

BE GOOD TO YOUR HEART

Food for Fitness and Fun - February 2004

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

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

- Mushrooms
- Bananas
- Potatoes
- Oranges



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

OATMEAL CRANBERRY MUFFINS

Try serving your Valentine these colorful muffins. They are rich in red pigment and include whole grain oats.

- 1 1/3 cups flour
- 1/3 cup + 2 Tablespoons sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup rolled oats
- 1 beaten egg
- 3/4 cup fat free milk
- 1/4 cup vegetable oil
- 1 cup coarsely chopped cranberries
- 1 teaspoon orange rind
- 1/2 cup chopped walnuts, optional



Line twelve muffin cups with paper liners. Set aside. In a medium mixing bowl combine flour, sugar, baking powder, salt and oats. Make a well in the center of the dry mixture; set aside. In another bowl, combine egg, milk and oil. Add egg mixture all at once to the dry mixture. Stir just till moistened. Fold in cranberries, orange rind and nuts. Spoon batter into prepared muffin cups filling each 2/3 full. TIP: To make into a heart shape, insert a marble or small ball of foil between paper liner and pan in each of the 12 cups. Bake at 400°F for 20 minutes or until golden. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups; serve warm. Makes 10-12 muffins.

Source: Adapted from *Better Homes and Gardens New Cookbook*.

SHAKIN' VALENTINE TREAT

If you are responsible for a Valentine Party, consider including this on your menu. It's healthy, tastes great and encourages physical activity.

- 2 cups strawberry flavored lowfat milk
- 1 package (4 serving size) vanilla instant pudding
- 1 cup sliced strawberries – frozen or fresh

In a quart jar with a tight fitting lid, combine milk and pudding. Secure lid and shake for 2-3 minutes (Works great to shake to music – go for an entire song). Pour thickened pudding into serving bowls and top with sliced fruit. Serves 4.

CHERRY ALMOND SMOOTHIE

This is fun to serve around President's Day. Bonus: it supplies 35% Daily Value for Calcium.

- 3/4 cup frozen cherries
- 1/4 teaspoon almond extract
- 1/2 Tablespoon sugar (or equivalent sugar substitute)
- 3/4 cup nonfat plain yogurt
- 3 or 4 ice cubes

Combine all ingredients in blender. Blend until smooth.

LONG-TERM WEIGHT LOSS TIPS

The National Weight Control Registry has studied 4,000 people who have lost at least 30 pounds (average weight lost was 67 pounds) and kept it off for at least 1 year. Four strategies that kept the weight off for most of these people included:

1. Eating breakfast.
2. Keeping to a low-fat, high-carbohydrate diet.
3. Self-Monitoring - weighed themselves weekly and kept food journals.
4. Exercising daily.

WRAPS NOT ALWAYS THE LOWEST CALORIE CHOICE

The 6-inch veggie or turkey sandwiches at Subway have at least 40% fewer calories than the Atkins Wraps and are lower in fat and sodium. For more information, see www.subway.com.

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TOP 10 REASONS TO EAT CARBS

At any given time, 29% of men and 44% of women are trying to lose weight. Currently, high protein, low carbohydrate diets are the rage. **There are however, 10 top reasons to eat carbohydrates –**

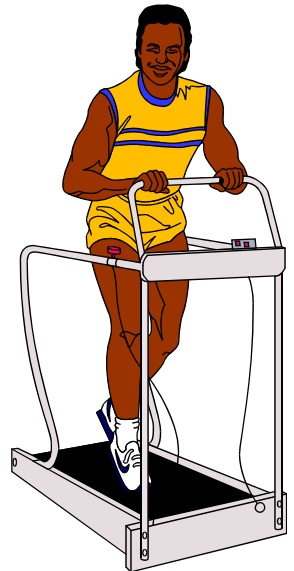
1. **Dietary Reference Intakes (DRI's).** The DRI's recommend 130 gm of carbohydrates daily to provide adequate energy for tissues which rely solely on glucose (carbohydrate) for energy.
2. **Brain Power:** The preferred fuel for the brain is glucose which comes from carbohydrates.
3. **Muscle Power:** To support the energy demands of high intensity exercise, muscles prefer glucose (carbs). Carbs can produce energy 3 times faster than fat for the working muscle.
4. **Weight Control:** Long term weight control on a low carb diet is difficult because of the lack of variety.
5. **Dehydration and Constipation:** Initial weight loss on the low carb diet is a result of water loss, not fat loss. For every gram or ounce of carbohydrate stored by the body, 3 grams or ounces of water are stored with it. As the body uses the stored carbohydrate, water is lost and accounts for much of the initial weight lost. In addition, high protein diets are low in fiber. Dehydration plus low fiber intake equals dehydration.
6. **Heart disease** risks may increase.
7. **Cancer:** Fruit and vegetable consumption has been shown to decrease the incidence of certain types of cancer.
8. **Blood Pressure:** A low carbohydrate diet, which restricts fruit and vegetable intake, can lead to high blood pressure. Fruits and vegetables contain minerals such as potassium, calcium, and magnesium, which appear to exert a protective effect against high blood pressure.
9. **Calcium Counts:** Milk contains carbohydrate, but it also contains calcium. High protein intakes over time, especially from animal sources, can increase the loss of calcium in the urine. This loss of calcium can increase the risk of kidney stones and contribute to osteoporosis.
10. **Tastes Good!** Carbohydrates, including cereal, bread, pastas, rice, fruits and vegetables add variety and flavor!

“SELL BY DATES”

The manager of the USDA's Meat and Poultry Hotline says the “sell by” date is not really about food safety. The date is to determine how long a product is going to remain at peak quality in terms of its taste and nutrient retention. Moreover, the date guarantees quality, or freshness, only in the super-market-case, not in your refrigerator at home, where the temperature is much warmer. Most refrigerator cases at the store are set at around 30°. Your refrigerator at home is set closer to 40° F so the lettuce doesn't freeze while the milk and meat are kept cold.

CREATE AN ACTIVE LIFESTYLE

1. Forget the exercise fads (remember mini trampolines?). Choose something you really can do and like to do.
2. Be realistic. Don't set yourself up to fail.
3. Make a commitment. Share a verbal or written commitment with family or friends.
4. Start slow.
5. Be consistent.
6. Stick with it: Research suggests that it takes about 21 days for a behavior to become habit.
7. Be flexible. Life is full of surprises and plans often need to change.
8. Make a list of options - like indoor exercise when it's cold.
9. Be creative. Taking a walk can be done at the mall, with a friend or with the dog.
10. Plan for activity. Make room for fitness in your schedule.
11. Forgive yourself. If you miss a day of activity, it's no big deal. Just put on your shoes and get your walk or activity in the next day.
12. Congratulate yourself. Becoming more active can be tough. Give yourself a pat on the back for any increase in physical activity.



*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.

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