

# NEW BEGINNINGS

Food for Fitness and Fun -January 2003

## PICK A BETTER SNACK

JANUARY featured produce items for the Pick a Better Snack Campaign include:

- Mango
- Orange
- Peppers
- Cucumber



By eating fruits and vegetables and getting physical activity, you may be eligible to win one of 6 prizes to be awarded **each** month. Here's what you need to do.

1. Get a copy of the Pick a Better Snack and Act Bingo Card from the web site at:  
[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/) OR  
Call Johnson County Extension Office at 319-337-2145 to have a card and entry blank mailed to you.
2. Earn a Bingo by completing the physical activity and eating suggestions in any row across, down; or corner to corner. You are "on your honor" as to what "counts" as a Bingo for you. For a new food item, just a bite may be sufficient. For familiar foods, you would eat a serving. Physical Activity will be similar. For a new activity, giving it a try is a great goal. If it's a familiar activity, participate for 20-30 minutes.
3. Use one of these ways to return completed entries:
  - a) Complete the form on the web site,
  - b) Fax the form to me at 319-337-7864
  - c) Mail to: Jan Temple - PBS  
Johnson County Extension,  
4265 Oak Crest Hill Road, SE,  
Iowa City, IA 52246
4. Winners will be contacted. Prizes will be mailed to persons within the continental United States
5. Participate each month – October 2002 to September 2003. Encourage the whole family play!

## STILL TIME TO 'LIGHTEN UP'!

There is still time to join a state-wide movement to improve physical activity and eating habits. All you have to do is visit the website: [www.lightenuplow.org](http://www.lightenuplow.org) and view the entry form and team captain handbook for details. ENTRIES WILL BE ACCEPTED THROUGHOUT THE MONTH OF JANUARY.

Your goal may be pounds OR DISTANCE. Since we know that physical activity is so important to health, your team may set activity as their goal. Conversion charts allow for all types of activity. Eating fruits and vegetables is another goal (fits well with Pick a Better Snack). Lighten Up Iowa is presented by Iowa Games with support from Iowa State University Extension and the Iowa Department of Public Health.

## QUICK FIT PROGRAM –

### 15 MINUTES 5 DAYS A WEEK

Many of us KNOW that exercise is important and we may do well with our new year's goal of getting more exercise, but then we come to the **time crunch**. Quick Fit was developed by Rick Bradley, Fitness Director, US Dept. of Transportation. He finds that his clients can stick with "Quick Fit" - it takes just 15 minutes!!! Call your local Extension Office and request EDC 247. It's free and easy!

## GET MORE SATISFACTION FROM YOUR CALORIES (SATIETY FACTOR)

1. **Avoid liquid calories.** Research shows that sugar in solid form (jelly beans) provides more satiety for a given calorie level than it does if it is dissolved in water (soda).
2. **Reduce the calorie density of the solid food you eat.** Foods with a high calorie density generally provide less satiety/calorie than foods with a low calorie density. Fruits, vegetables, legumes and nonfat dairy are all much lower in calorie density than processed foods that are made with sugar and white flour. Fatty meats and other high-fat foods are very high in calorie density. Choose lean poultry, seafood and leaner cuts of meat instead.
3. **Increase high-fiber foods.** Foods with more dietary fiber tend to make people feel satisfied longer than those with less dietary fiber. Fruits, vegetables, legumes and whole grains are all high in fiber.
4. **Don't eat when you are not hungry.** Research has shown that the same snack provides more satiety if eaten when hungry than when consumed in the absence of hunger.
5. **Increase consumption of foods with a greater volume if their calorie density is similar.** For example, choose popcorn rather than corn chips or puffed kashi rather than Grape-Nuts® cereal.
6. **Avoid foods high in fat and/or sugar.** Research suggests that foods with more protein, starch and fiber provide more satiety per calorie than do those high in fat, sugar or refined grains. Foods that are high in fat include fried foods, cheese, butter, margarine, refined oils, fatty meats and many fast foods such as burgers and pizza. Foods that are high in sugar include candies, pastries, cookies and most dessert foods.

Source: *Communicating Food for Health, January 2003*

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**Helping you become your best.**

## BEST FOODS FOR WEIGHT LOSS WITHOUT HUNGER

Broth-based soups with plenty of vegetables, beans and grains; vegetarian chili; lowfat pasta dishes; lowfat stir-fry; large green leafy salad; steamed or raw vegetables; fruit; beans; baked or boiled potatoes or sweet potatoes (yams); cooked oatmeal or other hot whole-grain cereal; brown rice; barley; seafood; and poultry breast without skin are all excellent choices.

Source: *Communicating Food for Health*, January 2003

## FLAXSEED – WORTH TRYING

Flaxseeds come from the same plant that yield the fiber from which linen is woven. The oil, called linseed oil, has many industrial uses as an ingredient in paint, varnish and flooring. So why EAT parts of this plant? Here are 3:

1. It's the richest plant source of the essential **omega-3 fatty acids** in the form of alpha-linolenic acid (ALA). This makes it a source of 'good' fat. Our bodies convert ALA to the more powerful EPA and DHA found naturally in fatty fish. ALA itself conveys some of the same benefits such as lowered risk of stroke, heart attack, and cardiac arrest.
2. It's the richest source of plant **lignans** – a type of plant estrogen. Animal trials, lab research and population studies strongly suggest that lignans may inhibit the growth of certain types of cancer, especially against hormone-related types such as breast, prostate, and perhaps colon. Research is looking at its effect on bone density.
3. Flaxseed is **high in fiber** (2.5 grams per tablespoon) with a 60:40 mix of both insoluble and soluble types.

### HOW MUCH FLAXSEED?

Research suggests that just 10-25 grams of flaxseed a day provides maximum health benefits. That equals about 1 1/2 to 3 1/2 level tablespoons of ground seed and is about the amount being used in ongoing human breast cancer and bone density trials. You may want to start with just a quarter teaspoon - flaxseed allergy is extremely rare but serious.

Remember that flaxseed is NOT a magic bullet and should not be eaten in limitless amounts. Some people should be especially careful not to eat too much flaxseed: pregnant woman (flaxseed given to pregnant rats reduced the birth weights of their male offspring) and breast cancer patients taking tamoxifen. The University of California, Berkeley, reminds individuals that at high doses plant estrogens might turn into cancer promoters. Some animal studies show high doses of plant estrogens can cause cancer cells to proliferate.

## PURCHASING, PREPARING AND STORING

You will find flaxseed in the health section of some grocery stores. Note there are no significant nutritional differences between brown and yellow seeds.

- Grind the seeds or else chew them very well – whole seeds simply pass through the body. The seeds are easily ground in a coffee grinder (you could also try a blender or food processor).
- Whole seeds store for 6-12 months at room temperature
- Ground seeds should be refrigerated and eaten within a couple weeks.
- Ground seeds may be frozen for up to 6 months.

### Using Flaxseed

- Sprinkle ground flaxseed on cereals, yogurt, soup, fruit juice; add it to a smoothie for rich flavor.
- Unlike pure flaxseed oil, ground seed is heat stable and can be used in baking a wide variety of bread, muffins and cookies. It can replace up to 10-15% of the flour in a recipe. Try using it at a 3:1 ration to replace all or part of a recipe's oil, butter, or shortening. Example: 3 tablespoons ground seed can replace 1 tablespoon of oil.

Sources: *Communicating Food for Health*, March 99; *Tufts University Health & Nutrition Letter*, Sept. 2002; *UC Berkeley Wellness Letter*, May 2002

## FLAXSEED RAISIN MUFFINS



Nonstick cooking spray

1 1/4 cups flour	2 eggs
3/4 cup ground flaxseed	2 Tbsp. vegetable oil
2/3 cup sugar	1/2 cup unsweetened applesauce
1 tsp. baking soda	1 cup nonfat buttermilk
1/2 tsp. cinnamon	1/2 cup raisins
1/4 tsp. nutmeg	
1/4 tsp. salt	

Preheat oven to 375°. Spray 12-cup muffin tin with cooking spray or line with paper cups. In a large bowl, blend first seven ingredients together; set aside. In a separate bowl, mix eggs, oil, applesauce, buttermilk, and raisins. Add to dry ingredients, mixing until combined. Scoop batter into muffin cups. Bake 30-35 minutes or until a toothpick inserted in center comes out clean. Cool muffins in the tin for 5 minutes, then transfer to wire rack to finish cooling. **Note: Each muffin contains about 1 tablespoon ground flaxseed.**

Yield - 12 muffins. Per muffin: 231 calories, 9g total fat (1g saturated fat) 34g carbohydrates, 6g protein, 6g dietary fiber, 197mg sodium.

Adapted from *American Institute for Cancer Research Newsletter*, summer 2002, Issue 76

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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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