

SUMMER - IT'S ALMOST OVER

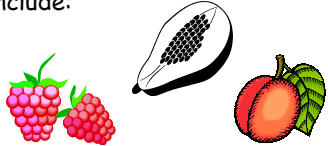
Food for Fitness and Fun - August 2002

August is a month when some of us are just taking a vacation and others are preparing for the return of school. In this newsletter, I'll try to provide a few tips for everyone. Enjoy! Jan T.

Pick a Better Snack & Act

AUGUST featured produce items for the Pick a Better Snack and Act Campaign include:

- Red Raspberries
- Honeydew Melon
- Nectarines
- Papaya



For information about the produce and the Snack and Act Bingo card contact an Iowa State University Extension Office or go to the web: www.extension.iastate.edu/food/
Return completed August Snack & Act Bingo cards by August 31st to: *Pick a Better Snack*
P. O. Box 1913
Iowa City, IA 52244

NUTRITION SURVIVAL FOR VACATIONS

Whether you are driving, flying or hiking, you can still eat healthy by planning ahead using these tips to make low fat, nutrient rich choices.

Favorites for Long Car Rides and Picnics

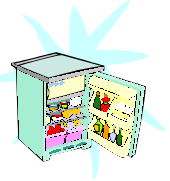


- Fresh fruit: apples, bananas, oranges, red grapes, etc.
- Dried fruit: apricots, prunes, raisins, etc.

- Ready-to-eat carrots
- Sliced red or green pepper
- Cherry or grape tomatoes
- Low-sodium vegetable juice
- Low fat cookies: fig bars, ginger snaps, graham crackers
- Rice cakes
- Whole grain low fat crackers
- Peanut butter and jelly sandwich on whole wheat bread
- Unsweetened applesauce
- Single serve canned fruit in its own juice

For the Cooler or Mini-Fridge in Motels

- Low-fat light yogurt
- Bottled water
- Cartons of fat-free milk
- Baby carrots
- Vegetable sticks
- Fruit: apples, plums, peaches, pears
- Melon cut up and put in a plastic bag
- Individual 100% fruit juice cartons



Favorites for Hiking



- Trail mix of roasted unsalted soy nuts and raisins
- Individual cans of water packed tuna
- Instant cups of oatmeal
- Small cans of vegetarian baked beans
- Thermos of low fat chili, lentil stew or vegetable soup

Best Bets for Eating Out at Restaurants

For Breakfast:

- Single serving cold cereal with fat free milk
- Bagel or English Muffin
- Low fat bran muffin

For Lunch and Dinner:

- Grilled chicken breast sandwich (hold sauce)
- Baked potato topped with broccoli, chili or salsa
- Veggie or turkey sandwich (hold the mayo and oil)
- Veggie or chicken pita (dressing on the side)
- Veggie pizza (light on cheese) with salad
- Select baked, broiled, grilled, steamed or stir-fry items off the menu
- Watch portions - ask for split orders
- Make "special" low-fat requests to omit butter, cream, oil - ask for sauce on the side



Source: *Communicating Food for Health* June 2000

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BACK TO SCHOOL BREAKFAST

Our bodies think and work better when they are fueled. Try this quick idea for starting your day.

SNAPPY BREAKFAST IN A MUG

This recipe is fast to prepare, eat and clean up.

2 eggs

1 Tablespoon fat free milk

1-2 Tablespoons salsa

1 Tablespoon low fat shredded cheese, optional



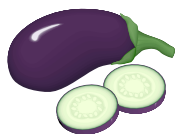
Spray the inside of a microwave safe coffee mug with non-stick vegetable spray. Add eggs and milk. Beat well. Cover with waxed paper and microwave on full power for 45 seconds. Stir. Cook an additional 30 seconds. Stir in salsa and cheese. Serve with whole wheat toast.

GOODIES FROM THE GARDEN

It's the time of year to enjoy produce fresh from the garden.

- Benefit from the exercise while harvesting,
- Use little time to prepare these treats,
- Enjoy lots of smiles from the family as you all enjoy eating (and preparing) these treats.

EASY SUPPER (EGGPLANT) BAKE



The family will ask for more of this tasty dish. Serve it first and then confess that eggplant is the secret ingredient!

1 eggplant, peeled and cut into $\frac{1}{4}$ inch strips

Salt

1 jar (26 oz) spaghetti sauce - low sodium preferred

2 cups shredded mozzarella cheese

1 cup artichoke hearts, optional

- 1) Place eggplant strips on paper toweling. Salt generously ($\frac{1}{2}$ teaspoon per pound) and let sit for 20 minutes. Then rinse thoroughly to

remove the extra salt. Note that this salting process draws out some of the water giving a denser product AND it seems to eliminate the natural bitter taste of eggplant.

- 2) Put $\frac{1}{2}$ cup sauce in the bottom of a microwave safe 8 inch square dish.
- 3) Cover with a layer of eggplant strips followed by $\frac{1}{2}$ cup sauce, $\frac{1}{2}$ cup cheese, and $\frac{1}{2}$ cup artichoke hearts that have been squeezed to remove the extra water. Repeat layers and top with remaining sauce and cheese.

Cook on full power in the microwave for 15 minutes rotating halfway through cooking if you don't have a turntable. Let sit for 5 minutes before serving. (Serves 6)

Adapted from Healthy Food for Healthy Kids, ISBN: 0-88166-336-0

OVEN-FRIED VEGETABLE STICKS

Try this method with a variety of vegetables such as zucchini, eggplant, sweet potatoes or white potatoes.

$\frac{1}{2}$ cup seasoned bread crumbs

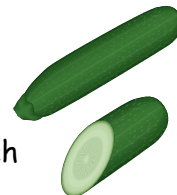
2 Tablespoons grated parmesan cheese

$\frac{1}{4}$ teaspoon garlic powder

3 medium zucchini

$\frac{1}{2}$ cup milk or water

1 cup spaghetti sauce or low-fat ranch dressing



- 1) Preheat oven to 450°F. Spray baking sheet with nonstick spray.
- 2) Place crumbs, cheese and seasoning into a plastic bag; shake to combine.
- 3) Cut vegetables into sticks.
- 4) Fill shallow bowl with milk. Dip vegetable pieces into milk and then into crumbs to coat. Place coated vegetables onto baking sheet.
- 5) Bake for 10 to 15 minutes or until brown and tender. Serve with spaghetti sauce or dressing.

Adapted from Healthy Food for Healthy Kids, ISBN: 0-88166-336-0

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and justice for all

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