome – especially when you offer a mini burger buffet.

Basic Mini Burgers – (Makes 12 burgers)

1-1/2 pounds ground beef

1 large clove garlic, finely chopped

½ teaspoon salt

¼ teaspoon pepper

Combine basic mini burger ingredients - add 1 cup shredded Cheddar Cheese. Lightly shape into twelve ½ - inch thick mini patties. Place patties on grill over medium, ash-covered coals and grill covered 8 to 10 minutes. Halfway through grilling, baste patties with ¼ cup prepared hickory barbeque sauce, cook to medium (160° F) doneness, until not pink in center and juices show no pink color. Turn once. Place burgers on bottoms of 12 split small dinner rolls. Top with sweet or dill pickle slices and prepared coleslaw. Close sandwiches. Serve with additional barbeque sauce as desired.

### Welcome to Spring.... A Great Time for Eggs!

Here are some tips to have a safe and eggs-cellent spring and summer. Bacteria can multiply in moist foods, including desserts and salads containing high-protein foods such as eggs, so it's important to refrigerate eggs and egg-containing foods. Also, remember the 2-hour rule, don't leave perishables out at room temperature for more than 2 hours. Bacteria love to grow in protein-rich foods. Scrambled and fried eggs should always be cooked until the yolks and whites are firm. And remember, tasting is tempting, but licking a spoon or tasting raw cookie dough from a mixing bowl can be risky. Bacteria could be lurking in the raw eggs. Cook cheese cakes, lasagna, baked ziti, and egg dishes to an internal temperature of at least 160 °F. Use a food thermometer to check.

## Natural or Processed Cheese?

Nutrition professionals routinely suggest choosing natural instead of processed cheese to consume less sodium. Processed cheese has a lower nutritional value as well as more sodium. In a 1-1/2 –ounce serving, a low fat or fat free natural cheese has 110 to 450 mg of sodium, while processed cheeses have 600 or more mg of sodium.

Processed cheese sometimes has ingredients added to make it soft and spreadable. It is formed by melting one or more natural cheeses with an emulsifier and other ingredients (such as cream, sweeteners, fruits, vegetables, and meats). The melted cheese is poured into a mold, and when it congeals, is cut into slices. It is sold in pots, tubes, and aerosol cans.

## Choose Your Shoe

Nothing kills a walking program faster than sore feet. Check shoes for stability and proper fit.

Hold the shoe at the toe and heel. Try to bend the shoe. It should bend near the ball of the foot because that's your foot's pivot point. If the shoe is too stiff, too soft, or doesn't bend in the right place, it flunks.

Hold at heel and toe and try to wring the shoe like a towel. You should see some movement. If it twists too much you won't have support for side to side and twisting movements.

Hold the top of the shoe at the heel on either side and squeeze. The heel back should be very stiff and not bend over.

Adapted from The Women's Sports Medicine Center.

## Food for Thought

Think of your dog as a treadmill with fur. Chances are that your dog could also use an activity upgrade. Getting serious about dog walks will be good for you and good for your pet. No dog at home? Walk a friend's furry treadmill – or contact your local animal shelter rescue group.

## Visualize Serving Sizes

Research shows that even though people make healthier food choices they don't necessarily monitor how much they eat. Large portions – even of healthier foods – can lead to weight gain.

Visualize these serving sizes:

- 1 pancake is a compact disc (CD)
- 1 piece of cornbread is a bar of soap
- ¼ cup raisins is a large egg
- 1-1/2 ounces of natural cheese is a 9 volt battery
- 2 tablespoons peanut butter is a ping-pong ball
- 3 ounce fish fillet is a checkbook
- 1/2 cup rice or pasta is a cupcake wrapper full
- ½ cup sliced fruit or cooked pasta is a computer mouse
- 1 ounce of cheese = a thumb
- 1 to 2 ounces of snack food = a handful\*
- ( 1 handful equals 1 ounce of nuts and small candies, chips and pretzels, 2 handfuls equal 1 ounce)

\*because hand sizes vary, compare your fist size to an actual measuring cup.

## Make Your Calories Count

Calories are a measure of the energy that fuels your body. Foods provide calories at the following rates:

- 9 calories per gram fat
- 7 calories per gram alcohol
- 4 calories per gram carbohydrate
- 4 calories per gram protein

## Is It A Serving or a Portion?

Becoming aware of differences between a portion and a serving is a good way to start monitoring food intake.

- **A serving is a defined amount of food suggested by an eating plan. It is often given in ounces or cups. Some recipes specify the size of the serving.**
- **A portion is how much you eat. For example 1/2 cup of carrots is a serving. A 1 cup portion is what you choose to eat.**