

GO FOR GOOD HEALTH

Food for Fitness and Fun - April 2004

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

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

- Artichoke
- Avocado
- Pineapple
- Grape Tomatoes
- Lettuce



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

HAMMING IT UP – HEALTHFULLY!

Ham is a protein enjoyed by many, but eaten with restraint because of its high sodium content – a 3 ounce portion may contain just over 1000 mg of sodium. (A 3 ounce portion of pork roast has less than 100 mg of sodium). If you want to include ham in your diet, it is best to eat it with foods that are low in sodium. Following are a couple of suggestions. With the salad, barley, a whole grain, is being used to ‘dilute’ the total sodium content. In the kabob recipe, fruits and vegetables help to ‘dilute’ the sodium total.

BARLEY HAM SALAD MAKES 6 SERVINGS (3/4 CUP)

1 cup quick pearled barley (makes 3 cups cooked)

To cook barley: Boil 2 cups water. Stir in barley.

Cover. Reduce heat and simmer 10-12 minutes or until tender. Remove from heat; let stand 5 minutes.

Chill in refrigerator.

3/4 cup (6 ounces) fully cooked ham, cubed

2 ribs celery, diced

1/2 cup green pepper, chopped

1/4 cup red pepper, chopped

1/3 cup green onion tops, sliced

1/2 cup fresh mushrooms, sliced

1/3 cup bottled oil/vinegar dressing - select one low in sodium; I used a light raspberry vinegarette

In a large bowl, combine vegetables, barley and ham. Stir in dressing. Chill thoroughly before serving to allow flavors to blend.

Adapted from Light and Tasty, April/May 2003, Reiman Publications.

COLORFUL HAM KABOBS SERVES 4

1 can (20 ounces) unsweetened pineapple chunks

– reserve 2 Tablespoons juice

2 Tablespoons vegetable oil

1/3 cup packed brown sugar

1/2 teaspoon ground cinnamon

2 medium sweet potatoes cut into 3/4 inch slices

1 medium green pepper cut into chunks

8 cherry tomatoes

4 ounces fresh whole button mushrooms

1 1/2 cups fully cooked ham cut into 1 inch cubes

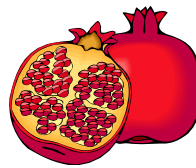
Wash and cut the sweet potatoes into thick slices. Place slices into a microwave safe dish and cook on high power for about 6 minutes until the potatoes are tender – but hold their shape.

Drain the pineapple, but reserve 2 tablespoons juice. Set pineapple aside (use remaining juice for some other recipe or discard). Combine pineapple juice, vegetable oil, brown sugar and cinnamon until blended.

On metal or soaked bamboo skewers, thread the ham and assorted vegetable pieces. Brush with brown sugar mixture. Grill outdoors or under broiler about 4 minutes on each side or until heated through. Baste occasionally.

Adapted from: Quick Cooking, March/April 2001, Reiman Publications.

GO FOR THE ANTIOXIDANTS



There can be more than a thousand-fold difference in levels of total antioxidants among fruits, vegetables, and other plant foods, according to a new systematic analysis by Norwegian researchers. These foods contain hundreds of antioxidant compounds, which, it's theorized, help prevent a variety of diseases by combating cell-damaging free radicals. All berries ranked high, as did sour cherries, grapes, oranges, plums, and lemons. Among vegetables, kale, pepper, red cabbage, Brussels sprouts, and spinach scored high. The two highest-ranking foods were walnuts and pomegranates.

Source: UC Berkley Wellness Letter, April 2004

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

NEW DIABETIC EXCHANGE LIST

The new exchange list hopes to promote weight loss and tighter blood sugar control. At first it looks similar to its older counterpart; but closer inspection shows that the small differences may be significant at the end of the day. For example, a serving of fat-free yogurt changed from 8 to 6 ounces. This change makes sense, as the most common brand names of yogurt, including Dannon and Yoplait are produced in 6-ounce cartons. Yogurt is an ideal snack for a diabetic, as it combines protein and carbohydrates in a single serving-sized container. It's true that eating whole fruit in place of drinking fruit juice is better for blood sugar control because the fiber in the whole fruit slows the absorption of the sugar into the body. The new examples reinforce this rule.

- A serving of orange, grapefruit and pineapple juice remains 4 ounces or ½ cup.
- Servings of grape juice, fruit juice blends, cranberry juice and prune juice are 1/3 cup.
- The 15 grapes you are so used to counting have increased to 17 for your enjoyment.
- Other servings of fruit have also been increased, including strawberries from 1 cup to 1 ¼ cups, and apricots from 2 to 4 whole fruits.

These changes are a reminder for all people with diabetes that measuring servings regularly can help you stay on track. Perhaps the most drastic change in serving size is that of pasta.

- The new serving size of pasta is 1/3 cup compared to the old serving of ½ cup.
- People following an 1800-calorie meal plan will typically get 4 servings of carbohydrate to enjoy at dinner. This means that a single cup of pasta, about ¼ of a common restaurant serving size, is all the pasta they can have if they hope to eat a dinner roll or other starch at their meal.

This change should motivate people to choose more whole-grain foods and beans to take advantage of their higher fiber content and more gracious serving sizes.

- Mixed vegetables with corn, peas, or pasta is 1 cup.
- A serving of barley or bulgur remains ½ cup.
- A starchy vegetable, like winter squash, is 1 cup per serving.

- Beans, peas, and cooked lentils, along with soups made from them are ½ cup.

The goal of diabetes management is to encourage patients to improve their self-care. A copy of the new diabetic exchanges is available from the American Diabetes Association at

www.diabetes.org

Source: *Communicating Food for Health*, April 2004

GOOD CARBS

Remember the low-fat/fat-free trend that took over the food market back in the 1990's? This trend backfired because people thought that fat-free meant you could eat all you wanted without gaining weight. As a result, they filled up on fat-free foods, high in refined carbohydrates that provided little satiety. These foods included fat-free cookies, fat-free ice cream and fat-free coffee cakes.

There seems to be an issue missing in discussions about weight loss. That is, the right foods to eat for weight loss are those that make you feel fuller on fewer calories. The right foods are mostly high in



both carbohydrates and fiber with a low calorie density. These include all fresh fruits and vegetables, beans and cooked whole grains, which have high moisture content; these include pasta, rice, oatmeal and corn

on the cob.

Eating more of these foods may not be easy given convenience foods and the fare offered in most fast food restaurants. But it is not impossible. Here are a few rules to help you succeed for sustained weight loss/control without hunger:

1. Limit the amount of fat or high-fat foods you eat.
2. Try to eat foods in their near-natural state: baked potatoes instead of French fries or potato chips, oatmeal instead of cereal bars, apples instead of applesauce or apple juice.
3. Limit the amount of refined carbohydrates you eat. Refined carbohydrates are foods that are made of white flour and sugar. These include fat-free cookies, bagels, crackers, pretzels, candy and desserts.
4. Don't drink your calories. Soft drinks, juices and sugared drinks don't provide enough satiety for the calories they contain. Choose water or calorie free drinks. Choose fruit instead of juice.

Source: *Communicating Food for Health*, April 2004

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

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.