

Celebrate Mother's Day and have fun with these Hispanic-inspired recipes – just don't go overboard on the portion sizes. Enjoy! Jan Temple

## PORTION CONTROL: DON'T GO OVERBOARD!

Controlling your weight is a matter of controlling the amount of calories you consume versus the amount you expend in movement through daily activities and exercise. Many foods, like fruits, vegetables, beans, cooked whole grains, fat-free dairy, and lean protein are naturally low in calories. So if you base your diet on these, you will feel fuller on fewer calories than if you eat high-calorie sugary and fatty foods like baked goods, fried foods, chips, and other processed foods.

But in addition to WHAT you eat, you have to be aware of HOW MUCH you eat. It is a good idea to write down what you eat in a day and figure how many calories you are eating. Can you shave 100 calories from each meal by eating less? Here are some tips to **Stay Afloat**:

- ◆ Use smaller plates and cups
- ◆ Read Nutrition Facts Labels
- ◆ Order small
- ◆ Beware of big baked goods
- ◆ Share large entrees
- ◆ Don't eat out of the bag
- ◆ Don't eat in front of the TV
- ◆ Eat before you go out



### PORTION CONTROL SIZE GUIDE

| THIS AMOUNT   | = SIZE OF:                      |
|---------------|---------------------------------|
| 3 ounces meat | = deck of cards                 |
| 1/2 cup       | = small computer mouse          |
| 1 cup         | = baseball                      |
| 1 teaspoon    | = tip of thumb                  |
| 1 Tablespoon  | = whole thumb or 9 volt battery |

### ORDER SIZE CALORIES GUIDE

|              | LARGE | SMALL |
|--------------|-------|-------|
| French fries | 570   | 250   |
| Burger       | 730   | 260   |
| Soda         | 310   | 150   |
| Cookie       | 470   | 110   |
| Ice Cream    | 560   | 230   |
| Totals       | 2,640 | 1,000 |



Source: Communicating Food for Health, May 2007

## CELEBRATE CINCO DE MAYO

With the Roll-ups and cake recipes that follow you may enjoy the celebration without going overboard!

## MAKE-AHEAD MEXICAN ROLL-UPS – SERVES 8

|  |  |
|--|--|
| 3 cups cooked brown rice – instant or regular        | 2 cups reduced fat shredded cheese (8 oz.) |
| 1 15 oz. can pinto or black beans                    | 1 cup salsa                                |
| 2 cups frozen corn or 1-15 oz. can whole kernel corn | 8 10-inch or burrito-size tortillas        |

Wash hands. Prepare rice according to package directions, allowing ~ 15 minute for instant or ~ 45 minutes for regular brown rice. Cool completely. To reduce sodium, place beans in a colander and rinse. Put into a large bowl. Thaw frozen corn in microwave: drain; add to bowl. Or, rinse and drain canned corn; add to bowl. Stir in rice, cheese, and salsa. Spoon about ½ cup filling on each tortilla. Roll or fold up. **To freeze for future use:** Wrap each in plastic wrap and place in pan in freezer overnight. When frozen, place in freezer-weight plastic bag. Seal, label, date; return to freezer.

**To Use:** Thaw in refrigerator. Microwave thawed tortillas in the plastic wrap for about 1 minute.

Source: 2009 Nutrition Calendar, ISU Extension.

Each roll-up: 370 calories, 13 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 780 mg sodium, 53 g carbohydrate, 6 g fiber, 15 g protein. Cost/svg = \$.91

## LEMON SURPRISE CAKE – SERVES 12

|                               |                                      |
|-------------------------------|--------------------------------------|
| 1 cup yellow corn meal        | 2 teaspoons finely grated lemon peel |
| 1 cup flour                   | 1 Tablespoon oil                     |
| 1/2 cup sugar                 | 1 egg yolk                           |
| 1 Tablespoons baking powder   | 2/3 cup nonfat milk                  |
| 1 teaspoon salt               | 3 egg whites                         |
| 6 ounces yogurt, lowfat lemon | Nonstick cooking spray               |

### OPTIONAL LEMON GLAZE:

|                           |                        |
|---------------------------|------------------------|
| 3 Tablespoons lemon juice | 1/2 cup powdered sugar |
|---------------------------|------------------------|

Wash hands. Preheat oven to 400 degrees. Mix first five ingredients together in mixing bowl. Combine yogurt, lemon peel, oil, egg yolk and milk together and stir into dry ingredients just until blended. Whip egg whites with mixer until stiff. Fold into corn meal mixture. Pour into round 9 inch cake pan coated with nonstick cooking spray. Bake 20-25 minutes or until cake tests done.

**Optional lemon glaze:** Over low heat blend lemon juice together with powdered sugar. Pierce cake top repeatedly with fork. Pour glaze evenly over the top.

Source: California Department of Health Services.

Each serving: 150 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 20 mg cholesterol, 350 mg sodium, 28 g carbohydrate, 1 g fiber, 4 g protein. Cost/svg = \$.17

## FRUITS AND VEGGIES: MORE MATTERS!

The Dietary Guidelines for Americans recommends



most adults consume 4.5 cups or about 9 servings of fruits and vegetables daily, depending on age, weight and activity level. More than 90

percent of all Americans do not eat the recommended amount even though half are aware of the recommendation. To meet the dietary guidelines, most consumers will have to more than double the amount they currently consume.

Beginning in March 2007, the 5 A Day Campaign started being replaced. By early 2009, we are fully transitioned to the new call for a healthier America called: **Fruits & Veggies – More Matters**. Here are the most important messages of the new campaign:

- ◆ Every step taken towards eating more fruits and veggies helps you and your family be at their best.
- ◆ Because eating fruits and vegetables may reduce your family's risk of many diseases, the Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group.
- ◆ Aim for Variety: Fresh, Frozen, Canned, Dried, and 100% Juice – All forms count and colors are important. (Juice does not contain the fiber of whole fruit so consumption should be kept in check.)

Best of all, try their “add one more” approach to getting more fruits and veggies:



- ◆ Add beans to salads, vegetable soup.
- ◆ Include lettuce, tomato, onions on all your sandwiches and wraps.
- ◆ Use fruit in gelatin for a colorful dessert.
- ◆ Begin your day with 100% juice and a piece of fruit – that's more right from the start!
- ◆ Add spinach (fresh, canned or frozen) to your favorite pasta dishes!
- ◆ Grilling out? Don't forget to grill sliced veggies and fruit for a tasty treat!
- ◆ Top breakfast cereal with a serving of fresh fruit.

Source: Communicating Food for Health, May 2007

## GUILT-FREE SPRING FRUIT MEDLEY - SERVES 6

My informal tasting panel gave this the thumbs up. Mom will appreciate how simple and yet delicious it is featuring both rhubarb and strawberries.

|  |                           |
|--|---------------------------|
| 1 pound rhubarb (chopped into 1 inch pieces) OR ~3 cups frozen rhubarb thawed and drained but not squeezed | 3 Tablespoons Splenda®    |
| 1 red apple, cored and sliced (ex-Gala)  | 1 cup oatmeal             |
| 1/2 cup strawberries, sliced   | 2 Tablespoons flour       |
| 1/4 cup crushed pineapple  | 2 Tablespoons brown sugar |
| 1 teaspoon cinnamon  | Margarine spray           |



Wash hands. Preheat broiler. In a microwave safe bowl, combine rhubarb, apple, strawberries, pineapple, cinnamon, and Splenda®. Cover and cook at full power for 5 minutes or until the rhubarb is just tender. Taste the mixture and add more Splenda® if desired. Meanwhile, in a medium bowl, combine oatmeal, flour, and brown sugar. Mix well to combine. Spread mixture on a foil-lined baking sheet. Spray oatmeal mixture with 15-20 pumps of butter substitute OR lightly if using aerosol. Broil until lightly toasted, about 3 minutes. Reserve 1/4 cup toasted oatmeal mixture; pour remaining oatmeal mixture into a microwave safe shallow serving dish. Cover with the warm fruit mixture; top with remaining oatmeal mixture. Serve warm.

Each serving: 110 calories, 1.3 g fat, 0.2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 14 mg sodium, 24 g carbohydrate, 3.8 g fiber, 2.8 g protein. Cost/svg = \$.26 (if you have your own Rhubarb plant); \$.92 if buy frozen rhubarb

## TROPICAL SUNRISE PARFAIT - SERVES 4

|  |                                |
|--|--------------------------------|
| 2 cups canned pineapple tidbits or chunks, drained | 1 medium banana, sliced        |
| 1 cup (1/2 pint) raspberries (fresh or frozen)     | 1/3 cup raisins                |
| 1 cup low-fat vanilla yogurt                       | 1/4 cup toasted sliced almonds |

Layer the pineapple, raspberries, yogurt, banana, and raisins in parfait glasses. Sprinkle the almonds on top and serve.

Source: Communicating Food for Health, May 2007

Each serving: 226 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 1 mg cholesterol, 46 mg sodium, 43 g carbohydrate, 5 g fiber, 5 g protein. Cost/svg = \$1.10



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and justice for all

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