

This month we'll continue our discussion of portion sizes looking now at "100 calories". I also included information on packing lunch to eat away from home and recipe ideas for apples. Enjoy! Jan Temple

100 CALORIE PACKS

100 Calorie Serving	Grams/serving
15 stalks celery	600
9 oz. light nonfat yogurt	255
2 cups carrots	244
1.6 oranges	209
1.5 apples	207
1 banana	118
1/2 donut	42
1/2 blueberry muffin	36
2 fig cookies	31
1.75 graham crackers	23
3/4 oz. crackers	22
2 chocolate cookies	22
.75 oz potato chips	21



To consume 100 calories of celery, you would have to eat over 1 pound or 21 ounces to be exact. But if you chose potato chips, you get a measly 12 chips or about 3/4 ounce chips for the same 100 calories. While the 100 calorie packs of high-calorie foods are good for portion awareness and control, perhaps choosing these snacks often, instead of better choices like fruits and vegetables, may not be the best bet.

A healthful snack is rich in fiber, nutrients, and satiety and provides less of the things most individuals don't need like sugar, fat, salt, and high calorie density. Which is easier to eat at one sitting: 21 ounces of celery or 12 potato chips? Chances are, if a food needs to be packaged in a 100 calorie serving, it might not be the best choice for an all-the-time snack.

The chart above shows you the quantity of each food if you choose to eat just 100 calories. The foods at the top, like celery, yogurt, carrots, oranges, apples, grapes and bananas are the best choices because you get to eat more. They also have more fiber, nutrients, and moisture content; and less fat, sugar, salt, and sodium. They are generally much lower in cost per ounce, too. Better still, the foods at the top count towards important servings of fruits, vegetables, and nonfat

dairy as recommended by MyPyramid and the Dietary Guidelines for Americans. For more information, see MyPyramid.gov.

Source: *Communicating Food for Health, September 2008*

APPLE SQUARES – 12 SERVINGS

1 cup quick cooking oats	1/4 cup nonfat egg substitute
1/2 cup all-purpose flour	1 cup unsweetened applesauce
1 teaspoon baking soda	2 teaspoons vanilla extract
2 teaspoons cinnamon	1/3 cup brown sugar
1/2 teaspoon baking powder	2 apples, diced - Granny Smith or Gala

Preheat oven to 350°F. Lightly spray an 8 inch square pan with vegetable oil cooking spray. In a large bowl, combine dry ingredients. In another bowl, combine egg substitute, applesauce, vanilla and brown sugar. Add wet ingredients and apples to dry ingredients. Mix until ingredients are moistened. Spread batter in pan and bake until toothpick inserted in center comes out clean, about 30 minutes. Cook and cut into 12 squares. Serve at room temperature. Refrigerate leftovers.

Each serving: 100 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 19 g carbohydrate, 2 g fiber, 3 g protein. **Cost = \$.14 per serving**

Source: *Communicating Food for Health*



APPLE PIZZA – 6 SERVINGS

Here is a fun way to use some of the season's bountiful apple harvest. Use for dessert or a special after school snack.

10 oz. pizza dough, rolled flat	¼ cup fat free ricotta cheese
3 apples, cored and sliced	6 teaspoons caramel sauce
1 Tablespoon sugar	6 Tablespoons vanilla nonfat yogurt
1 teaspoon cinnamon	

Preheat oven to 425°F. Prebake pizza crust until dough is firm but not golden, about 5 minutes. Toss apples with cinnamon and sugar. Spread apples evenly over the pizza crust. Top apples with dollops of ricotta. Bake until apples are soft and crust is golden, about 5 minutes. Cut into 6 squares and serve each piece on top of 1 tablespoon vanilla yogurt that is spread across plate; drizzle each piece of pizza with 1 teaspoon of caramel sauce.

Each serving: 190 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 250 mg sodium, 38 g carbohydrate, 1 g fiber, 6 g protein. **Cost = \$.67 per serving.**

Source: *Communicating Food for Health*

LUNCHES AWAY FROM HOME – HEALTHY AND AFFORDABLE

As economic woes continue in the nation, you may be looking for ways to reduce the cost of lunches eaten away from home, while still being interested in good nutrition. For school-aged children, take advantage of the free and reduced lunch program offered by USDA. It provides nutritionally balanced, safe meals for your children and reduces the time you need to spend shopping for food, preparing the meal, making it safe for travel and cleaning up the containers for the next day. For more on school lunches, check out the State of School Nutrition 2009 Survey. Contact your local school for free and reduced price application forms.

2008-09 School Lunch Prices in Iowa – Average and Range		
	Breakfast	Lunch
Public elementary	\$1.05 (\$.60-\$1.75)	\$1.72 (\$1.00 to \$2.40)
Public high school	\$1.08 (\$.65-\$2.00)	\$1.84 (\$1.32-\$2.50)



Some days your child may not care for what is being served in the cafeteria and you will find it necessary to pack a lunch. Below

are some cost comparisons you may find of interest.

- Commercially packaged Lunchable™ = \$2.49
(Cheese, crackers, turkey or ham, juice and candy)
- Homemade “Lunchable” = \$1.75
 - 6 Triscuits™ = \$.30
 - 1 oz. store brand cheddar cheese = \$.22
 - 2 oz. Deli turkey = \$.50
 - 1 large apple = \$.45; 1 large banana = \$.12
 - 1 ‘homemade’ cookie from generic mix = \$.07
 - 1 piece string cheese = \$.21
- Peanut Butter and Jelly Sandwich = \$1.13
 - Store brand 100% whole wheat, 2 slices = \$.19
 - Store brand peanut butter, 2 Tbsp. = \$.12
 - Store brand jelly, 2 Tbsp. = \$.09
 - String cheese, apple, cookie (see above) = \$.73
- Turkey and Cheese Deli Sandwich = \$1.52
 - Store brand 100% whole wheat, 2 slices = \$.19
 - Deli Turkey (meat counter), 2 oz. = \$.50
 - Store brand American cheese slice = \$.10
 - String cheese, apple, cookie (see above) = \$.73



Source: Peggy Martin, ISU Extension EFNEP Coordinator and Amanda Miller, ISU Dietetic Intern

KEEP SACK LUNCHES SAFE



1. Wash hands, counters and utensils. Hands should be washed with warm water and soap before handling food – preparation as well as eating. Countertops and utensils should be wiped with hot, soapy water before and after food preparation. According to Sam Beattie, ISU Extension food science specialist, “One of the most overlooked causes of food borne illness is dirty hands.
2. Keep cold foods cold – temperature control is essential. To keep bacteria from multiplying, sandwiches must be kept cold. Try making the sandwich ahead and freezing it. Other methods: include a freezer gel pack, frozen juice box or frozen fruit such as applesauce. An insulated lunch box also helps keeps foods cold. For hot foods, preheat an insulated container with hot water before putting the food in.
3. Check and replace water bottles. Water bottles designed for reuse should be washed frequently with hot, soapy water. Beattie says to clean the cap by running hot soapy water through it and rinsing with hot water. Sanitize the bottle by using five drops of regular bleach in a full bottle of hot water. Allow the bottle to air dry and you are ready for the next day. Commercially filled water bottles are designed for single use and are not recommended for repeated use.
4. Discard perishable leftovers unless you have a way to keep them at the correct temperature.

Source: Adapted from Sam Beattie, ISU Extension Food Scientist

ADD VARIETY TO BAG LUNCHES

If sandwiches are a mainstay of your bag lunch, add variety by trying different breads:

Cinnamon-Raisin	Pita	Multi-grain
Whole grain bagel	Tortilla	English Muffin

- Use cookie cutters to cut different shapes
- Dip veggie sticks into hummus or refried beans
- Dip fruit into yogurt
- Fruit, veggie, and/or meat kabobs strung on dental floss

Prepared by Jan Temple, Nutrition Field Specialist

phone: 319-337-2145 | email: mjtemple@iastate.edu | www.extension.iastate.edu/food/

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