

May is a month of celebrations and awareness— Mother's Day, Cinco de Mayo, Graduations, High Blood Pressure Education Month, and Older Americans Month just to name a few. Enjoy! Jan Temple

## ENJOY COOKING AND PLAYING WITH CHILDREN!

A great way to help kids make healthier choices is to get them into the kitchen, the garden, farmers market or grocery store. Cooking and shopping with kids provides them with the opportunity to:

- Learn organizational skills by planning foods for snacks and meals and then getting everything out and ready to prepare a recipe.
- Practice real math skills by doubling or halving the amount of ingredients in a recipe.
- Reading and following directions as a recipe is prepared.



Kids see cooking as exciting and food becomes something special when they pick it out, grow it, or prepare it themselves. Reinforce the special effort they have made by setting a special table. They will like creating a centerpiece, setting the table with colorful napkins or dishes and putting their creations on special plates.

Combine cooking experience with lots of 'play time'. Kids, just like adults, don't like to exercise, but they love to play. A key for the whole family is to make moving fun as everyone improves their fitness level.

Think about ways to provide active fun in the yard. Family games of kick-the-can, freeze tag or badminton will be remembered by everyone. Be sure there are



activities just for the kids and their friends too. An active game of Frisbee can provide the continued connection kids want with their school friends.

Take advantage of opportunities in the community as much as possible. Walking or driving to a neighborhood park even to play the same game you play in your backyard just makes the event a little different.

Try the following recipe for the kids to make something special (with adult help) for Cinco de Mayo or for mom on Mother's Day. The corn cakes taste great for breakfast, brunch, or lunch.

## CORN CAKES SERVES 6

Try these cakes for breakfast, brunch or lunch. Boost the color and flavor (and nutrition) by topping with fruit – fresh or frozen!

- 2 egg whites
- 1 egg
- 1/4 cup nonfat milk
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon sugar
- 2 cups cooked corn

### Topping

- 1/4 cup plain non-fat yogurt
- 1/8 teaspoon nutmeg
- 2 Tablespoons maple syrup



1. In a large mixing bowl, beat the egg whites with an egg beater until they are foamy.
2. Add the egg, milk, flour, baking powder and sugar. Stir together until the ingredients are evenly mixed.
3. Add the corn and stir into batter
4. Place the batter in the refrigerator for about 30 minutes (here is the time to set a pretty table, mix the topping, and prepare fruit).
5. Mix the yogurt, nutmeg, and maple syrup.
6. Take the batter from the refrigerator and drop onto a lightly greased preheated griddle by large spoonfuls to form 2-3 inch circles. Cook until the tops are full of holes and the edges are starting to set. Flip with a spatula and cook on the other side for about 1 minute.
7. If you want to cook the whole batch and have everyone sit down together, keep cooked cakes warm in an oven heated to 250 degrees F.
8. Serve with the yogurt topping and fruit.



Each serving of 5 small cakes : 143 calories, 1.7 g fat, 0.4 g saturated fat, 0 g trans fat, 35.7 mg cholesterol, 90 mg sodium, 26 g carbohydrate, 1.5 g fiber, 6 g protein.  
Cost = \$ .22/serving

## EASY WAYS TO LIMIT CALORIES



Limiting calorie consumption can have a very positive impact on your health and waistline. Research is showing that you can slow the aging process by consuming fewer calories. The question remains, how do we do this when we have so many temptations around us? Here are some tips to help you succeed:

1. **Limit foods with little water and/or fiber** and particularly dry foods that are also high in fat. Examples include: cookies, potato chips, baked goods, and crackers. Such foods are calorie-dense and provide less satiety per calorie than foods high in water and fiber like vegetables, fruits, beans, and whole grains such as hot cereals, pasta, and brown rice.
2. **Limit intake of beverages that contain significant amounts of sugar and/or fat** like soft drinks, milk shakes, alcoholic beverages, and even fruit and vegetable juices. Beverages provide less satiety per calorie than foods that require chewing.
3. **Eat more soups and stews that contain whole grains, beans, vegetables, and/or little lean animal protein.** These foods have a low calorie density and provide a lot of satiety per calorie.
4. **Start lunch and dinner with a large salad but use a dressing with LOTS of vinegar and little or no oil.** Beans and whole grains are good additions to salads but croutons, fatty meats, mayonnaise salads, creamy dressings, and cheese dramatically increase the calorie density and provide little extra satiety for all those extra calories.
5. **Limit the variety of dishes consumed at a meal or snack.** Increased variety of tastes, textures, colors, and flavors in a given meal will reduce satiety per calorie and make it more difficult to reduce calorie intake while keeping hunger at bay.
6. **Eat only when hungry.** Food consumed when not hungry will provide less satiety per calorie than the same food consumed when one is hungry. Stop eating when you are comfortably

full. Stuffing or starving oneself will make long-term calorie control more difficult.

7. **Skip dessert**, or if you are still hungry after a small meal, limit dessert to fresh fruit most of the time.

**NOTE:** While small, moderate amounts of physical activity will not promote increased hunger, large amounts of exercise will. There is reason to believe that staying thin by doing a lot of exercise is less likely to slow the aging process than maintaining that same lower weight by consuming fewer calories.

*Source: Communicating Food for Health, May 2006*

### **SALMON FETTUCCINI FOR SPRING** SERVES 4

*This is a low cost way to get more salmon into your diet – you could also use canned tuna or fresh salmon.*

- 8 ounces dry fettuccini pasta (whole wheat if available)
- 1 Tablespoon olive oil
- 2 cloves fresh garlic, minced
- 1/2 cup sliced red onion
- 3 cups halved cherry tomatoes
- 7 oz. canned salmon, no added salt (with bones is preferable)
- 2 cups fresh spinach
- 1/4 cup grated Parmesan cheese
- 1/4 cup skim milk
- 1 teaspoon oregano

1. Cook fettuccini according to package directions; drain in colander and reserve.
2. To make the sauce, begin by heating a large non-stick skillet over medium high heat and add the olive oil. Sauté the garlic until golden brown, about 1 minute.
3. Add the tomatoes to the sauce and sauté briefly
4. Add the remainder of the ingredients (onion, tomatoes, salmon, spinach, cheese, milk and oregano) and cook until heated through.
5. Toss with the cooked pasta and serve hot.



*Each 1 1/2 cup serving: 357 calories, 9 g fat, 2.5 g saturated fat, 0 g trans fat, 16 mg cholesterol, 174 mg sodium, 48 g carbohydrate, 2.5 g fiber, 19 g protein.*

*Cost: \$ 1.64/serving.*

*Source: Communicating Food for Health, April 2009*

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