

# FOOD FOR FITNESS AND FUN

January - 2009

Happy New Year! During January we celebrate soup month, oatmeal month and focus on fiber. I've included information on each of those PLUS tried to keep cost reasonable. Enjoy!  
Jan Temple

## FIBER FACTS

We all know we need to put more fiber in our diets. Fiber is generally not a fun subject as who wants to discuss regularity? But, the type of fiber found in wheat bran and whole grains (insoluble fiber) may help prevent cancer. The type found in oats and beans (soluble fiber) can lower your cholesterol. The fiber quizzes below will help increase your knowledge of fiber.

Match the question with the correct answer.

Questions – Part 1	Answers – Part 1
1. How much fiber should adults get each day?	a. 5 plus their age
2. How much fiber do most adults actually get per day?	b. 1 1/2 cups cooked
3. How much fiber do kids need a day?	c. 14-15 grams
4. How much soluble fiber should you get each day to lower your cholesterol?	d. 25-35 grams
5. How much oatmeal do you need to eat daily to lower your cholesterol?	e. 10-25 grams

(Answers: 1. d, 2. c, 3. a, 4. e, 5. b)

Questions – Part 2 – How much fiber does each of these contain?	Answers – Part 2
6. One serving of most fruits and vegetables?	a. 4-8 grams
7. 1/2 cup beans, such as kidney, navy and pinto	b. 10 grams
8. 1 cup brown rice	c. 4 grams
9. Wheat bran cereals	d. 3 grams
10. 1/2 cup green peas	e. 1-3 grams

(Answers: 6. e, 7. a, 8. d, 9. b, 10. c)

### Bonus Question:

Which of the following are benefits of soluble fiber?

- Lower blood sugar
- Lower cholesterol
- Normalize bowel function
- Makes you feel full
- They all are benefits

(Bonus Answer: e.)

Source: Communicating Food for Health, January 2002



## EGYPTIAN RICE AND LENTILS — SERVES 8

This recipe makes a fast and delicious meal that goes great with a large salad. AND – it will be easy on your budget at only \$.45 per serving.

2 Tablespoons olive oil	3 Cups water
1 Cup dry whole wheat spaghetti broken into 2 inch pieces	1 Cup dry brown lentils
2 Cups chicken broth	1 Cup dry brown rice

### Topping:

2 Tablespoons olive oil	1 Cup sliced onion
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### Directions:

- Heat the oil in a large shallow Dutch oven pan. Add the broken pasta and sauté briefly. Add the broth, water, lentils and brown rice. Bring to a boil then lower heat to simmer.
  - Cover the pan and cook on low heat until the rice and lentils are tender, about 30 minutes.
  - Topping:** While rice and lentils are cooking, make the topping. Heat 2 tablespoons olive oil in a small nonstick skillet. Add the onions.
  - Sauté the onion slices in the oil and cook very slowly over low to medium heat until golden brown, about 15 to 20 minutes.
  - Serve Egyptian rice with the browned onions on top.
- Each 1 Cup Serving: 297 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 6 mg cholesterol, 70 mg sodium, 44 g carbohydrate, 8 g fiber, 12 g protein.



Source: Communicating Food for Health, January 2007.

## RAISIN STRUDEL OATMEAL — SERVES 1

This cereal makes a great standby for a cookie urge. It is good for breakfast, an afternoon pick-me up or bedtime snack. Better still, it can be made in 4 minutes and costs only \$.18.

1/4 Cup instant oatmeal	1/2 Cup boiling water
1 Tablespoon raisins	<b>Topping:</b>
1 teaspoon brown sugar	2 Tablespoons skim milk
1/4 teaspoon cinnamon	1 Tablespoon lowfat granola



Place first four ingredients in a coffee mug or cereal bowl. Pour boiling water over all, stir and steep for 2 minutes. Top with skim milk and lowfat granola.

Each 1 Cup Serving: 190 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 115 mg sodium, 36 g carbohydrate, 4 g fiber, 6 g protein.

Source: Communicating Food for Health, Recipe Database.

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## TAKE THE LIVE HEALTHY CHALLENGE



You can make a commitment to better health in 2009 by signing up for the Live Healthy Iowa 100 Day Challenge. The dates this year are January 14 to April 23.

Iowa State University Extension is a sponsor of this team-based weight loss and physical activity program. Live Healthy Iowa encourages Iowans of all ages to help each other begin to form healthy habits through physical activity and improved nutrition.

You may have heard about or participated in this program in past years under its old name, Lighten Up Iowa. However, people often thought that Lighten Up Iowa was only about weight loss. The new name, Live Healthy Iowa, better reflects what the program is all about.

According to Ruth Litchfield, an ISU Extension nutrition specialist, "What we're all about is healthier living through good nutrition, physical activity and emotional wellness. We want everyone in Iowa to live healthy."

Regardless of the name, since the program began in 2002, more than 74,000 Iowans have participated, have become more active and have lost more than 153 tons of weight, according to Live Healthy Iowa statistics.

"Live Healthy Iowa encourages you to set realistic goals and make informed decisions about your health," Litchfield said. "We're challenging all Iowans to get on a team and make those changes." Teams may compete in physical activity and weight loss divisions. They don't have to work out at a gym, though that's certainly one way to boost physical activity.

Walking is a great physical activity. Cleaning the house counts as physical activity. There also are the new Wii systems — Wii Fit has some yoga, strengthening, conditioning and aerobic activities. These count as physical activity for the Live Healthy Iowa 100 Day Challenge.

Iowa youth may participate in Live Healthy Iowa Kids, Litchfield said. Teams of five to 30 members may consist of youth from schools, 4-H clubs, after school programs, Scout troops, or families. Youth teams track their physical activities in minutes, learn to make better food choices and have the

chance to win monetary awards for their school or organization to be used toward new playground equipment or physical education classes. For more information or to register a youth or adult team, visit the Live Healthy Iowa Web site, <http://www.livehealthyiowa.org/>.

### 7 MINUTE VEGETABLE SOUP — SERVES 4

*This soup has it all – flavor, simple to prepare, healthy AND it's inexpensive at only \$ .87 per serving.*

1 Cup diced onion-fresh or frozen	1 – 15 ounce can Italian recipe tomatoes
2 teaspoons minced garlic	2 cups frozen mixed vegetables
2 – 8 ounce cans no-salt added tomato sauce	1 teaspoon dried basil

Spray a medium sized soup pan or large nonstick skillet with cooking spray and place over medium high heat. Add onion and sauté briefly. Add garlic and sauté until both are golden brown. Add tomato sauce and tomatoes, chopping tomatoes coarsely with spatula. Add vegetables. Season with basil. Heat until vegetables are cooked. Note: this may also be prepared in the microwave. Serve with whole grain bread.



*Each 1 1/2 Cup Serving: 161 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 300 mg sodium, 29 g carbohydrate, 7 g fiber, 6.6 g protein.*  
Source: *Communicating Food for Health, Recipe Database*

### 10 MINUTE BEAN SOUP — SERVES 4

*This soup is perfect – very colorful, easy to prepare, filling AND inexpensive at only \$ .73 cents per serving.*

1 15 ounce can pinto beans, drained and rinsed	1/2 Cup elbow macaroni
1 15 ounce can no-salt added Italian spiced tomatoes	1/2 teaspoon Italian herb seasoning
2 Cups low-sodium chicken broth	1/2 teaspoon garlic powder
1 Cup water	Black pepper to taste
1 Cup frozen chopped spinach	

Place the tomatoes and beans in a saucepan. Optional – for a thicker soup, use an immersion blender or potato masher until about one third of the beans are mashed. Add the rest of the ingredients and bring to a boil; reduce to simmer and cook until the macaroni is done.

*Each 1 1/2 Cup Serving: 150 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 12 mg cholesterol, 352 mg sodium, 24 g carbohydrate, 5 g fiber, 9.4 g protein.*  
Source: *Communicating Food for Health, Recipe Database*

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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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