

FALL FOOD FUN

SEPTEMBER 2000

NATIONAL 5 A DAY WEEK:

SEPTEMBER 10-16, 2000

“FRUITS AND VEGETABLES: BY POPULAR DEMAND”

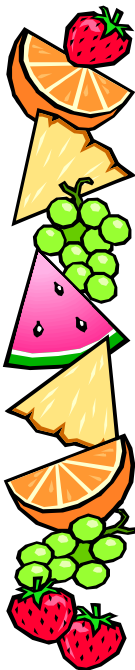
is this year’s theme. It encourages us to ask for fruits and vegetables in places where access is typically limited

such as at the workplace and catered events and in restaurants, schools and vending machines. It is believed that change will occur if we make our demand known.

Consumption of fruits and vegetables could help to decrease the numbers of Americans suffering from cancer, heart disease, stroke, heart attack, obesity, diabetes, and other diet-related health risks. For celebration ideas for adults and youth, check out their web site at www.5aday.com

Note: “5 A Day” means eating a minimum of 3 vegetables and 2 fruits EACH day. For those with an active lifestyle, you may need as many as 5 vegetables and 4 fruits for “9 A Day.”

EASY WAYS TO 5 A DAY



- Start with 2 fruits for breakfast. Serve bananas, sliced apples or berries with your cereal. Drink orange juice or enjoy citrus fruit with your breakfast
- Plan fruit for your morning snack. Apples, bananas, pears, grapes, berries and cut melons are easy to take with you and eat at the office.
- Eat at least one vegetables for lunch. A large salad can count as up to 3 servings of vegetables.
- Serve fruits and vegetable for dinner. Salads and vegetable side dishes are easy to make and they can include fresh seasonal produce for a real treat. Include veggies in as many dishes as you can, e.g. pasta, soup, and chili, etc.
- Serve fruit for dessert. A nice bowl of fresh cut fruit is delicious and light. Make a parfait with fresh fruit and nonfat light vanilla yogurt.

Shake Up Your Snacks

Pick a better snack



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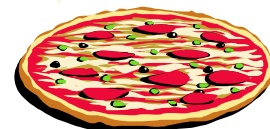
Nutrition educators and health professionals are always encouraging you to “eat your fruits and vegetables.” In Iowa, we are trying to help you by being a little more specific. We have set up a schedule of fruits and vegetables – a different one for every week starting in September 2000 and going through August of 2001.

Our goal is to help you use these fruits and vegetables as SNACKS. (Some are a little easier than others are, but we tried very hard). There are 3 serving suggestions plus purchase and storage information given for each produce item. You can check out the featured produce for each month by contacting the County Extension Office in Iowa that is closest to you OR get it from the web – www.extension.iastate.edu/Pages/families/Nutrition.html

September Fruits and Vegetables – Zucchini, Tomatoes, Plums and Apricots

BITE SIZE ZUCCHINI PIZZA

Top a reduced fat baked whole-wheat cracker (such as a Triscuit®) with salsa. Top the salsa with a slice of zucchini to make a ‘pizza’. Top with low-fat shredded cheddar cheese. Microwave to melt the cheese.



APRICOT CRUNCH

Add ¼ cup chopped dried apricots to 1 cup of low-fat vanilla yogurt. Top with natural wheat and barley cereal (Grape Nuts®) for a crunchy snack.

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BLUEBERRY PLUM TOPPING

Make this delicious topping in the microwave then serve it over frozen yogurt or nonfat vanilla yogurt. You can also chill it and eat it with yogurt or for breakfast.

- 4 large, dark ripe plums, cut into wedges
- 1 cup blueberries fresh or frozen
- ¼ cup orange juice
- 1 Tablespoon sugar
- ½ tsp. ground cinnamon



Place all ingredients in a large microwave container and mix well. Microwave on full power until the fruit is tender about 8 to 10 minutes. Stir well and allow to stand for a few moments before serving. Serve warm or chilled. Makes 5 – ½ cup servings.

From *Communicating Food for Health*, June 1999

CHOOSE CRACKERS CAREFULLY

Some snack crackers supply as much fat and calories per ounce as cookies or a candy bar. Often, the higher the fat in the cracker, the lower the fiber content. Here are some tips they gave for making good snack cracker choices:

- **Look for whole grains:** Whole wheat or whole rye should be the only flour, or at least the first ingredient. Don't be fooled by "heartly wheat," "stoned wheat," or multigrain" crackers. They are made from refined (white) wheat flour.
- **Look for fiber:** at least 3 grams per ounce.
- **Check the fat:** look for less than 4 grams per ounce. The fat usually comes from artery-clogging hydrogenated oil. If a cracker makes your fingers feel greasy, or leaves a greasy mark when rubbed on a paper napkin, it's too fatty.
- **Some good options:** Scandinavian-style flatbreads or crispbreads (Ex. Wasa, or Ry Krisp). Don't forget melba toast, whole-wheat matzo and rice cakes.

From *UC Berkeley Wellness Letter*, September 2000

IT'S NATIONAL FOOD SAFETY MONTH

Test your food safety knowledge with these questions.

1. Freezing raw hamburger meat kills any potentially dangerous bacteria that might be in it. T or F
2. You make a large pot of chili and refrigerate it as soon as the meal is over to make sure you'll be safe from foodborne illness. T or F
3. Cottage cheese from which you've scooped out a moldy section is Safe or Risky
4. A food that has passed its 'sell-by' date is automatically unsafe to eat. T or F

(Adapted From *Tufts Univ. Health & Nutrition Letter*, Aug. 2000)

UPSIDE DOWN PIZZA

This is a great activity for groups as well as families. Everyone can have fun making his own personal pizza.

- Vegetable spray
- Frozen roll dough
- Pizza sauce (or spaghetti sauce)
- Shredded mozzarella cheese
- Pizza toppings you like: (mushrooms, canned or fresh; onions; peppers; pineapple; olives, spinach, cooked and rinsed ground meat; Canadian bacon, etc.)
- Oven-proof mugs or custard cups



1. Preheat oven to 350°F.
2. Thaw frozen roll dough. (Speed method: Put 4 frozen rolls on a plate. Cover with plastic wrap. Microwave on high for 25 seconds. Turn rolls over, rotate plate ½ turn and micro another 25 seconds.)
3. Prepare toppings.
4. Spray the inside and upper outside edge of mug or cup with non-stick vegetable spray.
5. Add ingredients to cup 'upside down.' For example, put cheese first, then vegetables or fruit, meat or other toppings, then sauce.
6. Flatten the roll dough making a large circle.
7. Put the flattened dough over the top of each cup with the outside edges of the dough down over the edge of the mug.
8. Bake at 350°F for 20-30 minutes or until the top is golden brown.
9. When done, turn the mug or cup over and dump the ingredients into the crust.



Adapted from *Sharon Johnson, ISU Extension Nutrition FS*

Note: There will be some cooking liquid that collects in the cup as it bakes. Just 'mop' it up with a paper towel and enjoy the crisp crust of this pizza.

Answers to Food Safety Questions:

- 1) False. Freezing does not kill bacteria – just slows the growth. The only way to kill is with heat – 160 °F.
- 2) False. Divide the chili into smaller, shallow containers (2 " deep) before refrigerating.
- 3) Risky. Soft cheeses that show evidence of mold should be thrown away.
- 4) False. The 'sell-by' date on foods with a short shelf life (milk, meat, bread) simply indicates to grocers the last date the product should be on the store shelf. Most foods will remain safe for at least a couple days after the date if they have been properly stored.

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

and justice for all

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