

FOOD FOR FITNESS AND FUN

March 2005

MARCH—Nutrition educators encourage you to celebrate Nutrition Month®, School Breakfast Week, Frozen Foods and Peanut Month. Enjoy the information about peanuts as well other updates. Jan Temple

MARCH IS PEANUT MONTH



Peanuts, along with beans and peas, are part of the legume family. Legumes, defined as edible seeds enclosed in pods, provide the best source of concentrated protein in the plant kingdom.

Peanuts are a nutritious food for both adults and children serving as a good source of inexpensive protein. Even though peanuts are high in calories, unlike many other high-fat foods, they contain a lot of nutrients in relation to the calories they provide. Each ounce (~1/4 cup shelled) of peanuts contains 2 grams of fiber and almost one fourth of the RDA for vitamin E as well as magnesium, potassium, copper and folic acid. Studies show that persons snacking on peanuts and peanut butter naturally adjusted their caloric intake to compensate. The overall quality of their diet was better, too, because they ate less artery-clogging saturated fat.

In a nutshell, there is no reason to avoid peanuts (except in the case of allergies) and many reasons why they should be part of a healthy plant-based diet. To keep them healthy:

- Buy old-fashioned peanut butter that is made without sugar, sat or hydrogenated oils. Hint: you will need to store it in your refrigerator to keep it from separating.
- Buy peanuts roasted without salt. Salted versions add 292 mg of sodium per 1/4 cup.
- Buy peanuts in the shell. It will help you eat slower. Couple these with raw veggies – you'll fill up and not eat too much of a good thing.

Source: *Communicating Food for Health, March 2000, March 2002*

NUTTY CEREAL BARS YIELD-9 BARS

2 1/2 cups ready to eat whole grain cereal
(Use any combination. Ex.-Multi-grain Cheerios®, Wheaties®, Total®, Grape Nuts Flakes®, All-Bran®)
1/2 cup unsalted dry roasted peanuts
1/2 cup chopped dried fruit (ex. golden raisins, apricots, mixed)
1/3 cup sugar
1/3 cup light corn syrup
1/4 cup peanut butter



In a bowl, combine cereal, peanuts and dried fruit. In a small saucepan, combine sugar and corn syrup. Cook and stir just until it begins to boil. Remove from heat; stir in the peanut butter until the mixture is smooth. Pour over cereal mixture and stir gently to coat evenly. Transfer to an 8 inch square pan coated with vegetable spray. Press evenly in pan. Cool. Cut into 9 pieces.

Each bar: 205 calories, 8 g fat, (1 g saturated), 0 mg cholesterol, 88 mg sodium, 31 g carb, 3 g fiber, 5 g protein.

GO GREEN FOR NUTRITION MONTH

BROCCOLI SESAME SALAD SERVES 4

4 cups broccoli florets
2 teaspoons canola oil
1 Tablespoon flavored vinegar
1 1/2 teaspoons lite soy sauce
1/4 cup sliced green onion
2 teaspoons sesame seeds, toasted
Place broccoli in small covered microwave container and cook on full power until crisp-tender, about 3 minutes. Rinse immediately with cool running water and drain well in colander. Place broccoli in medium-sized bowl and add the rest of the ingredients. Stir well and serve immediately or chill for later use.



Each serving (1 cup): 58 calories, 3.3g fat, (0.3 saturated), 0 mg cholesterol, 92 mg sodium, 6 g carb, 3 g fiber, 3 g protein. Diabetic exchange: 1 vegetable, 1/2 fat.

Source: *Communicating Food for Health, March 2001*

ASIAN COLE SLAW SERVES 4

3 Tbsp. red wine vinegar
1 Tbsp. canola oil
2 Tbsp. smooth peanut butter
2 tsp. light soy sauce
2 tsp. sugar
1 tsp dried ginger
1 1/2 Tbsp minced garlic
4 C. cabbage slaw mix
1 green pepper, sliced
2 green onions, chopped



Whisk the vinegar, oil, peanut butter, soy sauce, sugar, ginger and garlic together in a large mixing bowl. Add remaining ingredients and toss together. Serve immediately or chill for use within 3 hours.

Each serving (1 cup): 123 calories, 7.5 g fat, (1 g saturated), 0 mg cholesterol, 112 mg sodium, 12 g carb, 3 g fiber, 4 g protein. Diabetic exchange: 1 starch, 1 fat.

Source: *Communicating Food for Health, February 2001*

OTHER GREEN IDEAS:

- Enjoy an all green vegetable salad—lettuce, cucumber, green pepper, green onion, avocado.
- Make a green fruit salad with chopped mint, honeydew melon, green grapes and sliced kiwi.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

MARGARINE UPDATE

Several margarines are now touting “0 g trans fat” and even Crisco Zero Trans Fat Shortening is a new option. As you can see on the chart below, olive oil is lower in saturated fat and trans fat than butter but it is the most calorie-dense choice. It should be used sparingly for cooking and salads. The extra virgin variety contains the most flavor. According to James Kenney, PhD, RD, LD, FACN, “We really have no good data I’m aware of to say whether or not this man-made fat would be safe long term. It may increase blood clotting. At the very least, it would be very calorie dense and virtually devoid of nutrients. The last thing Americans need is something with a high energy density and low nutrient density. At least it would not be much worse in this regard than other solid fats like topical oils, lard, beef tallow and partially hydrogenated oils. Even so, eating foods with this artificial fat would almost certainly promote weight gain and reduce the nutrient density of the diet. Weight gain and low nutrient and phytochemical content we know promotes insulin resistance and has adverse effects on blood lipids and immunity. Type 2 DM, CVD and cancer would all likely increase with the increased consumption of these man-made fats.”



So the bottom line on all of these fats is to choose low-cal soft tub margarine for your heart. And use it sparingly for your waist!

Type of Oil	Calories	Fat	Sat. Fat	Trans Fat
Olive oil	119	13.5	1.8	0
Crisco ZTF Shortening	110	12	3	0
Butter	107	12	6	0.3
Stick Margarine*	90	10	2	0
Smart Balance nonhydrogenated	80	9	2.5	0
Soft Tub Margarine*	80	9	2	0
Light Tub Margarine*	50	5	1	0
Smart Balance nonhydrogenated light	45	5	1.5	0
Spray Margarine*	0	0	0	0

*The figures represented here are for *I Can't Believe It's Not Butter!* brand margarines. Individual brands may vary. If there is less than 0.5 g trans fat per serving, the label may read zero.

Source: *Communicating Food for Health, March 2005*

MORE MARGARINE SUGGESTIONS

- **BAKING** – Use soft tub margarine or Smart Balance nonhydrogenated for most applications.
- **TABLE SPREAD** – Use light tub margarine or spray margarine; use these sparingly.
- **NOTE:** Whenever you use margarine in place of butter, you should omit the salt in a recipe.

TRANS FAT AND FAST FOOD

What is trans fat? Trans fat is made when manufacturers add hydrogen to vegetable oil – a process called hydrogenation.

Why is trans fat bad? Trans fat raises LDL cholesterol, which increases your risk for coronary heart disease. It has also been shown to lower HDL, which helps remove LDL from arteries.

Where is trans fat found? Trans fat can be found in vegetable shortenings and foods made with them. These include some margarines, crackers, cookies, snack foods, and many fried foods such as French fries and fried chicken. A small amount of trans fat is found naturally, primarily in dairy products, some meat and other animal-based foods.

Trans fat is online. Now you can really see how fried fast food is bad for your heart. The trans fat information is now given for foods at both McDonald's and Burger King. Here is the amount of trans fat found in popular items:



Burger King:

Medium French fries–4.5 g 8 chicken tenders–3.5 g
Tender Crisp garden salad–3.5 g Medium onion rings–3.5

McDonald's:

Medium French fries-4 g Dbl Qtr Pounder w/cheese-3 g
10 pc McNuggets-2.5 g Filet-O-Fish Sandwich-1 g
California Cobb Salad with Crispy Chicken Sandwich-1.5 g

Wendy's

Medium French fries-5 g Biggie French fries-6 g
5 piece chicken nugget-1.5 g

What should I order? It is best to go online and research menu items and choose before you go.

Best bets include low-fat salads, plain baked potatoes, small plain hamburgers and grilled chicken sandwiches with lettuce and tomato. Skip the fried foods and fatty sandwiches. Keep in mind that while these products are low in saturated fat and trans fat, they are usually very high in sodium. It is always best to cook at home!

FMI Visit many fast food companies online.

www.mcdonalds.com; www.bk.com; www.wendys.com

Source: *Communicating Food for Health, March 2005*

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.