

# FOOD FOR FITNESS AND FUN

February 2005

February - Although it can be cold and dreary, there are lots of reasons to celebrate this month - Ground Hog's Day, Valentine's Day, President's Day, Super Bowl Sunday and it's Heart Month. The new Dietary Guidelines, released late last month, will help you care for your heart. Although we don't know yet what the graphic will be that accompanies the Guidelines (a pyramid, a circle, a square-?) there is plenty we can do to begin implementing the new guidelines.

Read on! Jan Temple

## CELEBRATE THE SEASON

Celebrate Valentine's Day with Love Apples and Heart Shaped Food

### LOVE APPLES SERVES 4

- 3 apples, cored and sliced
- 1 cup unsweetened cherries
- 1 teaspoon ground cinnamon
- 2 teaspoons sugar
- 2 Tablespoons water



Place all ingredients in a large microwave container and mix well. Microwave on full power for 6-8 minutes or until apples are tender. Allow to stand for 5 minutes and then serve warm in individual dessert dishes.

**Each serving (1/2 cup):** 94 calories, <1 g fat, (0 saturated), 0 mg cholesterol, 1 mg sodium, 23 g carb, 3.5 g fiber, 0.5 g protein. Diabetic exchange: 2 fruit.

Source: *Communicating Food for Health, February 2001*

### HEART SHAPED FOODS

- ♥ Heart Shaped Pancakes – Pancake batter can be poured onto the griddle in heart shapes...
- ♥ Heart Sandwiches – Build your sandwiches and then use a cookie cutter or knife to cut out a heart shape. Cut the remaining sandwich into several additional pieces to be a puzzle.
- ♥ Heart Shaped Cake – If you have a square pan and a round pan that are the same dimensions across, you may use them to make a heart. Using one cake mix, bake one square and one round cake. Then cut the round cake in half and put each half against one of the square cake's sides.
- ♥ Heart Eggs and Toast – Use a cookie cutter to cut a heart shape out of the center of a piece of bread. Put the bread in a pan and break an egg into the open heart-shaped center. Cook. Spread jelly on the heart shaped pieces of bread that are left and serve.
- ♥ Heart Shaped Pizza – Bake your own pizza, and make the crust shaped like a heart for Valentine's Day.

## 2005 DIETARY GUIDELINES

The 2005 Dietary Guidelines for Americans have been published. You can view them online at [www.health.gov](http://www.health.gov).

Changes most adults need to make include:

- ♥ Eat **more** dark green and orange vegetables, legumes and whole grains.
- ♥ Eat **fewer** refined grains, solid fats and added sugars.

These changes would clearly help most people get an adequate amount of nutrients without excess calories. Here are a few important highlights (entire document is 84 pages):

- ♥ Dietary **fiber** should be 14 grams per 1,000 calories consumed.
- ♥ Consume less than 10% calories from **saturated fat**; keep **fat** consumption to 20-35% with most fats coming from fish, nuts and vegetable oils.
- ♥ Consume 3 or more ounce-equivalents of **whole-grain** products per day. At least half the grains should come from whole grains.
- ♥ Two cups of **fruit** and 2 ½ cups of **vegetables** per day are recommended for a 2,000 calorie intake.
- ♥ Choose from the **five veggie subgroups** several times per week: dark green, orange, legumes/beans, starchy vegetables and other vegetables.
- ♥ Consume 3 cups per day of fat-free or low-fat **milk** or equivalent milk products.
- ♥ Consume less than 2,300 mg **sodium** per day. (This number goes to 1,500 for middle-aged Americans, Blacks and those with hypertension.)

Additionally, the sixth version of the guidelines calls for **more exercise**:

- To prevent gradual, unhealthful body weight gain in adulthood: Engage in approximately 60 minutes of moderate-to vigorous-intensity activity on most days of the week.
- To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

Source: *Communicating Food for Health, February 2005*

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## NEW HEALTH CLAIM FOR OLIVE OIL



The Food and Drug Administration announced the availability of a qualified health claim for mono-unsaturated fat from olive oil and reduced risk of coronary heart disease (CHD).

There is limited, but not conclusive, evidence that suggests that consumers may reduce their risk of CHD if they consume monounsaturated fat from olive oil and olive oil-containing foods in place of foods high in saturated fat. At the same time, consumers should not increase the total number of calories consumed daily.

“Limited and not conclusive scientific evidence suggests that eating about 2 tablespoons (23 grams) of olive oil daily may reduce the risk of coronary heart disease due to the monounsaturated fat in olive oil. To achieve this possible benefit, olive oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day. One serving of this product [name of food] contains [X] grams of olive oil.” Here are the key points for consumers to consider:

- ♥ Olive oil is a calorie-dense food. Consumption should be limited if you are watching your weight.
- ♥ Use oils sparingly when cooking and eating.
- ♥ Remember the most important advice with this health claim: **REPLACE** saturated fat consumption with monounsaturated fats such as olive oil, AND DO NOT increase calorie consumption.

When it comes to calories and saturated fat, reduced calorie margarine is a better choice. It is lower in calories, fat, and saturated fat than butter, olive oil or regular margarine. For more information: [www.fda.gov](http://www.fda.gov).  
Source: *Communicating Food for Health, December 2004*

## OLIVE OIL AND CANCER

Northwestern University lab tests on breast cancer cells showed the oleic acid found in olive oil sharply cut levels of a gene thought to trigger breast cancer. But don't go pouring on the olive oil yet. Dr. James Kenney advises, “Test tube studies are not all that convincing.” This study suggests part of the benefit of the Mediterranean diet might be the oleic acid found in olive oil. What about the 70% of women whose breast cancer is not associated with this gene? What if women get fat eating olive oil in the hopes that it reduces breast cancer? Obesity raises estrogen levels and promotes breast cancer in post-menopausal women. The reason the Mediterranean diet helps protect against breast cancer is not simply because it is high in oleic acid. Eating more fruit, vegetables, fish and less meat and dairy might very well be more important than olive oil, particularly since they are unlikely to promote weight gain as adding lots of olive oil (or any other fat) to the diet is very likely to do.

Source: *Communicating Food for Health, February 2005*

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## LOWER THE FAT IN YOUR DIET

There is a lot of data demonstrating fatter Americans eat a greater proportion of their calories from fat than thinner Americans. Most of the fat in Westernized diets comes from meat, baked goods, milk, cheese and refined fats and oils. In fact, the fat intake in the United States has almost doubled since the 1900's. It is no wonder that the rate of obesity and overweight individuals has increased. Here are 5 easy ways to lower the amount of fat you eat:

- 1 – Choose lean protein.** Choose leaner cuts of meat. Trim excess fat; remove skin from poultry. Maintain portions 3 ounces or less. Use lowfat cooking methods.
  - 2 – Lower the fat in dairy.** Try to use skim milk, fat-free half-n-half, fat-free sour cream, etc. If you can't stomach skim milk, then try to wean yourself down to 1%. Use cheese sparingly.
  - 3 – Reduce the amount of high-fat baked goods you eat.** Look for lower fat products. Experiment with lowering the fat in your recipes; bake smaller batches.
  - 4 – Reduce the amount of refined fats and oils in your diet.** Substitute flavored vinegars for salad dressings; cook with less fat; eat fewer fried foods. Be aware of the fat content of everything you eat.
  - 5 – Eat more fruits and vegetables,** which are naturally low in fat. Increasing their consumption helps displace higher fat foods in your diet and consume more fiber.
- Source: *Communicating Food for Health, December 2004*



## TAKE THE FAT QUIZ

Answer true or false to these questions:

1. Fat-free means calorie free.
2. Reduced fat means low in fat.
3. 90% fat-free ground beef contains just 10% calories from fat.



### Answers:

1. **FALSE.** While fat-free does lower calories when it comes to meat and dairy, it doesn't lower them significantly with chips and sweets. None of these items are “calorie free.”
2. **FALSE.** Reduced fat indicates that a product contains 25% less fat per serving than the regular product. For a product to be labeled low-fat, it has to have 3 grams fat or less per serving.
3. **FALSE.** 90% fat-free means the product contains 10% fat by weight. 90% fat-free beef contains about 47% calories from fat. Look for *extra-lean* meats because they contain less than 5 grams fat and less than 2 grams saturated fat per serving.

Source: *Communicating Food for Health, December 2004*