

FOOD FOR FITNESS AND FUN

May - 2007

During May we celebrate Mother's Day, Older American's Month, Salad Month, and Cinco de Mayo among many others. I have chosen to focus on whole grains, mothers and a tribute to Cinco de Mayo. Enjoy! Jan Temple

WHOLE GRAINS: WHICH DO YOU CHOOSE?

Many food manufacturers are making products with whole grains. How do you choose? Could eating a whole wheat glazed donut be the same as eating brown rice? Is a sugary cereal such as Chocolate Lucky Charms okay if it is made with whole grains? Does eating a cookie count as a serving of whole grain? What about crackers high in fat or sodium?

SHOULD YOU BUY? 3 STEPS TO DECIDE:

1. Is it a whole grain?
2. Is it heart healthy?
3. Is it low in calorie density?



1. IS IT A WHOLE GRAIN?

Consumers have to do a little detective work to determine if a product is a whole grain.

- Look for ingredient list where a whole grain ingredient is listed first
- Excellent source of whole grain
- 100% whole grain
- "Made with whole grain" means at least half the grains used are whole grains – this is also the same as the 8g of whole grain stamp (above).
- The notification defined "whole grain foods" as foods that contain 51 percent or more whole grain ingredient(s) by weight

Most people need to eat 3 servings (16g) of whole grains or about 48g per day – that is minimum - you can eat **all** of your grain serving as whole grains.

2. IS IT HEART HEALTHY?

- Is it low in sodium?
- Is it low in saturated fat?
- Is it trans fat free?

Many whole grain foods claim "trans-fat free" or "cholesterol-free." But unfortunately they don't always tell the whole story. To be heart healthy, a food needs to be low in sodium, saturated fat and have zero trans fat. Many processed grains are a significant source of sodium. Look for items that have 5% or less of the daily value for saturated fat and sodium and zero trans fat.

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3. IS IT LOW IN CALORIE DENSITY?

Fat and sugar increase calorie density. This is a big deal in today's world where most consumers are trying to be conscious of their weight because of a sedentary lifestyle and the abundance of rich food. Crackers with added fat, cereal with added sugar, sweets like donuts and cookies – they all have added fat and sugar that add a lot more calories than traditional cooked whole grains like oatmeal, brown rice and whole wheat pasta.

COMPARE CALORIES PER OUNCE:

Oatmeal	19
Whole wheat pasta	35
Brown rice	31
Donut, whole wheat	105
Cereal, whole grain	110
Crackers, whole grain	140

Comparing by the ounce or any other unit of weight allows you to compare calorie density of foods. The top three, which are low in calorie density, are the best choices for controlling your weight over the long term.

Source: *Communicating Food for Health, May 2007*

WHITE WHOLE WHEAT FLOUR

White wheat is grown mostly in Europe. Its flour is softer and lighter in color than flour made from red wheat. I found two brands available in some Iowa based grocery stores – Hodgson Mill and King Arthur brands (No endorsement of companies or their products mentioned is intended, nor is criticism implied of similar companies or their products not mentioned.) This is the type of wheat that you may have seen in commercial varieties of bread. You may now buy the flour to use in your own home baking. You may find that substituting it for all-purpose flour is quite successful in pizza dough, muffins, cookies and pancakes. Nutritionally, it is comparable to the more traditional whole wheat flour.



On the following page you will find a recipe for Oatmeal Pancakes using white whole wheat flour. If you cannot find the product, you may use whole wheat pastry flour or all-purpose flour.

OATMEAL PANCAKES 12 PANCAKES/4SERVINGS

1 cup white whole-wheat flour	¼ cup egg substitute
½ cup oatmeal (not instant)	1 cup skim milk
1 teaspoon sugar	2 Tablespoons oil
2 teaspoons baking powder	1 teaspoon vanilla
Pinch ground cinnamon	

Place all dry ingredients in a medium-sized mixing bowl. Add wet ingredients and mix well. Spray a large nonstick skillet lightly with vegetable cooking oil and heat over medium heat. Spoon the batter into a pan to make 4 small pancakes. Flip them over when they start to bubble and brown evenly on both sides. Repeat until all batter is used.

Each 3-pancake serving: 257 calories, 8 g fat, 1 g saturated fat, 1 mg cholesterol, 261 mg sodium, 35 g carbohydrate, 5 g fiber, 10 g protein.

Source: Communicating Food for Health, May 2004

A SIMPLE MEXICAN SALAD - 4 SERVINGS

In honor of Cinco de Mayo, try this recipe. It will tantalize your taste buds – sweet, sour, salty as well as cold and crunchy!

2 cucumbers	½ teaspoon chili powder
2 oranges	½ teaspoon salt (optional)
Juice of one lemon or lime (2-3 Tablespoons)	

Wash the cucumbers, oranges and citrus under cold running water. Slice the cucumbers. Peel and cut the oranges into small pieces. Place the cucumber and oranges in a medium size bowl. Add chili powder, juice and salt.

Each serving: 50 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 300 mg sodium, 12 g carbohydrate, 3 g fiber, 1 g protein.

Source: Oregon State University Extension Service

BANANA WALDORF SALAD – 4 SERVINGS

This creamy dessert salad contains 36% of the daily value for calcium. Help the kids make it for Mother's Day!

3 bananas, peeled and sliced	Pinch cinnamon
1 apple, cored and sliced, with peel	2 Tablespoons ground walnuts
4 cups nonfat vanilla yogurt	

Mix all ingredients together in a large mixing bowl. Place in individual serving dishes and chill until ready to serve, up to 1 hour. This salad/dessert looks great when topped with a sprinkle of ground cinnamon.

Each 1-1/2 cup serving: 237 calories, 1.6 g fat, 0 g saturated fat, 5 mg cholesterol, 130 mg sodium, 45 g carbohydrate, 4 g fiber, 8 g protein.

Source: Communicating Food for Health, May 2000

HEALTHY GIFT IDEAS FOR MOM

Coupon to be a walking buddy	Sessions with a personal trainer
Exercise clothes/shoes	Set of dumb-bell weights
Gardening supplies	Healthy cookbook
Tennis lessons	Radio with headphones for walking
Exercise accessories – water bottle, socks, head band, t-shirt	Gift certificate for lunch to healthy restaurant
Cook's basket with assorted gadgets and salt-free seasonings	For younger moms, offer childcare while she exercises
Exercise video	Herb tea

QUICK AND HEALTHY MEALS

Here are ideas to stay motivated and make cooking easier and healthier if you are preparing food and eating alone.

BREAKFAST:

- Microwave oatmeal: ½ cup oats, 1 cup water and a pinch of cinnamon. Microwave for 3 minutes on high (covered) and then add ½ cup skim milk. Serve with fruit.
- Lowfat yogurt topped with high fiber cereal and berries.



LUNCH:

- Bowl of vegetable soup served with whole grain crackers.
- Lowfat cheese sandwich made on whole wheat bread with lettuce and tomato.
- Peanut butter and sliced banana sandwich on whole wheat bread.

DINNER:

- Cold rice salad made with leftover rice, peas, diced peppers, chopped peanuts, corn, diced turkey and lowfat dressing.
- Bowl of pinto beans with added peppers, onions, and diced tomatoes served with whole wheat tortillas.

SNACKS:

- Whole grain lowfat crackers spread with peanut butter and topped with raisins.
- Whole wheat crackers and fruit.
- A glass of nonfat milk, fruit or vegetable juice helps balance these small meals and snacks.
- Vegetables from the grocery store salad bar are ready to eat and can last a few days if covered and refrigerated properly.

Source: Communicating Food for Health, May 2000

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