

FOOD FOR FITNESS AND FUN

July - 2008

This month I've included some fun treats to celebrate the 4th - kids love 'em! Note the health tips I've included for those vacationing. If you will be home, spice it up with a salad. Enjoy! Jan Temple

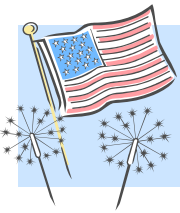
FUN FOOD FOR THE 4TH

MIX 'N MATCH EDIBLE SPARKLERS

Have fun with these edible sparklers that use simple ingredients – many you will find pre-packaged. Unleash your creativity and have fun!

'HANDLE'	'BLASTING COMPOUND'	'SPARKLE'
Whole peeled carrot or stick	Reduced fat cream cheese	Shredded carrot
Whole celery stalk or stick	Fat-free refried beans	Shredded red cabbage
Pretzel rod or stick	Peanut butter	Broccoli slaw
Asparagus spear or whole green bean	Hummus	Shredded reduced fat cheese (yellow or white)

For each sparkler, you will need one 'handle', some 'blasting compound' (a food that can serve as a glue to hold on the sparkles) and then the sparkle. Dip the handle into the blasting compound and then into one of the sparkles. Experiment to see discover your favorite combination.



For a pretzel rod sparkler made with 2 teaspoons reduced fat cream cheese and 2 teaspoons shredded carrot: 61 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 254 mg sodium, 8.3 g carbohydrate, .5 g fiber, 2 g protein.

GRILLED PINEAPPLE S'MORES SERVES 4

1 can pineapple rings (about 8)	1 cup mini-marshmallows
Cooking oil spray	4 graham crackers

Grill oiled pineapple rings on outdoor grill until heated through and grill marks appear. Place a graham cracker on a plate and top with 2 pineapple rings. Top pineapple rings with ¼ cup mini marshmallows. Serve warm.

Each serving: 133 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 58 mg sodium, 31 g carbohydrate, <1 g fiber, 1 g protein.

Source: Communicating Food for Health, June 2007

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WASHING FRESH PRODUCE

Fresh produce from the Farmers' Market or your garden is a treat in the summer. Remember that it does need to be washed properly before you serve. Most produce does not need to be washed until it is ready to prepare or eat. Start by washing your hands with soap and water. Washing produce thoroughly with running water that is safe to drink is the best way to remove dirt and microorganisms. When washing vegetables such as lettuce or cabbage, remove and discard the outer leaves before rubbing gently under running water to loosen any dirt. Fruits and vegetables that have firm surfaces, such as melons, potatoes and carrots should be scrubbed with a clean brush. Wash all produce even if the skins will not be consumed. Dirt and microorganisms on the surface can be passed to the flesh when the fruit or vegetable is cut. Do not use soap to wash fruit or vegetables. Soap residues can remain on the produce and can be absorbed. Soaps have not been approved for use on foods. Also avoid rinsing with vinegar or baking soda as they can alter the taste of the produce. Mixtures of chlorine bleach and water are not recommended to wash produce.

CHICKEN FAJITA SALAD SERVES 4

1/2 cup sliced onion	8 oz. chicken tenders, cut into strips
1 sliced mild chili pepper	1 teaspoon granulated garlic
1 cup sliced bell pepper	1 teaspoon chili powder
1 teaspoon oil	1 teaspoon dried oregano leaves

Salad Ingredients:

6 cups ready-to-serve romaine lettuce (chopped)	
Sliced fresh tomatoes, green onions, cucumbers	Vinegar to taste

Heat a large nonstick skillet over medium-high heat; sauté the onions and peppers in the oil until golden. Add chicken tenders and seasonings; continue cooking until the chicken is done. Place the lettuce and fresh vegetables in a large salad bowl. Place the chicken on a serving platter. Serve family style with vinegar on the side. Optional accompaniments: baked blue corn chips, avocado and brown rice.

Each serving (2 cups): 144 calories, 3.5 g fat, 0.75 g saturated fat, 0 g trans fat, 48 mg cholesterol, 53 mg sodium, 8.9 g carbohydrate, 3.5 g fiber, 19 g protein.

Source: Communicating Food for Health, July 2004

VACATION THE LIGHTER WEIGH

Vacation Menu	Sleep a Lot, Eat a Lot Vacation	Eat Smart, Exercise your Heart Vacation
Breakfast	Eggs, bacon, hash browns	Cereal, skim milk, fruit
Lunch	Croissant chicken salad, chips	Grilled fish sandwich, fruit salad
Dinner	Lasagna, garlic bread	Stir-fry chicken, salad
Activity	Laying in the sun, reading	Rent bikes, hike or swim
Entertainment	Movie	Water park for the day
Transportation	Car or bus	Walk as much as possible

VACATION EATING TIPS

- Start with a low-fat, high-fiber breakfast
- Save calories and money – pack a lunch
- Bring a cooler filled with fruits, vegetables and water
- Sandwich shops can be a good choice when eating out
- Eat a large low-fat salad for dinner
- Choose beer or wine instead of margaritas and mixed drinks; better yet have one drink and then switch to water. If you don't drink then water is fine.



Remember, vacation is a time to rejuvenate your health. It is hard to eat healthy and exercise during regular work weeks, so now is the time to treat yourself to a better health routine.

VACATION EXERCISE TIPS:

- Plan for exercise. Find out what exercise options are available.
- Pack your tennis shoes, workout clothes and a swim suit!
- Bring your pedometer. Get a city map. Walk whenever you can!
- Take walking breaks during your car or bus trip.
- Enjoy water exercise: Swim laps, tread water or water walk.
- Try something new. Maybe this is the year to rent a kayak.



Now is the time to jump start your exercise routine. Vacation is a fun time when you can try something new!

Source: *Communicating Food for Health*, June 2008.

MCDONALD'S NOW SERVING TRANS-FAT-FREE FRENCH FRIES

McDonald's French fries and other fried foods are now 0 grams trans fat. From their press release:

- With a conversion to a Canola Oil Blend cooking oil, all fried menu items in McDonald's U.S. restaurants are now 0 grams trans fat per labeled serving - that includes French fries, hash browns, all chicken choices, and Filet-O-Fish.
- McDonald's has also successfully reformulated the baked goods on their national core menu to be 0 grams trans fat per serving. This includes McGriddles, McDonaldland® cookies, and biscuits.
- Apple pies and baked cookies will be reformulated by the end of 2008.
- Fried pies, which are served in a small number of restaurants, will have 0 grams trans fat in June 2008. Visit mcdonalds.com for more information and updates on the process. See the chart below for calorie comparisons on French fries. Note that ordering a large side of French fries more than doubles your calorie intake than if you ordered small.



The best lesson here is that frying doubles or even triples the calories of most foods.

Consider that the serving of small French fries below weighs 2.5 ounces and contains 230 calories and 11 g of fat. The same size serving of a low-fat baked potato contains just 65 calories or less than one third of the fries' calories with very little fat. Better side choices include salad, apple dipper or fruit salad.

Check it out before you go – While it is great that McDonald's has taken the trans-fat out of their French fries, it is important to note that they did not take out all the fat or calories. Remember to order 'small' and go easy on extra salt and ketchup because those two items can add more sodium!

	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)
Small fries	230	11	1.5	160
Medium fries	380	19	2.5	270
Large fries	500	25	3.5	350
Salt packet	15	0	0	110
Ketchup packet	0	0	0	270

Source: *Communicating Food for Health*, June 2008

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

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