

HAVE A HEALTHY SUMMER

Food for Fitness and Fun - June 2004

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

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

- Apricots
- Snap Beans
- Kohlrabi
- Peaches
- Watermelon



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

BURGER FACTS

Follow these tips to make the leanest choices:



- Choose ground beef that's at least 91% lean.
- Ground round is usually leaner than ground chuck.
- Ground turkey is not always the lowest fat choice. If you choose regular ground turkey, it most likely contains skin, dark meat and fat plus breast meat.
- Vegetarian burgers may give you a burger that is low in fat and calories. But you have to read the label to be sure. Check the sodium content or you can end up with a day's supply of sodium in one meal.

ICE CREAM TIPS:

1. To maintain optimal quality, store in coldest part of freezer; avoid repeated thawing which increases ice crystal sizes.
2. One serving is half a cup—about the size of a racquet ball.
3. Choose varieties that are low in fat and calories. Sugar-free and low-carb are not calorie free and some of these are higher in calories than their low-fat or fat-free counterparts! **BEST BETS:** Fat-free ice cream; Fat free frozen yogurt, Sorbet, or Ice milk.
4. Keep toppings healthy – top your ice cream or sorbet with fresh or frozen fruit.

Source: *Communicating Food for Health*, June 2004

THE RAP ON WRAPS

Tortillas have become a very popular food item in the United States in recent years. They seem to fit with our 'grab and go' lifestyle. Depending upon how you fold them, they may be filled with vegetables, meats, eggs and sauces. They may be warmed in an oven, microwave, griddle; or toasted. But, as with anything, there are pluses and minuses.

Corn tortillas traditionally were made with just corn flour and water—no added fat. Flour tortillas often are made with refined white flour and fat which may be either lard or a hydrogenated vegetable oil. Here are some comparisons:

Small corn tortilla = 60 calories

Slice of bread = 80 calories

Flour tortilla – 6 inch = 150 calories

Flour tortilla – 10 inch = 225 calories (+ 6 g. fat)

Big burrito with filling – 1000 calories (50 g. fat)

To get the healthiest wrap, remember these tips:

- Go for whole grains – corn or whole wheat.
- Check sodium. Look for less than 300 mg.
- Check calories. If you are eating two 225-calorie tortillas along with fillings, that could be more than a Big Mac and fries.

Adapted from *UC Berkeley Wellness Letter*, June 2004

SHOW YOUR COLORS FLAG WRAPS

1 package whole wheat flour tortillas

1 package sun dried tomato tortillas

Flavored light cream cheese

Carrots and lettuce, shredded

Red or green peppers, diced - optional

Lean meat slices

Fresh or frozen blueberries

Select a rectangle shaped serving platter with low sides – 9 x 13 inch pan is fine. You are going to want the finished product to look like a flag. So place blueberries in upper left corner – use foil strips to hold them in place while building rest of flag. Spread tortillas with cream cheese, meat and vegetables. Roll. Alternate completed tomato and whole wheat tortillas to be like the stripes on the flag. **NOTE** you may need to cut wrap to get them to fit your rectangle.



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PEACHERONI PIZZA PIE



We all need more fruits and vegetables in our diet. Here is a rather different pizza combining peaches and pepperoni in a tomato-based sauce. Try it – You'll like it!

- 1 8 or 9 inch diameter pre-baked pizza crust
- 1/3 cup pizza sauce
- 1 cup mozzarella cheese, shredded
- 1 to 1 ½ cups fresh or frozen peach slices
- 1 ounce sliced pepperoni
- ¼ cup green pepper, diced – optional

Preheat oven to 425°F. Place pizza crust on baking pan. Spread crust with pizza sauce. Add ½ cup shredded cheese. Top with sliced pepperoni. Arrange peach slices on top of pepperoni. Add green pepper if desired. Top with remaining cheese. Bake about 15 minutes or until heated through and cheese is browned.

QUICK FIT

Too busy and simply don't have the time for physical activity? Renee Sweers, Nutrition and Health Field Specialist, Iowa State University Extension offers these suggestions on how to carve ten minute intervals out of your busy day.



- First thing in the morning – you probably won't even have to get up that much earlier to squeeze in a 'five-minute-out' and 'five-minute-back' walk. **10 minutes**
- During a coffee break or lunch break at work – walk for 10 minutes. Since you are only walking for ten minutes, you don't need to worry about changing clothes or showering. Just keep a pair of tennis shoes handy and you'll be ready to go. **Another 10 minutes**
- As soon as you get home from work - you may have a full evening scheduled, but remember it's only five minutes out and five minutes back and you're on to the rest of the evening. That adds another **10 minutes**.

Without really realizing it, you just accumulated the 30 minutes of physical activity recommended for adults every day. Keep up the great work.

FIVE TIPS TO HELP AVOID WEIGHT GAIN ON VACATION

The media has made you VERY aware that we are an obese nation and you have been doing pretty well cutting back on food consumption and getting some exercise. But your vacation or business trip is scheduled and now you will be away from home eating all meals out for several days. You are hoping NOT to GAIN any weight while gone, but you can't imagine losing any. I hate to be the one to burst your bubble, but in this case, hoping isn't going to help much. You need to have a plan BEFORE you leave to help keep you on track. Here are FIVE tips to help you:

1. **Move it!** You will feel better and think better if you keep moving. Go with a family member or friend for a walk every morning—explore your surroundings. If you are at a conference, walk the halls and take several sets of steps during breaks—it will keep you from snacking and help you focus during the next session.
2. **Choose your food wisely.** If vacationing with the family, suggest restaurants you know will offer broiled or grilled entrees and vegetable salads. Plan to nibble on vegetables and fruit rather than high fat crackers or desserts while on the road. At conferences, look ahead at the schedule. If the day includes a large banquet, eat smaller portions at the other meals. Don't skip a meal—that will encourage over-eating.
3. **Watch portion sizes.** Remember to watch portion sizes. Share an entrée or dessert if necessary to keep the size in control.
4. **Let the wait staff assist you.** Ask them to help you stay in control by doing such things as:
 - Serve the dressing on the side of a salad.
 - Omit the sauce or serve on the side.
 - Eat a salad or soup and then choose an appetizer for an entrée.
 - Ask questions about how the food is prepared. Ask that vegetables be steamed without butter.
5. **Treat yourself special.** Rewards don't have to be food-based. Enjoy a massage, concert, play, the surroundings, or a good book.

Adapted from American Woman Road and Travel

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and justice for all

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