

To Your Health

Clean Produce And Keep it Cold

Summertime and the fresh fruits and vegetables are plentiful!

When preparing fresh produce:

- Wash your hands with soap and warm water before preparing any food.
- Use clean cutting boards, knives, and other equipment.
- Wash equipment and surfaces after use in hot, soapy water.
- It is best to wash most produce just before using.
- Wash all produce, even if you plan to peel it. (Bacteria on the surface can be transferred to the edible portion inside.)
- Wash produce under running water. Soap or produce rinses are not necessary. Use a scrub brush on firm vegetables and the skins of melons. Fresh leafy greens may need to be rinsed several times to remove soil or sand.

- Dry produce with clean paper towels, or let air dry on a rack set over a pan.

Buy Fresh Vegetables during Primary Growing Season for Best Quality

July: beets, bok choy, cabbage, chard, cucumber, new potatoes, snap beans, summer squash, sweet corn, tomatoes

August: beets, bok choy, carrots, chard, collards, cucumber, eggplant, kale, lima beans, muskmelon, onions, peppers, snap beans, summer squash, sweet corn, tomatoes

For additional information on purchasing fresh vegetables, see the ISU Extension publication PM 2034 - "Fresh Vegetable Guide" ... available through your local Iowa Extension office or on the web at

www.extension.iastate.edu/Publications/PM2034.pdf

Veggie Parfait

A parfait isn't just a dessert - try it as a side dish using colorful vegetables of the season.

In a parfait or other fancy glass (use plastic if picnicking), make colorful layers of vegetables and add a small drizzle of low-fat or fat-free creamy dressing between every few layers. Good vegetables include: grape tomatoes, chopped or sliced cucumbers, mushrooms, radishes, grated carrot, broccoli and cauliflower florets, green onion, peas, cooked chilled asparagus tips, chopped red, green or yellow peppers, baby spinach leaves.

Source: *Food for Fitness and Summer Fun/Food for Fitness and Fun* - July 2005, Iowa State University Extension. www.extension.iastate.edu/food

Cool Eats

As the weather gets warmer, it's time to turn to cool dishes for meals and snacks.

Build the Perfect Sandwich

Sandwiches are the most popular food prepared at home, with more than one-third of all home-prepared lunches including a sandwich. Here are some tips to make you sandwich fit into a healthful eating plan.

...Choose a whole-grain bread, roll or pita pocket.

...Choose 2 to 3 ounces of lean meat, poultry or fish for protein, iron and other nutrients, and a slice to cheese for calcium.

...Use lean roast beef, ham, chicken breast or turkey.

...Make or order tuna, ham or egg salad with less mayonnaise or with reduced-fat or fat-free mayonnaise.

...Load up on vegetables - such as red or green peppers, tomatoes, cucumber, onions, fresh spinach.

Enjoy your sandwich with a side of "veggies" (carrots, green pepper, cucumber, etc) or fresh fruit (melon, strawberries, grapes, peach, plum, etc.).

Source: American Dietetic Association

Quick Tortilla Idea

Tortillas (flour tortillas) are a staple food to keep on hand for quick and healthy meals and snacks.

Garden Tortillas Wraps: Spread 1 tablespoon creamy low-fat or fat-free dressing on a 10-inch flour tortilla (try whole wheat). Cover with raw spinach (shredded, torn, or whole leaves). Add any other raw vegetables,

chopped, sliced or shredded - carrot, tomato, pepper, cucumber, etc. If desired, add 2 tablespoons shredded cheese and 1 thin slice deli turkey. Roll up and eat with salsa.

Source: *Quick, Fit, and Healthy* - 2005 nutrition calendar, Iowa State University Extension

Let's Move!

...enjoy outdoor fun

▪Join in "4th of July" festivities in your community. Walk in the parade as a family or neighborhood. Participate in games and others events.

▪Enjoy a game of miniature golf with friends. Use a local park disc-golf course.

▪Develop an outdoors walking map from your place of work to various locations, and share with co-workers. Make sure to include distances and walk time. Take a walk at break time and/or lunch time.

▪Challenge a child to see who can use the hula-hoop the longest.

▪Start a walking club at work. Encourage co-workers to join whenever they can fit in - breaks, lunch, before and/or after work.

...water and exercise

Drinking water is one of the best things you can do when exercising for long periods of time, especially in hot weather. Water helps keep your body cool and helps prevent rising body temperature, dehydration, and electrolyte loss. Remember to drink water before, during and after physical activity even if you aren't thirsty.