

FOOD FOR FITNESS AND FUN

September - 2007

School is in full swing now. It's a perfect time to resume (or begin) the breakfast habit. I have included several ideas to help you. Also, it's Food Safety Month. Read all about the new Hand washing campaign. Enjoy! Jan Temple

BREAKFAST – A HEALTHY HABIT

Breakfast means just that – breaking the fast. Research shows that breakfast affects attention span, coordination, and mental performance for both adults and children. Many adults experience a mid-morning 'slump' if they skip breakfast. They feel tired, irritable, and hungry. Adults who eat breakfast do better on the job and have fewer accidents.

Breakfast is important for long-term health, too. Research shows that breakfast eaters tend to eat fewer calories and fat throughout the day, which is important for maintaining a healthy weight. Studies also show breakfast eaters are at a reduced risk for heart disease.

Breakfast is important for children too. Those who don't eat breakfast may be tired and cranky, and if they go to school, they won't do as well. Studies show that children who eat breakfast do better in school, pay attention longer, and get along better with teachers and friends.

You can eat a wide variety of foods for breakfast. A good rule to follow: Have a breakfast that includes foods from at least three different food groups on My Pyramid – grains; fruit and/or vegetable; and either protein or dairy.



If you serve cereal, check the Nutrition Facts Label for the following desired characteristics. Note that not all cereals will meet these criteria, but try to

choose those with high fiber and low fat content.

- Less than 3 grams fat per serving
 - 5 or more grams of fiber per serving
- Try something a bit unusual for breakfast:
- A peanut butter sandwich, orange wedges and cup of cocoa.
 - Leftover macaroni and cheese with fruit juice.
 - Soup, low-fat cheese and crackers.
 - Low-fat cottage cheese with fruit and toast.
 - Cornbread, slice of lean ham with fruit juice.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

EGGS ON THE GO



The following basic recipe and variations is fast to prepare AND clean up. You may eat it on the go – just use caution since it will be hot. Eat this for breakfast, lunch or as a hearty snack.

EGG IN A MUG – BASIC RECIPE

1 egg
1 Tablespoon water or fat free milk
Non-stick vegetable spray
Spray the inside of a microwave safe coffee mug with non-stick vegetable spray. Add egg and water or milk. Beat well with a fork. Cover with waxed paper and microwave on full power for 30 seconds. Stir. Cook an additional 30 seconds. Serve with whole wheat toast.



VARIATIONS: (Nutrition Facts for Egg in a Mug+ pg. 2)

EGG IN A WRAP

Use the above recipe. At the end of the first 30 seconds of cooking, stir in 1-2 Tablespoons salsa; replace the waxed paper with one whole wheat tortilla to cover the mug. Cook an additional 30 seconds. Remove from microwave and pour egg onto tortilla. Fold tortilla and serve.

GREEK EGGS

Use Basic Recipe. Instead of serving with toast, put egg in a whole wheat pita. Crumble 1 Tablespoon Feta cheese on top and serve.



ENGLISH EGGS

Toast half of a whole wheat English muffin. When Basic Recipe egg is cooked, put egg on top of muffin. Sprinkle with 1 Tablespoon reduced fat shredded cheese. Serve.

MINI BAGEL EGGS

When Basic Recipe egg is cooked, put on half of whole wheat mini bagel (toasted or not). Sprinkle with 1 Tablespoon reduced fat shredded cheese. Top with other half of bagel. Serve.

NUTRITION NOTES: 1) Since eggs are high in cholesterol, limit egg yolk intake to no more than 4 per week; 2) 2 egg whites have the same protein content as 1 oz. of meat; 3) 1/4 cup of nonfat egg substitute equals 1 egg and contains just 35 calories with 0 fat.

NUTRITION FACTS: EGG IN A MUG+

BASIC RECIPE W/ WHOLE WHEAT TOAST: Each serving: 143 calories, 6.2 g fat, 1.8 g saturated fat, 0 trans fat; 212 mg cholesterol, 218 mg sodium, 13 g carbohydrate, 2 g fiber, 9 g protein.

EGG IN A WRAP Each serving: 138 calories, 5 g fat, 1.6 g saturated fat, 0 trans fat; 212 mg cholesterol, 320 mg sodium, 13 g carbohydrate, 9 g fiber, 8.5 g protein.

GREEK EGGS Each serving: 183 calories, 8 g fat, 3.1 g saturated fat, 0 trans fat; 220 mg cholesterol, 344 mg sodium, 18 g carbohydrate, 2 g fiber, 11 g protein.

ENGLISH EGGS Each serving: 160 calories, 7 g fat, 3 g saturated fat, 0 trans fat; 217 mg cholesterol, 336 mg sodium, 14 g carbohydrate, 2 g fiber, 11 g protein.

MINI BAGEL EGGS Each serving: 181 calories, 8 g fat, 2.5 g saturated fat, 0 trans fat; 217 mg cholesterol, 179 mg sodium, 18 g carbohydrate, 3 g fiber, 13 g protein.

“DID YOU WASH ‘EM” CAMPAIGN



September is National Food Safety Education Month, and the Iowa Food Safety Task Force reminds all Iowans of the importance of personal hygiene when preparing, handling, serving and storing food. The Task Force’s “Did you wash ‘em” campaign is designed to encourage Iowans to practice effective hand washing techniques. According to the Centers for Disease Control and Prevention (CDC), failure to wash hands is the major contributing factor in reported foodborne illnesses in the United States. “Effective hand washing removes many illness-causing bacteria and viruses, such as *Salmonella*, *E. coli* O157:H7, *Campylobacter*, norovirus and the Hepatitis A virus,” said Sam Beattie, Iowa State University Extension food science specialist. The CDC has documented that norovirus is responsible for at least 23 to 50 million cases of food borne illness annually. “This is more than all bacteria, parasite, and virus-related food borne illnesses combined, including those caused by *Salmonella*, *E. coli* O157:H7, and *Campylobacter*,” Beattie said. “The only sources of norovirus and Hepatitis A are human fecal matter and vomit.” “Proper hand washing is the single most effective method to reduce or eliminate the transmission of norovirus,” Beattie said. The “Did you wash ‘em” campaign reminds Iowans – both consumers and food service workers – that effective hand washing can decrease food borne illnesses.

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.

EFFECTIVE HAND WASHING

Factors that improve hand washing effectiveness include the use of warm water, hand soap and time. Once a good lather has developed hands should be scrubbed for 15 -20 seconds. Fingers, fingertips and under the nails should get special attention. After rinsing, dry with a disposable towel, that should also be used to turn off the water faucet and open the doors. Careful hand washing is critical before handling or preparing food, after using the restroom, petting animals, or changing diapers. “These are specific times when the potential spread of foodborne illness can be prevented,” Beattie said.



BREAKFAST QUIZ

Some breakfast choices that seem good or don’t sound bad may actually ring in a LOT of calories and fat, never to mention, little fiber. See how much you know about the following:

- A. Bacon, Egg & Cheese Biscuit
- B. Jelly donut
- C. Glazed donut
- D. Cheese Danish
- E. Hot cakes and sausage
- F. Blueberry Muffin



1. Which is the lowest in calories?
2. Which has no fiber (all are low in fiber)?
3. Which 3 are highest in fat?

ANSWERS TO THE BREAKFAST QUIZ:

1. B - 210 calories; 2. C - No fiber; 3. E - 780 calories; D - 640 calories; F - 520 calories.

Source: Barb Anderson, ISU Extension Nutrition FS housed in Wapello County Extension

STEPS TO A HEALTHIER WEIGHT

MyPyramid.gov now has a new section on their website called “Steps to a Healthier Weight.” There are illustrations showing how body weight is the result of a balancing act between calories in and calories out and more links for:

- Why move toward a healthier weight
- What to eat – food choices
- How much to eat – portion sizes
- Increasing physical activity
- Tracking food intake and physical activity



Source: *Communicating Food for Health*, Sept. 2007