

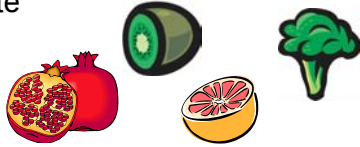
EAT TO YOUR HEALTH

Food for Fitness and Fun - December 2003

Pick a **better** snack™ –
(how easy is that!)

DECEMBER featured produce items for the Pick a **better** snack™ – the **color** way campaign includes:

- Pomegranate
- Kiwi
- Tangerine
- Grapefruit
- Broccoli



To learn more about selection, storage and use – go to the Food for Fitness and Fun website at www.extension.iastate.edu/food

HEALTHY HOLIDAY SPREADS

Here are some suggestions for simple to prepare spreads that can be used for dips or sandwich spreads. Both of these will keep in the fridge for up to four days. Each has just 1 gram fat and 3-4 grams carbohydrate per tablespoon. Serve with vegetable sticks, crackers, or baked tortilla chips

WHITE BEAN SPREAD

15 oz can navy beans, drained and rinsed
2 Tablespoons vegetable oil
2 Tablespoons lemon juice
1 clove minced garlic
½ teaspoon dried dill
Pinch of cayenne pepper
Salt and pepper to taste
Combine all ingredients in a food processor. Pulse into a puree.

BLACK BEAN SPREAD

15 oz. can black beans, drained and rinsed
2 Tablespoons lime juice
1 Tablespoon vegetable oil
1 clove minced garlic
1 teaspoon ground cumin
¼ teaspoon hot sauce
Salt and pepper to taste
2 Tablespoons chopped fresh parsley
Combine all ingredients except parsley in food processor until smooth. Transfer to medium bowl and stir in parsley.

Adapted from Tufts University Health & Nutrition Letter, Dec. 2003

FUN & HEALTHY GIFT IDEAS

Share the gift of health with your friends and loved ones this holiday by giving gifts that promote healthy eating and an active lifestyle. A few suggestions:

- Fill a basket with a variety of fresh fruit. Line the basket with a colorful kitchen towel. You may also include a cutting board and knife.
- Choose a festive tin and fill with flavored popcorn. Include a movie rental gift certificate.
- Fill a new salad bowl with bottles of lowfat salad dressings and flavored vinegars.
- Bake a lowfat quick bread or muffins.
- Make a homemade salt-free seasoning mix and place it in a decorative container.

NO-SALT SLOPPY JOE SEASONING MIX

Make your own seasoning mix to cut back on the salt found in commercial mixes. The “secret” ingredient for this recipe is no-salt-added ketchup. NOTE: 1 (8 oz.) can tomato sauce plus 1-2 teaspoons vinegar and 1 teaspoon of sugar can be substituted for no-salt-added ketchup.

For use with 1 pound of ground meat:

1 Tablespoon dried minced onion

¼ teaspoon powdered garlic

½ teaspoon dry mustard

¼ teaspoon chili powder

¼ teaspoon black pepper

1 – Mix all ingredients until well blended.

2 – After you’ve tried this and adjusted seasoning to personal taste, double or triple the recipe. Wrap each recipe in a 6 inch square of heavy-duty foil.

Fold tightly and store several together in a plastic freezer bag in a cool, dark, dry place.

3 – As a general rule, keep ground spices for about a year from time of purchase for best quality. Plan to use this mix while your seasonings are still within this freshness range for best taste.

To make 4 servings of Sloppy Joes: To 1 pound of lean ground meat, add seasoning mix, ½ cup water and 1 cup of no-salt added ketchup. Simmer for 10 minutes, reducing heat as needed to maintain a gentle simmer. Add more water if the mixture becomes too thick.

Source: *Cook it Quick*, U of Nebraska Extension, Lancaster Co.

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THE 10 MOST COMMON CAUSES OF INFECTION –

WASH YOUR HANDS

Handwashing is the most effective way to stop the spread of illness.

WASH YOUR HANDS AFTER:

- **and before** – Handling food or eating
- Using the bathroom or changing diapers
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside or with pets.

HERE'S HOW:

1. Wet your hands with WARM, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn off water with used paper towel(s) before throwing it away.

Source: *Cook it Quick, U of Nebraska Extension, Lancaster Co.*

OVERWEIGHT IN 10 YEARS?

Researchers at Boston University looked at eating patterns of 700 women of healthy weight. After 12 years here is what they found:

- **“Empty Calorie”** eaters were most likely to become overweight with a **41 percent risk**. Their diets were composed of many sugary drinks, fatty sweets like chocolates and cookies, and snack foods such as chips and nuts.
- **“Light Eaters”** were defined as those eating fewer calories than others in the study, but they went through alternating periods of low-calorie, “light” eating and binge eating. They were 30 percent at risk of overweight.
- **“High-fat Eaters”** had diets rich in butter, cream, dressings, gravies, and oils. These women had a 28 percent risk of becoming overweight.
- **“Heart Healthy” eaters** ate diets rich in fruits, vegetables, low-fat milk, and beans. These women were least likely to become overweight, with a 24 percent risk.

Source: *Tufts University Health & Nutrition Letter, Nov. 2002*

SALAD: HOW TO LOSE WEIGHT

Researchers from Penn State University recently conducted a study to see if eating a salad before a meal would have an impact on the amount of calories eaten at the entire meal. The findings:

- Eating a large salad that is low in calories before your meal may help you eat fewer calories at your meal. This is because the salad is low in calories density and it makes you feel fuller on fewer calories. But not all salads are created equal – read the next bullet!
- However, if your salad is loaded with cheese, bacon bits and croutons and has a large amount of a fatty salad dressing, then total calories consumed at the meal will likely be much higher compared to skipping salad.

Try to serve a large low-cal salad before meals you prepare at home. When you go out to eat, ask the server to bring a large tossed salad with the dressing on the side and hold the bread.

CRUNCH ON THE NUMBERS

Be aware of what you are putting on your salad. The items in group one, along with most vegetables are a GO while group two items require caution.

Food Items	Calories/ serving
Group One: “GO”	
Cucumber, ¼	10
Lettuce, 1.5 cups	11
Tomato, ½	12

Group Two: “CAUTION”	
Bacon bits, 1 Tbsp.	25
Croutons, 9	30
Egg, 1	77
Ham, 3 ounces	103
Cheese, 1 ounce	114
Oil, 1 Tbsp.	120
Creamy Dressing, 2 Tbsp.	154
Fried Chicken, 3 ounces	208

Source: *Communicating Food for Health, Dec. 2003*

Prepared by *Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County*

Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;

Web Site: <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

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