

FOOD FOR FITNESS AND FUN

August - 2008

This month we'll have a tribute to the Summer Olympics and get tips on saving money at the grocery store. Enjoy!
Jan Temple

SUMMER OLYMPICS

The 2008 Summer Olympics will be held in Beijing, China beginning on August 8. It is so exciting to watch the skilled athletes participate in the varied events. I did a little research on the symbols and values of the games to share with you.

THE THREE SYMBOLS:

- The rings:** According to Pierre de Coubertin, the father of the modern day Olympics, "The Olympic flag has a white background, with five interlaced rings in the centre: **blue, yellow, black, green and red**. This design is symbolic; the rings represent the five continents of the world, united by Olympism, while the six colours are those that appear on all the national flags of the world at the present time." (1931) *Textes choisis*, vol. II, p. 470
- The Motto:** Faster-Higher-Stronger. These words are to encourage athletes to do their best during the competition.



The Flame: The flame is lit by the sun's rays in Olympia, Greece several months before the games begin. Each runner has their own torch to pass the flame from person to person. The flame is carried in relay fashion from Olympia to the host city of the games.

Three core values are conveyed through the Olympic symbols:

- The **motto** embodies **Excellence** by encouraging athletes to strive to do their best.
- The **flame** symbolizes **Friendship** between peoples with the torch relay usually travelling through different countries in the world.
- The **rings** represent **Respect**, bringing all nations and all five continents together without discrimination. The principles shown are universality and humanism.

These symbols are much more than emblems and people should be able to associate them with fundamental values for sport and life in general.

Source: *The Olympic Symbols, The Olympic Museum.*

IS IT 5, 6 OR 7?



The Olympics refer to 5 continents – but aren't there 7? A little internet searching allows me to share the following with you:

5 continents: In the 60's, in Europe, students learned that there are five continents, Africa, America, Asia, Australia and Europe.

6 continents: Students may also learn about six continents, where North and South America are combined to form a single America. These six continents are Africa, America, Antarctica, Australia/Oceania, Asia, and Europe.

7 continents: By most standards, there are a maximum of seven continents - Africa, Antarctica, Asia, Australia/Oceania, Europe, North America, and South America. Source: *NationsOnline.org*

OLYMPIC FRUIT SALAD – SERVES 6

Enjoy this refreshing salad made with seasonal fruits.

1 Cup Watermelon balls	1 Cup Blackberries
1 Cup Cantaloupe balls	1 Cup Blueberries
1 Cup Honeydew balls	1 Cup Orange juice – use
1 Cup Banana slices	to retard browning

Combine all ingredients in a large bowl. Chill. Serve in sugar cones to symbolize the Olympic torch.

Each 1 Cup Salad: 92 calories, 0.5 g fat, 0.1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 11 mg sodium, 22.6 g carbohydrate, 3.2 g fiber, 1.6 g protein.

OLYMPIC TRIBUTE BURGER

For each burger, serve on a whole wheat bun with:

Red tomato slice	Yellow pepper ring
Green leaf lettuce	Blue cheese crumbles
Black sliced olives	White onion, sliced

Other options might include:

Green = sweet pepper or pickles;

Red = pickled beets or catsup;

Black = black beans

Yellow = cheddar cheese or sliced pineapple ring;

White = cheese such as mozzarella or Swiss.

Blue = serve blue corn chips on the side.

Let your imagination and taste buds have fun!

Each burger: 395 calories, 20 g fat, 8 g saturated fat, 78 mg cholesterol, 549 mg sodium, 27 g carbohydrate, 4 g fiber, 28 g protein.



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5 WAYS TO A LOWER GROCERY BILL AND BETTER HEALTH

1. SWITCH TO OATMEAL

Buy bulk oatmeal instead of boxed cereal – pay \$.13 per ounce instead of \$.40 per ounce – save almost \$400 per year for 4 people! Eat less sugar and sodium and more soluble fiber, too! Did you know that a tub of oatmeal contains 30 servings while a box of cereal usually contain 10 and they both cost the same? Oatmeal takes just minutes to prepare in the microwave so you don't lose that much convenience!

2. REPLACE CHIPS, CRACKERS, AND COOKIES WITH FRUIT.

Most fruit costs about \$.04 to \$.05 per ounce while most chips and cookies are about \$.30 per ounce. Fruit is a much better choice because it contains far fewer calories per ounce and has fiber, too! One banana costs about \$.29 and it can be a great grab and go breakfast or snack that can keep you out of the fast food lane and vending machine. A delicious peach can quench a sweet tooth and help you avoid the waist unfriendly nightly splurge on ice cream or cookies. Peaches are just \$.12 per ounce!

3. GET RID OF BOTTLED BEVERAGES.

Drink filtered water from the tap. A 12 pack of soda can cost up to \$4.99 for a brand name and it disappears quickly. Water isn't always popular when you have too much soda around. Save about \$400-500 per year for 4 people and eliminate consumption of 27 pounds of sugar a year by a simple switch to filtered tap water. You don't have to spend a lot to get a filter for the spigot or for a filtered pitcher for the refrigerator.

4. SERVE MORE RICE, PASTA AND POTATOES

Rice, pasta, and potatoes bought in bulk are still inexpensive and easy to prepare. You can find all sorts of low-fat recipes online. These 3 items, bought in bulk, in place of frozen or boxed meals, or expensive meats, are much cheaper – ~ \$.06 per ounce as compared to \$.25- \$.40 per ounce. PLUS they are much lower in fat and sodium than frozen meals!

5. SUBSTITUTE LENTILS AND BEANS IN PLACE OF MEAT

MORE OFTEN AND USE LESS MEAT

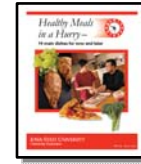
Dried beans and lentils are about \$.05 per ounce and contain a fair amount of fiber and B vitamins plus no saturated fat. Find fun recipes for them on



the back of their package or online and make a switch at least a few times per week. Meat is much higher in saturated fat with no fiber and is 5 times the cost; start using less meat gradually and no one will notice. Cutting meat out twice a week can save \$400 per year for a family of four.

Source: *Communicating Food for Health, July 2008*

HEALTHY MEALS IN HURRY



Time? Money? Nutritional value? Which one most influences your mealtime decisions? Making nutritious food choices can be a challenge—whether you're facing a hungry family or just your own growling stomach. A newly designed program from Iowa State University Extension helps people of all ages blend time-saving convenience with nutritious, dollar-stretching food choices. "Healthy Meals in a Hurry" is the topic of both a new publication and a program/workshop available through your local extension office in Iowa. The publication offers recipes for 14 main dishes that can be prepared ahead of time and frozen for ready-to-use convenience. Preparing all 14 recipes and packaging them in the suggested amounts produces a total of 120 servings at a cost of less than one dollar per serving. In addition, each recipe includes a nutritional analysis. Most recipes also satisfy the U.S. Department of Agriculture (USDA) Dietary Guidelines, as well as the DASH (Dietary Approach to Stop Hypertension) Diet recommendations. Knowing that Americans spend a smaller proportion of their income on food than do residents of other countries doesn't make our own food dollars stretch any further. But we can each try new techniques or adapt some habits that will help us spend whatever amount we have more wisely. I'd be delighted to share this information in a program based on the publication. During the presentation, I'll give tips on modifying recipes to reduce sodium and fat. I'll also offer guidelines for alternative ways to prepare the recipes for freezer storage. I have found that some people like the idea of spending a marathon cooking day to put two weeks worth of main dishes in their freezer. Others find it easier to simply double a single meal recipe and freeze half of it. Both methods can help consumers eat better for less. The "Healthy Meals in a Hurry" publication (PM 2035) is available for \$2.50 per copy from your county extension office in Iowa. It's also available from ISU Extension's online store at www.extension.iastate.edu/store. For more information about scheduling a "Healthy Meals in a Hurry" program, call me, Jan Temple, at 319-337-2145 x 116 or e-mail: mjtemple@iastate.edu.

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

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