

September – With schools resuming, it's almost like starting a new year! I've included tips this month about starting your day with breakfast; food safety; the new 2010 Dietary Guidelines; and a quick soup that's perfect for tailgating. Enjoy! Jan Temple

BEGIN WITH BREAKFAST

Research supports the advice, "breakfast is the most important meal of the day." Food is the fuel that your body needs to keep you going. More specifics follow:

- **Replenish Blood Sugar** – Because you haven't eaten for 8-12 hours, your body and brain need food to replenish their blood sugar (glucose).
- **Energize the Body** – Research shows that breakfast will give you more endurance and strength, muscle coordination, concentration and memory, and problem solving ability.
- **Perform Better at School and Work** – Studies show children who eat breakfast are more alert, participate more fully, and are on their best behavior. Their increased concentration allows them to score better on tests and improve grades. Adults are less easily distracted, less fidgety, irritable, or tired.
- **Achieve a Healthy Weight** – Breakfast provides fuel to jump start your metabolism and helps control your weight by establishing a healthy eating pattern which means eating every 3-4 hours throughout the day. Breakfast eaters seem to need fewer snacks and consume less fat all day.
- **Get Adequate Nutrition** – Without breakfast, it is difficult to consume all the needed nutrients at other meals and snacks.

Parts of a Nutritious Breakfast:

- a. Sensible amounts of **protein-rich food** (ex. Low-fat milk, yogurt, cheese, or peanut butter)
- b. A **complex carbohydrate** (ex. Whole grain cereal, bread, or muffins)
- c. A good source of **vitamin C** (ex. Orange, grapefruit, or strawberries)
- d. A small amount of **good fat** (to keep you feeling full longer)

For more information about planning nutritious meals, go to "Spend Smart. Eat Smart."

<http://www.extension.iastate.edu/foodsavings/>

Source: Adapted from Clemson University Extension Service

BREAKFAST SPLITS – 1 ADULT OR 2 CHILD SERVINGS

- 1 small banana
- 1/2 cup low-fat yogurt
- 1/4 cup granola or flake-style cereal
- 1/2 cup sliced or chopped fresh fruit (kiwi, orange, apple)



Cut banana in half lengthwise; place in a shallow bowl. Top with yogurt, cereal, and fruit.

Invite overnight guests to make their own splits. Set out bowls, bananas, vanilla and/or fruit-flavored yogurts, cereal choices, chopped fruit and/or frozen/thawed berries, cinnamon or nutmeg shakers and/or chopped nuts.

Each serving: 357 calories, 3.4 g total fat, 1.3 g saturated fat, 0 g trans fat, 4.9 mg cholesterol, 134.4 mg sodium, 77.1 g carbohydrate, 6.3 g dietary fiber, 9.4 g protein.

Source: Healthy & Homemade – 2011 Nutrition and Fitness Calendar

GRANOLA – 12 SERVINGS (1/2 CUP EACH)

Make this granola; use it in the Breakfast Splits shown above.

- 4 cups rolled oats
- 1/2 cup honey
- 1/2 teaspoon cinnamon
- 1/4 teaspoon almond extract
- 1/2 cup chopped walnuts
- 1/2 cup toasted wheat germ
- 1 cup dried cranberries



In a large baking pan, toast the oats in a 350 degree oven, stirring every 3 minutes, until golden (about 9-10 minutes).

In the microwave or a small saucepan, heat the honey just until it liquefies. Pour into a large mixing bowl and stir in the cinnamon and almond extract.

As soon as the oats are toasted, add them and the walnuts to the honey mixture. Stir quickly to coat everything well.

Spread the mixture into the baking pan again and return to the oven for 5 to 6 more minutes, stirring once or twice, until just starting to brown. Allow the oat mixture to cool in the baking pan; stir in the wheat germ and dried cranberries.

Package granola into airtight containers.

Each serving: 244 calories, 6 g total fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 43 g carbohydrate, 4.5 g dietary fiber, 7 g protein.

Source: Communicating Food for Health

3 TIPS: 2010 DIETARY GUIDELINES

An amazing body of scientists convene every 5 years to review scientific literature and set guidelines for the most optimal diet based on science for Americans. You can view all of their 2010 findings, known as “The Dietary Guidelines for Americans”, by visiting www.dietaryguidelines.gov. The preliminary copy is available now.

The report is very comprehensive, taking into consideration not only the research but the questions that tend to pop up from media inaccuracies and commercial product claims.

Here are three lessons you need to take home, based on the major conclusions:

1) **Fiber: Whole Grains, Legumes, Fruits and Vegetables**

Fiber is under consumed. The best sources are whole grains, cooked dry beans and peas, vegetables, fruits, and nuts. These items are the most important to include in your diet each day. Most people are so busy they resort to low-fiber processed foods on the go, but a little planning can put more of these in your diet. Most people eat too many grain foods but not enough whole grains.

Fruits and vegetables can help you lower the risk for many chronic diseases, but only if you eat enough, which is 5 or more serving per day.

A more vegetarian diet will help lower the incidence of cancer along with BMI and blood pressure.

2) **Lower Sodium**

Lower the sodium/salt intake of your diet. This needs real work because the limit has been lowered to 1500 mg, which is about half of what most people eat in a day. Most of the salt you consume comes from packaged foods and meals eaten away from home.

3) **Limit screen time to less than 2 hours per day.**

Increased electronics and internet usage has everyone sitting more instead of moving more. This time limit helps you limit screen and sitting time each day.

The main theme for 2010 is similar to the one from 2005: consume nutrient dense foods within your calorie allotment.

Adults should self monitor their body weight, food intake, and physical activity plan. If you have a worthwhile plan as an objective, you will reach your goal for optimal weight and better health.

Source: *Communicating Food for Health*, Sept. 2010.

BLACK BEAN SOUP - 4 SERVINGS ~ 1 1/4 CUPS EACH

This zippy Southwestern-flavored black bean soup is perfect for tailgating or a quick meal. Made with canned beans, it comes together in minutes. Leftovers make a great lunch the next day. Make it a hearty meal by serving with “Perfect Rice”.



1 Tablespoon olive oil
1 small onion, chopped
1 Tablespoon chili powder
1 teaspoon ground cumin
1 10-ounce can diced tomatoes/chilies

2 15-ounce cans black beans, rinsed

1 1/2 cups water

1/2 cup prepared salsa

1 Tablespoon lime juice

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until onion begins to soften, 2 to 3 minutes. Add chili powder and cumin and cook, stirring, 1 minute more. Add beans, water, and salsa.

Bring to boil; reduce heat and simmer for 10 minutes.

Remove from heat and stir in lime juice. **Optional:** You may wish to puree the soup before serving. An immersion blender is a great tool to use for this.

Garnish with sour cream and cilantro, if desired, just before serving. **To make ahead:** Cover and refrigerate

for up to 3 days. Cost per serving: under \$1.50

Each serving: 191 calories; 4 g fat (0g sat, 2g mono); 0 mg cholesterol; 31 g carbohydrate; 0g added sugars; 9g protein; 9g fiber; 408 mg sodium; 535 mg potassium. Nutrition Bonus: Folate (22% daily value); Iron, potassium and vitamin C (15% daily value). Source: Healthy & Homemade, 2012 Nutrition and Fitness Pilot Calendar

PERFECT RICE FOR CHILI - 6 SERVINGS

Serve this with the black bean soup above for a hot and savory dish.

1 1/2 cup instant brown rice

1/4 cup lemon or lime juice

1/4 teaspoon cilantro or ground coriander

Make brown rice according to package directions, replacing 1/4 cup of the water with the lemon/lime juice. Add cilantro or coriander.

Each 1/2 cup serving: 170 calories; 1 g fat; 0g saturated fat; 0 mg cholesterol; 35 g carbohydrate; 3.5 g protein; 1.9 g fiber; 6 mg sodium.

FOOD SAFETY MONTH

Iowa State University Extension believes that resources are needed for consumers, foodservice operators, and educators to access research-based, unbiased information on food safety and quality. For more information: www.extension.iastate.edu/foodsafety

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and justice for all

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