

To Your Health

August 2009

Good Snacking

Warm, busy summer days mean some of us snack more and eat regular meals less. Eating lighter may make us feel better, so paying attention to the snacks we grab is important. A cinnamon roll in the morning, chips from a vending machine for the mid-afternoon slump, a few cookies here and there ... before you know it you have consumed more calories from "snacks" than if you would have had breakfast, lunch and dinner.

Keep quick, nutritious snacks on hand - for on the go or eating at home. Try:

- Breakfast cereal - Eat it dry or with milk and fruit. Try no sugar or low sugar, multigrain kinds.
- Fresh fruit - such as peaches, nectarines, plums, bananas, grapes.
- A small hand full of dry roasted nuts and ice water with a slice of lemon offers a refreshing boost.

- Popcorn - go easy on the melted margarine or butter; add some herbs or spices for an extra kick.
 - Packaged, ready-to-eat vegetables - or garden fresh (such as carrot sticks, broccoli florets, cauliflower, cherry tomatoes).
 - Half a turkey sandwich on whole wheat bread and a cup of low fat or non fat milk
 - 6 to 8 ounces of low fat or non fat yogurt - fruit flavored or plain, or add a little chopped fresh fruit to plain.
 - Try a smoothie made with juice, fruit and yogurt.
- Any one of these options will satisfy hunger, and help you meet nutrient needs.

Source: *Healthy Living* newsletter, June 2009, American Cancer Society

For more information go to ***Spend Smart. Eat Smart.*** --

www.extension.iastate.edu/foodsavings

Check out the Blog for information on summer snacks - and more!

Healthy Eating on the Run

- Boost the nutrition of any sandwich by adding tomato, lettuce, peppers or other vegetables.
- Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Suggestions to pick from: peanut butter and whole grain crackers, granola bar, piece of fresh fruit, trail mix, single-serve package of whole grain cereal.
- For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk to put together a quick lunch.

Source: "eat right," website of the American Dietetic Association

Does Canning Really Save Money?

That headline got my attention.

Jan Temple, ISU Extension nutrition and health program specialist, recently wrote on the *Spend Smart. Eat Smart.* blog:

"...I have a recipe for making a small batch of pickled beets...I was curious as to the cost of my homemade beets compared to commercial ones. When I figured it out, it was a bit depressing ... Home food preservation doesn't automatically save money."

With more people gardening this year, there is increased interest in canning and freezing. Home food preservation saves money for some people. For others it may not save anything.

Costs to consider when figuring the economics of food preservation include: produce and ingredients, equipment and supplies, fuel consumption, capital outlays, time and energy, and the cost of similar food preserved commercially.

Freezing is simple and keeps food more like fresh produce than other preservation methods. However, a freezer is costly to purchase and operate.

Colorado State University Extension has a publication that helps you think through and calculate the cost of home food preservation.

Cost of Preserving and Storing Food

<http://www.ext.colostate.edu/pubs/foodnut/08704>

Consider all of the costs and your skill level before "taking the plunge" into home food preservation.

August = Back to School

Later this month we'll find youngsters packing their backpacks and heading to school. So it's time to check the morning routine and see that it includes breakfast - for everyone.

Here are some quick and easy breakfast solutions for the whole family.

- **Traditional Triplet:** whole-grain ready-to-eat cereal and low fat or fat free milk plus 100% orange juice
- **Hot and Wholesome:** Oatmeal prepared in the microwave with chopped apple and walnuts. Make it with fat free milk instead of water for an extra nutrient punch.
- **PB&B:** Whole-wheat toast topped with peanut butter and sliced bananas. Serve with low fat or fat free milk.
- **On a Roll:** Whole-wheat tortilla wrapped around a low fat cheese stick plus a bunch of grapes. Serve with low fat or fat free milk. (Be sure to cut grapes in half for younger children.)
- **Easy as Apple Pie:** A toasted whole-grain bagel half topped with thin apple slices - topped with thin slices of reduced fat Cheddar cheese. Serve with milk.

... A recent research review found people who ate breakfast were more likely to meet nutrition recommendations and consume more low fat or fat free milk, fruits, vegetables and whole grains.

... Studies are showing that breakfast is associated with a healthier body weight and greater academic and cognitive performance.

... Studies also suggest a benefit for cardiovascular, digestive and bone health with breakfast consumption.