

SUMMER FOOD FOR FITNESS AND FUN

Food for Fitness and Fun - June 2003

PICK A BETTER SNACK™

JUNE featured produce items for the Pick a **better** snack™ campaign includes:

- Green Beans
- Peaches
- Apricots
- Lemons and Limes



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/ 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. Participate each month – October 2002 to September 2003. Encourage the whole family to play!

9 A DAY

Did you know that the National Cancer Institute has launched a new campaign? They used to recommend 5 A Day to everyone. The new message will be 5 to 9 A Day. They recommend that men get at least 9 servings of fruits and vegetables a day. For more information: <http://5aday.gov/9aday/> Only 4% of the men in the United States currently consume 9 a day and more than a third eat just 1-2 servings a day. Learn to make every meal count. Shoot for 2 servings at breakfast, 3 for lunch, 3 for dinner and 1 for snack or dessert.

Source: *Communicating Food for Health, June 2003*

DIP YOUR WAY TO 9 A DAY

Try these dips for fruits and vegetables to help you increase your servings of fruits and vegetables.

SUNSHINE DIP

- 2 cups plain lowfat yogurt
- 2 Tablespoons frozen orange juice concentrate
- 1 cup chopped berries
- 1 cup chopped bananas

Directions:

1. Mix all ingredients together in a medium-sized bowl.
2. You can experiment with other fruits and juice concentrates, such as grape, orange, peach or mixed fruit for a different flavor. Read the label – it should say 100% fruit juice concentrate and not contain any added sugar, glucose, fructose or sucrose.
3. Use this dip for pieces of raw fruit such as apples, kiwi, melon or berries. This dip could also be used on pancakes or waffles – top off with fresh fruit and maple syrup.

Nutrition Facts: Serves 8. Each 1/3 cup serving: 55 calories, 1 g fat, < 1 g saturated fat, 3 mg cholesterol, 43 mg sodium, 8 g carbohydrate, 0.5 g fiber, 3 g protein.
Source: *Communicating Food for Health, June 2003*

DIPPY-DO VEGETABLE DIP

- 1 cup plain lowfat yogurt
- 1/4 cup lowfat mayonnaise
- 1 teaspoon chopped green onion
- 1 teaspoon dried oregano
- 1 Tablespoon dried dill leaves
- 1 teaspoon garlic powder
- dash hot pepper sauce
- 1 cup shredded carrots
- 1 cup shredded zucchini

Directions:

1. Place all ingredients in medium-sized bowl and mix well. You can experiment with different vegetables. Purchase vegetables in season at a farmer's market or grow your own.
2. Serve with raw vegetables as dippers. If serving to young children, vegetables will need to be cut into long, thin strips to prevent choking.

Nutrition Facts: Serves 8. Each 1/3 cup serving: 40 calories, 1 g fat, <1g saturated fat, 1 mg cholesterol, 98 mg sodium, 6 g carbohydrate, 0.5 g fiber, 2 g protein.
Source: *Communicating Food for Health, June 2003*

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DAD AND KIDS GET COOKIN'

During June we take time to honor Dad. Note that spending some time with the kids or grandkids in the kitchen is a great way to create fond memories and encourage open communication. Here are some simple treats to prepare.

FRUITY-FRUIT PIZZA

Slice watermelon into slices about 1/2 inch thick. (Each slice will be like a pizza). Lie cut side down on a large cutting board. Using pizza cutter or knife, cut into pizza pie shaped wedges. Use assorted fruits to be the toppings letting each person create their own special piece. Suggested fruits: banana slices, grape halves, kiwi slices, strawberry halves, mandarin orange sections, pineapple chunks, blueberries. Top with a little shredded coconut if desired. Grab a fork and dig in!

BANANA BOATS

This is fun on a camping trip or at home on the BBQ grill. Place a whole banana onto a sheet of aluminum foil. Using a sharp knife (dad better do this part), cut the banana from end to end leaving the bottom of the peel (the bottom of the boat) uncut. Spread the top of the peel and the banana open just enough to add some chocolate chips, marshmallows and crushed graham crackers. Use the foil to seal closed the entire banana and toppings. Put the wrapped banana on the campfire or on the grill for several minutes – just long enough for the marshmallows to melt. Let dad remove the banana from the heat and unwrap the foil enough use the foil wrap as a plate. Use a spoon to eat the banana and toppings out of the peel. Messy, but yummy! Enjoy.

SUMMERTIME FOOD SAFETY

Remember to use caution when hauling food and running errands in the summertime. While you are trying to do 'just one more thing', the temperature in your car is rising rapidly and the harmful bacteria are multiplying. "People don't really think bacteria on their products will respond to temperature as rapidly as they do," says Bessie Berry, Manager of the USDA's Meat and Poultry Hotline. "They think they have time." In one recent survey covering five states, nearly 10 percent of shoppers who purchased fresh beef waited more than 2 hours to refrigerate or freeze it at home. The average time lapse was 1 hour – the outside limit in a hot car. To conserve fuel and your time by running errands when hauling food, put the ice chest in the car and several ice packs. If you are purchasing a larger quantity of perishables, you may need several ice chests. For answers to your food safety questions go to www.extension.iastate.edu/foodsafety

DIABETICS VS SUGAR-FREE

Someone you know has diabetes. You are to serve treats at an upcoming event. You figure a fresh fruit cup and small cookie would be a good choice. As you scan the cookie aisle at the local market, you feel compelled to purchase the sugar free cookie for the diabetics. **STOP. Sugar free cookies are no better for people with diabetes than their regular counterparts.**

How can THAT be? Shouldn't the sugar free be better? In fact, it is the total amount of carbohydrate eaten that influences the blood sugar or glucose level of a person with diabetes– not just the simple sugar. Often, the sugar-free variety has just as many grams of carbohydrate as the regular cookie and a similar number of calories. This happens because flour is a source of carbohydrate in addition to sugar. When they remove sugar from the original cookie and replace it with a sugar substitute it really doesn't change the final carbohydrate count that much. Further, some of the sugar free substitutes may contain some carbohydrates. Here is a comparison of some cookies I found in my local grocery store in Washington, Iowa, May of 2003. Note that sugar-free cookies may have about the same number of carbohydrates as regular cookies but cost more.

Cookie (1 serving)	Calories	Carbohydrate (grams)	Sugar (grams)	Price (cents)
Murray SF* Chocolate Chip	160	19	0	46¢
Nabisco Chips Ahoy	160	21	10	21¢
Murray SF* Vanilla Wafers	130	19	0	29¢
Vista Vanilla Wafers	170	18	15	7¢
Murray SF* Choc Sandwich Cookie	120	18	0	38¢
Nabisco Oreos	160	24	13	20¢
Murray SF* Fudge Dipped Shortbread	130	20	0	46¢
Keebler Fudge Stripes	160	21	10	30¢

* Note: SF=Sugar Free

Dietitians encourage diabetics to use caution with sugar-free foods. Sugar free does not mean a food is calorie free. Diabetics need to keep track of all carbohydrates – not just simple sugars. This includes carbohydrates in starchy foods - those made with flour such as cakes, cookies, breads, pasta; the grains in breakfast cereal; the natural sugar in milk products called lactose; and the natural sugar in fruits called fructose. Diabetics need to limit carbohydrates but not eliminate them.

Adapted from Tufts University Health & Nutrition Letter, June 2003

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

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