

FOOD FOR FITNESS AND FUN

April - 2006

Spring is in the air. That means it's time to have some fun with snacks. Enjoy! Jan Temple

FRUIT AND VEGETABLE BUNNIES

This is a fun edible-art activity to do with children.



For each 'bunny' you will need one whole wheat English muffin, split into two halves and toasted. Half of the muffin will become the face. Cut the other half into two pieces to become the ears. Note: By using whole wheat muffins, you are increasing dietary fiber.

To make a **Fruit bunny**, spread a thin layer of reduced fat strawberry or raspberry flavored cream cheese on the face and ears. Use assorted pieces of fruit to make a face for the bunny. Suggestions: Apple slices for whiskers; berries, banana, kiwi, grapes, raisins or cran-raisins for eyes and nose.

To make a **Vegetable bunny**, spread a thin layer of reduced fat cream cheese on the face and ears. Use assorted pieces of vegetables to make a face for the bunny. Suggestions: Whiskers - green beans, pepper strips, carrot strips; Eyes and nose: peas, grape tomatoes, carrot slices, celery pieces. **Muffin w/1.5 T. cr. cheese:** 186 calories, 5 g fat, (3 g sat) 11 mg cholesterol, 533 mg sodium, 28 g carbohydrate, 4 g fiber, 8 g protein.

SUPER DEVILED EGGS YIELD: 12 HALVES

Give the deviled eggs you serve a few more nutrients and more color with spinach.

- 6 hard-cooked eggs
- 3 tablespoons reduced fat mayonnaise
- 1 teaspoon vinegar
- 1 ½ teaspoons sugar
- ¼ teaspoon pepper
- ¼ cup frozen chopped spinach, thawed and squeezed dry
- 1 Tablespoon real bacon bits



Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork. Stir in the mayonnaise, vinegar, sugar, pepper, and salt. Add spinach and mix well. Stir in the bacon; spoon into egg whites. **Note:** to reduce cholesterol, substitute mashed potatoes and yellow food color for some or all of the yolks.

Per half: 55 calories, 3.9 g fat, (1 g sat.; 0 g trans.) 107 mg cholesterol, 85 mg sodium, 1 g carbohydrate, .2 g fiber, 4 g protein.

Adapted from Quick Cooking, Reiman Publications, March/April 2000.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

BIRD NESTS

- 1/3 cup grated carrots
- 5 or 6 grapes



- 1 teaspoon reduced fat salad dressing

Place grated carrot in a bowl and stir in dressing. Mound carrot mixture on plate. Use back of spoon to make a hollow in the center. Fill with grapes.

Note: Cut grapes in half for children under the age of 2.

One Nest: 43 calories, 1 g fat, 1 mg cholesterol, 52 mg sodium, 8 g carbohydrate, 1 g fiber, 5 g protein

Source: Physical Activities and Healthy Snacks for Young Children, Team Nutrition Iowa

ASPARAGUS

Wash. Eat. How easy is that?



When choosing asparagus, look for firm, fresh spears with closed, compact tips. Avoid wilted, flat, or twisted stalks as they may be tough or stringy. Size is not directly related to quality. Spears may be thick or thin and still be excellent for eating. For even cooking, it is best that the spears be uniform. How much will you need to buy? Figure about ½ pound per person. The best way to store asparagus is to stand the cut end of the vegetable in one inch of water or wrap the ends in a damp paper towel and refrigerate. To trim asparagus before cooking or eating, hold a spear in both hands. Bend the stalk until it snaps. It breaks at the spot where it naturally begins to turn woody.

ASPARAGUS WRAPS

Use the microwave or toaster oven to enjoy this simple to prepare entrée. Use Swiss cheese (low in sodium) to help offset the sodium in the ham.

- 1 whole wheat tortilla
- 1 slice reduced sodium, extra lean ham
- 3-5 asparagus spears
- 1/3 cup fresh mushrooms, sliced
- 2 Tbsp. shredded Swiss cheese

Place a slice of ham in the center of a whole wheat tortilla. Top with raw asparagus spears and mushrooms (or stir fry veggies to soften) and 1 tbsp. of cheese. Place in microwave for 1-2 minutes to heat through. Top with remaining cheese to serve. Variation: Make several wraps and place seam side down in baking pan. Bake at 350 for 20 minutes or until bubbly and golden.

One Wrap: 164 calories, 3 g fat, 27mg cholesterol, 627 mg sodium, 16 g carbohydrate, 11 g fiber, 18 g protein

MEASURING HEALTH RISK

Body-Mass Index or BMI has been used as a measure of your weight in relation to your health. A problem with using this measure is its lack of distinguishing muscle from fat and no regard for the location of excess weight. Until research clarifies which is best, you may want to try these two additional methods. Begin by measuring the following in inches – height without shoes, waist at smallest spot and hips at widest spot. **Method 2:** Waist to Hip Ratio – divide the waist measurement by the hip measurement. Women are at greater risk if theirs exceeds 0.8; men if it exceeds 0.9. **Method 3:** Waist measurement - woman should be less than 35 inches; men less than 40 inches. **ALSO** – your waist should be less than half your height. If you exceed any of these measures, weight loss would be recommended for improved health.

Adapted from: Consumer Reports on Health, March 2006

NON-EDIBLE SPRING TREATS



No spring basket would be complete without a chocolate bunny, but you can round out the basket with fun, wacky, non-edible treats that kids will enjoy. The following were suggested by

members of the American Dietetics Association:

- Colored pencils
- Collector cards
- Fingernail decals and stick-on earrings
- Flower and vegetable seed packets
- Children's card games
- A copy of the book, "Velveteen Rabbit"
- A plastic egg filled with stamps
- A game of jacks
- Stickers
- Colored plastic clips
- Glitter paint
- A yo-yo
- Erasers in cute shapes
- Socks
- Colored markers or crayons
- Small stuffed animals
- Coins
- Small notepads or paper

Source: Communicating Food for Health, April 2000

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.

100 CALORIE PACKS

Frito-Lay today announced the introduction of the snack maker's 100 Calorie Mini Bites line. The new portion control line is rolling out with 100 calorie packages of Cheetos® and Doritos®. These products are available nationally. The new 100 Calorie Mini Bites line include



Baked! Cheetos®, Doritos® Nacho Cheese, Doritos® Cool Ranch and Cheetos® Asteroids snacks. The 100 Calorie Mini Bites with 5 packs per box sell for \$1.99 or about double the cost of regular.

Everyone loves chips as a treat from time to time so we think that if you are going to imbibe, this could be convenient for the calorie conscious. They are expensive – which could work in your favor since you might not be tempted to down 5 bags at one sitting with that in mind.

An ounce of chips is usually around 140 calories. A 100-calorie bag on average weighs about 2/3 ounce. Note that for that same 100 calories you could be eating:

- 2 cups carrots
- 1.3 apples
- 1 banana
- 1.75 cups salad



Nabisco has already produced 100 calorie packs with favorite cookies and crackers including Wheat Thins and Oreo Crisps. And Proctor and Gamble and Kraft have also followed suit.

You may wish to visit www.nabiscoworld.com to see the online calculator that shows how many minutes of various activities it takes to burn 100 calories. For example, it takes 17 minutes of walking to burn 100 calories. It certainly doesn't take that long to eat a bag of crisps that weigh less than an ounce!

While the calories are restricted, the snacks are still highly processed snack foods. A piece of fruit is really the perfect snack – it's usually less than 100 calories and is chock full of fiber and other goodies. **Source: Communicating Food for Health, April 2006**