

FOOD FOR FITNESS AND FUN

September- 2006

As the new school year begins, renew your pledge to healthier living by eating more whole grains, vegetables and fruits. I have included information this month to help you. Enjoy! Jan Temple

WHOLE GRAIN STAMP CHANGE



The Whole Grains Council has changed their Whole Grain Stamp design. The new design retains the same black and gold graphics as the original stamp, but it now

offers more information for consumers. "Each stamp now declares the whole grain content of the food inside the package, such as '27g or more per serving'," explained Jeff Dahlberg, Chairman of the Whole Grains Council. To remind consumers how this amount contributes to their daily needs for whole grain, text directly below the Stamp says, "Eat 48g of More of Whole Grains Daily." This information replaces the former wording of "Good Source" and "Excellent Source" of whole grains. Products must contain at least 8g (half a 'Pyramid serving') of whole grain to use the Stamp. Products with at least 16g (a full 'Pyramid serving') of whole grain may also add '100%' if all the grain in the product is whole grain.

Source: *Communicating Food for Health, August 2006*

TEST KITCHEN

Question: "On the Nutrition Facts label, white bread has less than 1 gram of fiber and whole-wheat bread has only 2 grams. The whole grain number seems so low."

Answer: A slice of bread usually weighs about 26 grams, or slightly less than one ounce. There are 3.6 grams of fiber per ounce of whole-wheat flour and .9 grams of fiber in white flour. This represents four times more fiber in the whole-grain flour, but that does not translate to bread because bread is made of water and flour. Whole-grain breads contain almost double the amount of fiber, and this amount, while small per slice, adds up over time. Margaret Pfeiffer, MS, RD, CD, advises, "I don't think you should get all your fiber from a cereal or couple slices of bread, but it all adds up when you choose plenty of whole grains, veggies and fruits."

Source: *Communicating Food for Health, August 2004*

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

INCLUDING WHOLE GRAINS

The dietary guidelines encourage us to make at least half of our grain servings each day be whole grains and the rest should come from enriched or whole grain products. Whole grain foods are made from the entire grain seed (usually called the kernel) which consists of 1) bran, 2) germ, and 3) endosperm. If the kernel has been cracked, crushed or flaked, it must retain nearly the same relative proportions of bran, germ and endosperm as the original grain to be called whole grain.

Following are examples of whole grain:

- Whole wheat
- Whole oats/oatmeal
- Whole grain corn
- Popcorn
- Brown & wild rice
- Whole rye
- Whole grain barley
- Buckwheat
- Triticale
- Bulgur
- Millet
- Quinoa
- Sorghum

Depending on age and gender you need between 21 and 38 grams of fiber daily. Fiber is naturally occurring in the diet through grain group foods as well as fruits, vegetables, beans, peas and lentils. When shopping, choose cereal with 5 or more grams of fiber per serving; select breads with at least 3 grams of dietary fiber per serving.

Source: *ISU Extension, PM 1979c, Oct. 2005*

CHOCOLATE FACTS

Masterbrands has just released dark chocolate M&M candies. Information from the www.mms.com website includes nutritional information on M&Ms. A mere 1.5 ounce bag of this candy yields a whopping 240 calories. MyPyramid.gov explains that most individuals barely have 100 calories to spare for discretionary calories from excess fat and sugar. Here are some 100 calorie snacks/desserts to satisfy the chocolate tooth while adding fruit or yogurt to your diet:



- 1 cup strawberries+1 Tbsp. chocolate syrup
- ½ banana+1 Tbsp. chocolate syrup
- ½ cup light yogurt, 1 TBSP chocolate chips



Source: *Communicating Food for Health, August 2006*

TAKE THREE – COOK ONE NIGHT, EAT THREE NIGHTS

Cook extra chicken, pasta, fish or rice so you have it for tonight's meal. Then put aside half to make a different meal the next night. Make sure you refrigerate extras promptly! Here are some ideas:

- Chicken and Rice: Serve rice and baked chicken one night. Make a chicken-rice main dish salad or chicken-vegetable stir-fry the next.
- Fish: Serve baked fish one night. Use flaked fish the next night for tacos or use in a main dish salad the next night.
- Pasta: Serve a hot pasta dish one night and then vegetable pasta soup the next night. It is best to use small-shaped pasta like macaroni.

GARLIC CHICKEN – DAY 1 – SERVES 4

6 chicken breasts, boneless, skinless (3 doubles)
Grated peel and juice of 1 lemon
Black pepper to taste
Crushed garlic – 2 cloves
Pinch dried thyme leaves
8 cups steamed brown rice



Place chicken breasts in large shallow baking pan and top with lemon, pepper, garlic and thyme. Preheat oven to 350 degrees. Bake chicken until done, about 15 minutes. Meanwhile, cook rice according to package directions. Put half of rice and 4 chicken breasts in refrigerator for Days 2 and 3. Serve chicken with rice and large tossed salad.

Each 1.5 cup serving: 359 calories, 4.5g fat, 1g saturated fat, 0g trans fat, 72 mg cholesterol, 73mg sodium, 47g carbohydrate, 31g protein, 4g fiber.

PENNE BAKE – DAY 2 – SERVES 4

8 oz. penne, cooked (whole wheat preferred)
26 oz jar low-sodium pasta sauce
2 cooked chicken breasts, diced
2 cups peas and carrots
2 Tbsp. grated Parmesan cheese



Combine chicken, cooked pasta, pasta sauce and peas and carrots in large microwave container. Cook on high until heated through, about 6 minutes. Stir and top with cheese. Serve Penne with large tossed salad or steamed spinach.

Each 2 cup serving: 397 calories, 3.7g fat, 1g saturated fat, 0g trans fat, 38mg cholesterol, 380mg sodium, 64g carbohydrate, 26g protein, 7g fiber.

CHICKEN FRIED RICE – DAY 3 – SERVES 4

1 teaspoon vegetable oil
1 cup sliced green onions
2 cups sliced mushrooms
½ cup nonfat egg substitute
2 cooked chicken breasts, diced
Light soy sauce to taste (2 Tbsp.)
Sesame oil to taste (1 Tbsp.)
Garlic powder to taste
Red pepper flakes to taste
4 cups cooked brown rice



Heat oil in large nonstick skillet over medium-high heat. Sauté green onions and mushrooms. Add the eggs and scramble until done. Add the chicken, seasonings, rice and a little water. Cover and heat through. Serve hot. This dish goes great with a large tossed salad or sliced cucumbers.

Each 2 cup serving: 358 calories, 8g fat, 1.5g saturated fat, 0g trans fat, 36 mg cholesterol, 296mg sodium, 47g carbohydrate, 22g protein, 3.5g fiber.

Source: Communicating Food for Health, August 2006

CHICKEN RATATOUILLE - SERVES 4

Served over rice, this dish is loaded with vegetables and skinless chicken breasts, making it a lower-fat, lower-salt one dish meal.

1Tbsp. vegetable oil
4 medium chicken breast halves, skinned, fat removed, boned, and cut into 1 inch pieces
2 zucchini, about 7" long, unpeeled and thinly sliced
1 small eggplant, peeled and cut into 1-inch cubes
1 medium onion, thinly sliced
1 medium green pepper, cut into 1 inch pieces
½ pound fresh mushrooms, sliced
16 oz. can whole tomatoes, cut up or 2 cups fresh
1 clove garlic, minced
1 ½ tsp dried basil, crushed
1 Tbsp. fresh parsley, minced
Black pepper to taste



Heat oil in a large skillet. Add chicken and sauté about 3 minutes or until lightly browned. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes or until chicken is tender.

Per 1.5 cup serving: 266 calories; 8g total fat; 2g sat fat; 66mg cholesterol; 253mg sodium; 6g fiber; 30g protein; 21g carbohydrate; 1148mg potassium.

Source: A Healthier You – Based on the Dietary Guidelines for Americans, US Dept. of HHS

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.