

MAY CELEBRATIONS

Food for Fitness and Fun - May 2004

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

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

- Asparagus
- Strawberries
- Spinach
- Rhubarb



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

DO THE 7 STEPS FOR SAFE SUMMER FOOD

During the summer months, it is especially important to take extra precautions and practice safe food handling.

1. **Wash, Wash, Wash Your Hands** Always, wash your hands with hot, soapy water before and after handling food.
2. **Marinating Mandate** When marinating for long periods of time, it is important to keep foods refrigerated. Don't use sauce that was used to marinate raw meat or poultry on cooked food.
3. **Hot, Hot, Hot** When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
4. **Temperature Gauge** Use a meat thermometer to insure reaching a safe internal temperature.
5. **Where's the Beef? Chicken and Fish?** Hamburgers should be cooked to 160° F, while large cuts of beef such as roasts and steaks may be cooked to 145° F for medium rare or to 160° F for medium. Cook ground poultry to 165° F and poultry parts to 170° F. Fish should be opaque and flake easily.
6. **Stay Away from that Same Old Plate** When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
7. **Icebox Etiquette** A full cooler will maintain its cold temperatures longer than one that is partially filled so pack plenty of ice or freezer packs to insure a constant cold temperature.

MAY IS SALAD MONTH

Celebrate May as Salad Month by enjoying salads a few times per week. Here are some ideas to get you started.

TACO TOSSED SALAD – SERVES 4

Salad:
6 cups ready-to-serve romaine
1 cup drained kidney beans
2 cups cherry tomatoes, halves
¼ cup shredded mozzarella cheese

Toppings:
1 cup crushed baked tortilla chips
½ Tablespoon oil
3 Tablespoons vinegar
Black pepper to taste

1 – Place all ingredients for salad (exclude toppings for now) in a large bowl and chill until ready to serve, up to 24 hours.

2 – When ready to serve, toss salad together with topping ingredients. Serve immediately.

NOTE: Make this salad a meal with the addition of grilled chicken or fish. You may also add corn.
Nutrition Facts: Each serving – 181 calories, 4.2 g fat, 1.1 g saturated fat, 5.3 mg cholesterol, 372 mg sodium, 29 g carbohydrate, 9 g protein, 7.3 g fiber.
Adapted from: Communicating Food for Health, May 2003.

BARLEY AND CORN SALAD – SERVES 4

Make this delicious salad for lunch or dinner. It looks very nice served over a bed of mixed greens.

1 Tablespoon olive or canola oil
2 Tablespoons lowfat or nonfat mayonnaise
2 Tablespoons flavored vinegar (red wine or cider)
2 Cups frozen corn kernels, thawed
1 Tablespoon chopped fresh cilantro or parsley
1 Cup cooked barley
1 tomato, diced
¼ green pepper diced
¼ red onion, diced

Combine the first three ingredients in a medium-sized mixing bowl and mix well to make a dressing. Add the rest of the ingredients and toss together. Cover and refrigerate until ready to serve, up to 24 hours. Serve chilled.

Each 1 cup serving: 189 calories, 6.8 g fat, 0.9 g saturated fat, 52 mg sodium, 2 mg cholesterol, 32 g carbohydrate, 4 g fiber, 4 g protein.

Adapted from: Communicating Food for Health, May 2000.

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Helping you become your best.

MAY IS NATIONAL HIGH BLOOD PRESSURE MONTH



When asked if one's diet is high in salt or sodium, many people usually reply, "No, I never use the salt shaker." Most people do not realize that 75% of the salt they eat comes from processed foods and meals eaten away from home while only 15-25% comes from the salt shaker.

Take the Quiz:

To find out if your diet is higher in salt than you may think, check how many servings of the following foods with added salt you eat in a week.

Part 1

- Bacon or breakfast sausage
- Bread products
- Canned broth or bouillon cubes
- Canned fish and chicken
- Canned soups and vegetables
- Cheese, especially fat-free cheeses
- Chips, dips, popcorn, salted nuts
- Condiments such as mustard, ketchup, soy sauce
- Cookies, baked goods
- Cottage cheese
- Crackers
- Crackers and dry cereals
- Deli meats
- Entrees or side dishes made from a box (e.g. skillet meals, macaroni & cheese, stuffing, rice)
- Frozen prepared meals
- Hot dogs
- Imitation seafood, veggie burgers
- Pasta sauce
- Peanut butter (with salt)
- Pickles, relish, canned olives
- Salad dressing
- Side dish or entrée from a can
- Breakfast in a restaurant
- Lunch in a restaurant
- Dinner in a restaurant
- TOTAL

Part 2

How many servings of these low-sodium foods do you eat in a week?

- Baked potato or sweet potato
- Barley cooked without added salt
- Bread products with little or no added salt (preferably whole grain)
- Fresh fruit
- Fresh vegetables or frozen plain vegetables
- Fresh-cooked chicken
- Fresh-cooked fish
- Fresh-cooked lean meat
- Fresh-cooked beans or chili (with very little added salt)
- Natural peanut butter with no added salt
- No-added-salt canned goods
- No-added-salt condiments (e.g. ketchup)
- Nonfat dairy products (e.g. fat free milk, lowfat light yogurt, fat-free sour cream)
- Nuts (salt free)
- Oatmeal, cream of wheat, shredded wheat, puffed cereals (made without salt, not instant)
- Pasta – cooked without added salt (whole grain is preferable)
- Rice or brown rice cooked with no added salt (not from a mix!)
- Salt-free or low-salt crackers and chips
- Tossed salad with only oil & vinegar
- TOTAL

Tally the score

Do the items in part one exceed the number of items in part 2? Using this test will help you see the items you need to reduce in your diet versus the items you need to increase. Whole foods in their natural form are always your best bet. For example, a fresh, roasted chicken is always a better choice than deli chicken breast or other deli meats. If you find low-sodium food unpalatable, it is acceptable to use a little Accent®. It is lower in sodium and the sodium in this product has much less effect on blood pressure than salt.



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and justice for all

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