

FOOD FOR FITNESS AND FUN

March - 2007

This month we will focus on some green foods for St. Patrick's Day, heart healthy fish, whole grains and basic sports nutrition for all of us. Enjoy! Jan

WHY FISH?

As nutrition research advances, it appears we should all be making a greater attempt to include more fish in our diet. Quite often the preparation method preferred in the Midwest is fried or deep fat fried. That's just NOT heart healthy, folks. In general, fish is lower in total fat and saturated fat than meat and poultry. Research shows that it may help lower blood cholesterol levels. Fish that is rich in omega-3 fatty acids (salmon, trout, herring, albacore tuna and mackerel) may help reduce the risk of heart attacks by preventing blood platelets from clotting and sticking to artery walls. Omega-3 fatty acids may also lower levels of triglycerides and modestly reduce blood pressure levels. Current recommendations are to eat fatty fish 2-3 times a week as part of a heart healthy diet.

HEART HEALTHY BURRITOS — SERVES 4

If you don't care for fish, or only like it deep fat fried, try these. The salsa will help camouflage the fish.

- 1 pound white fish (ex. halibut, haddock, cod, flounder)
- 1 Tablespoon lemon juice
- ¼ cup reduced fat cheddar cheese, grated
- 1 cup salsa
- 15 oz. can pinto or black beans, drained and rinsed
- 1 cup frozen corn kernels
- 1 cup fat free sour cream
- 4 large flour tortillas, warmed in microwave

Bake fish in oven or microwave using lemon juice, if desired. Heat corn in microwave about 3 minutes with 1 Tablespoon water; drain water and add beans. Heat an additional 2-3 minutes until hot. Divide the cooked fish into 6 portions and place in center of six flour tortillas. Top each serving with cheese, salsa, bean-corn mixture and fat free sour cream. Wrap burrito-style and serve.

Per serving: 301 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 28 mg cholesterol, 316 mg sodium, 37 g carbohydrate, 5 g fiber, 26 g protein.

Adapted from: Communicating Food for Health, 2007 Blog



QUESADILLA STYLE TUNA MELT SERVES 4

Increase your intake of omega-3 fatty acids with this variation on the traditional tuna sandwich.

6 oz. water packed tuna, drained	½ C. leaf spinach
¼ C. fat free mayonnaise	4 flour tortillas
¼ C. reduced fat cheese, grated	

Microwave: Mix tuna with mayonnaise. Spoon filling onto half of each tortilla. Top filling with 1 Tbsp. cheese and several spinach leaves (if desired). Fold tortilla in half. Microwave on high for 60 seconds. Serve hot. **Stovetop:** Mix tuna with mayonnaise. Divide mixture onto two tortillas. Top with cheese, several spinach leaves (if desired) and the remaining tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides. Cut in half. Serve hot.



Per serving: 312 calories, 7 g fat, 2 g sat fat, 0 g trans fat, 28 mg chol, 596 mg sodium, 42 g carb., 3 g fiber, 19 g protein.

Adapted from Utah State University Cooperative Extension.

BAKED SALMON W/DILL SAUCE SERVES 4

4 4-oz. salmon fillets	3 Tablespoons lemon juice
2 Tablespoons water	

Sauce:

1 C. nonfat sour cream	½ C. diced cucumber
2 teaspoons dried dill	¼ C. minced green onion

Preheat oven to 350 degrees. Place fillets in a large baking pan and sprinkle with lemon juice and water. Bake until done – when fish turns opaque and flakes easily with a fork – about 20 minutes. **Sauce:** Mix ingredients in a small bowl. Serve fish fillets hot with the sauce on the side.

Each serving: 237 calories, 7 g fat, 1 g saturated fat, 62 mg cholesterol, 101 mg sodium, 13 g carb, 0 g fiber, 26 g protein.

Source: Communicating Food for Health, February 2003

BROCCOLI GARDEN SALAD — SERVES 4

The carrots and nonfat vanilla yogurt add sweetness while the peanuts add a nice crunch.



3 C. broccoli florets	½ C. sliced green onions
1 C. grated carrots	¼ tsp. ground cinnamon
1 C. sliced cauliflower	1 C. nonfat vanilla yogurt
1 C. chopped apples	¼ C. roasted chopped peanuts

Toss all ingredients together in a large bowl. Chill 1-2 hours until ready to serve.

Each 1 cup serving: 142 calories, 5 g fat, <1 g saturated fat, 1 mg cholesterol, 69 mg sodium, 20 g carb, 5 g fiber, 7 g protein.

Source: Communicating Food for Health, February 2000.

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2 BEAN PEPPER SALAD - SERVES 4

2 C. frozen green beans, thawed	1 Tbsp. olive oil
1 C. canned black beans, drained	1 tomato, chopped
1 tsp. Italian seasoning	½ red pepper, chopped
2 Tbsp. flavored vinegar	
4 Tbsp. slivered almonds, toasted	



Toss all ingredients except almonds in a mixing bowl. Chill until ready to serve. Top with almonds.

Each 3/4 C. serving: 145 calories, 7.5 g fat, <1 g sat fat, 0 mg chol, 135 mg sodium, 18 mg carb, 6.5 g fiber, 6 g protein.
Source: *Communicating Food for Health*, February 2000

GREEN RICE — SERVES 4

1 C. chopped frozen spinach	2 C. water
2 Tbsp. chopped green onions	1 C. instant brown rice
2 Tbsp. chopped cilantro	3 Tbsp. grated Parmesan Cheese
1 tsp. garlic powder	

Place the spinach, green onion, cilantro, garlic powder and water into a blender. Blend on high until smooth. Place the rice in a large microwave container, stir, cover and microwave on full power using package directions as a time guide. Fluff with a fork, sprinkle with parmesan cheese. Serve hot.

Each 1 cup serving: 204 calories, 4 g fat, 1.5 g saturated fat, 5 mg chol, 126 mg sodium, 35 g carb, 3 g fiber, 6 g protein.
Source: *Communicating Food for Health*, March 2001

SPORTS NUTRITION FOR EVERYONE

Whether you just started a walking program, play soccer on the weekends, or run marathons, nutrition plays an important part in your exercise plan. Here are answers to some common questions about nutrition and exercise.

Q: I know that it's important to stay hydrated while exercising, but how much is enough?

A: Dehydration affects your ability to exercise at any level, so getting enough fluid before, during, and after activity is important. For heavy exertion, experts recommend drinking at least two cups of fluid about 2 hours before exercising, then more before you start. You should also drink during and after heavy workouts. Remember, thirst is a symptom of dehydration, so don't wait until you're parched to get some fluid. Drink at least 8 cups of water daily in addition to what you get while exercising.

Q: Should I eat more calories when I'm working out?

A: The amount of calories you need depends on your goals and the type of exercise you choose. Longer more intense workouts burn more calories than shorter, less intense activities. If your goal is weight loss, you need to eat fewer calories than you expend or burn calories through exercise. (Or do both, which is ideal.)

Q: Will a high protein diet build muscle?

A: No – this is a common myth. Only working out will strengthen and build muscle. Amino acid supplements and protein powders won't help either. When you eat more protein than your body needs, it converts to fat (just like if you eat too many calories from carbohydrates or fats). A high protein diet can be harmful to your kidneys and cause dehydration. Only elite athletes need to eat a little more than the 2-3 recommended daily servings of lean meat, poultry, fish, eggs, beans, nuts or seeds.

Q: So what should I eat to give me energy for my workouts?

A: Your body's first choice for energy is carbohydrates. Athletes should follow the recommendations for the general population and follow a low fat, moderately high complex carbohydrate eating plan. The best complex carbohydrate foods are: whole grain breads and cereals, whole grain pasta and brown rice, starchy vegetables, and beans. These foods, in addition to fruits, vegetables and low fat dairy products should give you enough energy to complete your workouts.

Q: What should I eat before, during and after exercise?

A: What you eat depends on the activity's intensity and duration. In general, eat a high-complex carbohydrate, moderate protein, and low fat meal 1-6 hours before your workout or competition. Fluid intake is more important during a workout, but if you're participating in an all-day event, snack on high-carbohydrate, low fat foods like whole grain crackers, whole grain cereal and fruit. After a heavy workout, be sure to replenish body fluid lost by drinking two cups of water for every pound lost through sweat. Juice and sports drinks also provide carbohydrates that were burned for energy. To replenish your body's carbohydrate stores, eat a high carbohydrate meal within a few hours after a long workout or competition.

Source: *Communicating Food for Health*, March 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>

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