

FUN & FITNESS IDEAS FOR FATHERS & FAMILIES

LEMON/LIME SHAKIN' SHERBET

This recipe is a great way to have some fun, get some exercise, and eat a calcium rich, low-fat food.



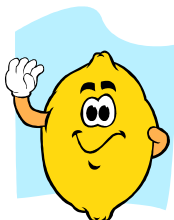
In a quart size freezer weight plastic bag combine the following:
• ¼ cup Lemon or Lime juice
• 2 cups skim milk
• 1-cup sugar
Food coloring: For Lemon use 4 drops of yellow; for Lime sherbet use 4 drops of green

In a 1-gallon freezer weight plastic bag, mix:
• 5 cups cubed ice
• ¾ cup rock salt
• ¼ cup water

To freeze: Place the 1-quart sherbet bag inside the 1-gallon ice mixture bag. Wrap the bags in a terry towel to protect your hands from the cold. Agitate 8-10 minutes. When the sherbet feels firm when you pinch the bag, remove sherbet bag from rock salt mixture. Dry the bag on the towel. Use scissors to cut hole in a bottom corner of the bag. Squeeze mixture into serving bowls or cups.

GET MORE JUICE FROM LEMONS AND LIMES

When buying lemons and limes look for smooth skins that are free of soft spots. The fruit should feel firm and heavy. Note that lemons and limes do not ripen further after harvest. Store lemons and limes at room temperature and they will keep for about 2 weeks. For longer storage, put them in a plastic bag in the refrigerator where they will keep up to 6 weeks.



Lemons and limes will yield the most juice when at room temperature. If they have been refrigerated, place them in hot water to warm them OR put in the microwave for 30 seconds. Then, roll the fruit to soften it. Anticipated yields:

- Large lemon yields 3-4 Tablespoons juice;
2-3 teaspoons zest.
- Large lime yields 2-3 Tablespoons juice;
1-2 teaspoons zest.

Keep in mind that lemons and limes can add much flavor to your cooking. Their zesty taste makes them an excellent salt substitute.

Shake Up Your Snacks – PICK A BETTER SNACK

JUNE featured produce items for the Pick A Better Snack Campaign include:

- Green Beans
- Peaches
- Radishes
- Lemons and Limes



Receive information about the produce by contacting an Iowa State University Extension Office or from the web: www.extension.iastate.edu/food/

HEALTHY GIFT IDEAS FOR DAD

Here are some healthy gift ideas for Father's Day:

- Gift certificate to the gym
- Gift certificate for a personal trainer or other sporting type lessons (golf, tennis, swimming, running, etc.)
- Sporting apparel
- Certificate for walking, biking or swimming – be a partner!
- Certificate for healthy home-cooked meal
- Lunch or dinner at a healthy restaurant
- Gardening tools or equipment to increase physical activity
- Sporting equipment – golf, tennis, running, swimming, etc.
- Father/son or father/daughter lessons or equipment for participating together in a sport such as swimming, bicycling, walking, golf, tennis, etc.
- Hat, water bottle or radio with headphones (walking/running style) for walking or running
- New athletic shoes
- New athletic socks
- Athletic watch
- Heart rate monitor for keeping exercise within target heart rate zone
- Book or magazine on exercise
- Healthy cookbook or magazine – men like to cook or learn to cook too!



Source: *Communicating Food for Health*, June 2001

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

FRENCH GRILLED VEGGIES

If you are planning a backyard barbeque try serving these vegetables to give everyone a step towards better health.

- 1 zucchini cut in large chunks
- 1 yellow squash cut in large chunks
- 1 pint whole mushrooms, washed
- 1-cup onion chunks
- ¼ cup lowfat French dressing



Place vegetables in large covered microwave container. Microwave on high until veggies are still crisp and barely tender, about 3 minutes. Remove from microwave, rinse in cold water and add dressing. Marinate up to 6 hours. Grill veggies briefly on preheated grill until heated through, brushing more dressing as needed. Serve hot.

Source: *Communicating Food for Health*, June 2001

COOL FRUIT SMOOTHIES

In the heat of a summer day, what could be better than cooling down with an ice-cold, calcium rich, fruit smoothie? They are perfect for a quick breakfast, healthy lunch or snack. Create your own smoothie using two or three of your favorite fruits. Add a splash of yogurt or milk. Blend until smooth.

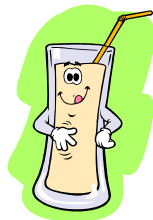
Wholesome Additions to your Smoothie

- Wheat germ is an excellent source of fiber, folate and the antioxidant vitamin E. Top your smoothie with one to two tablespoons.
- Roasted or toasted nuts can provide extra protein. Add one tablespoon.
- Nonfat dry milk powder is an excellent source of fat-free, high-quality protein. Add two to four tablespoons.
- Ground flaxseed is rich in omega-3 fatty acids that promote heart and artery health and may protect against cancer. Add one to two tablespoons.

Adapted from: *American Institute for Cancer Research Newsletter*, Summer 2001, Issue 72

PURPLE COW SMOOTHIE

- 1-cup skim milk
- 1-cup calcium fortified orange juice
- 1 banana
- ½ cup frozen blueberries
- ¼ cup wheat germ



Place all ingredients in a blender. Blend on high speed until pureed smooth. Serve immediately or refrigerate until ready to serve, up to 12 hours. If you make it ahead, blend again quickly before serving.

Source: *Communicating Food for Health*, May 2001

CHILDHOOD OBESITY: LINKED TO OVER-CONSUMPTION OF SOFT AND FRUIT DRINKS

Researchers at the Harvard School of Public Health looked at 548 ethnically diverse 11 to 12 year-old children and examined their dietary intakes over a two-year period. The results showed that those children who increased their intake of sugar-laden beverages had increased body weight. Additionally, the odds for becoming obese among these children increased 1.6 times for each additional can or glass of soft drink consumed each day.

Source: *The Lancet*, February 17, 2001: 357:505-508, 490:491.

“NEW” BEEF CRUMBLES

You may already have found "beef crumbles" (pre-cooked hamburger) in your super market. I am finding it at several stores in my area. Here is some information about the product.

There are at least two different companies marketing beef crumbles. One company offers three flavors of crumbles that may be found in the refrigerator section. It has about a 30-day shelf life ... UNOPENED. Once it's opened, it must be treated just like cooked meats. The package is 12 ounces, but equals the amount of crumbles from one pound of ground beef.

The other brand you may be seeing is a product that is frozen. It comes in a 22.5 oz package and is equivalent to 2 pounds of ground beef.

You can use these products in any recipe that calls for cooked crumbled ground beef. It could be a great solution for those hectic summer meals.

An added bonus of the product is its food safety status. Since it is a thoroughly cooked meat product when it's purchased, you won't have to worry about E. Coli 0157.H7. This is especially good news for young children and senior citizens.

Prepared by Jan Temple, CFCS
Iowa State University Extension
Nutrition Field Specialist, Housed in Johnson Co.
Phone 319-337-2145; Fax 319-337-7864
E-mail: mjtemple@iastate.edu
<http://www.extension.iastate.edu/food>



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

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.