

## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

It's no wonder why soybeans are sometimes called "The Miracle Bean". Not only can they be used to make soy-oil based candles, crayons and bio-diesel, but they also can make a healthy cheesecake!

Soybeans contain high-quality proteins, iron, B vitamins, calcium and zinc. Soyfoods are also low in saturated fat and have been shown to help lower blood cholesterol levels according to Dan Benes, Communications/Marketing Coordinator, Nebraska Soybean Board.

Additional research continues regarding soyfoods in relation to cancer prevention, reducing the risk of osteoporosis and relieving the symptoms of menopause. Soybeans are also the only food to contain genistein, as well as, several other anti-carcinogens, which may help prevent many forms of cancer.

April is Soyfoods Month, making it an excellent time to try eating more soy in your diet. Call the Nebraska Soybean Board, 1-800-852-2326, to request a free soyfood pamphlet with recipes.

### Easy-as-Pie Cheesecake

**Yield:** 8 servings

**Serving size:** 1 wedge

1 box no-bake cheesecake mix (to make an 8" pie)  
1 tablespoon liquid margarine *or* 1 tablespoon margarine, melted  
3 to 4 tablespoons water  
3/4 cup soy milk  
1 package (10.5 oz) silken tofu  
*Preheat the oven to 350 degrees*

Combine graham cracker crumbs from box with the liquid margarine. Add the water, stirring well, until crumbs are evenly moistened. Put crumbs into 8" pie plate and pat evenly across bottom and up the sides. Bake at 350 degrees for 15 minutes. Remove from oven and let cool.

Put the soy milk and filling mix from the box into a blender container. Cover and blend, scraping sides as necessary, until smooth. Add the silken tofu (well drained) and continue blending until smooth. Pour filling into cooled shell. Cover with plastic wrap and refrigerate a few hours before cutting into 8 wedges and serving.

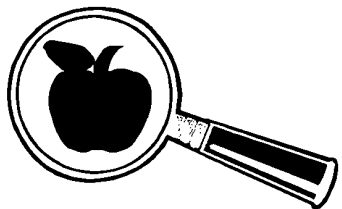
*Per serving:* 217 calories, 7 g total fat (0.3 sat fat), 8 g protein, 33 g carbohydrate, 0 g fiber, 337 mg sodium, 5 mg cholesterol

*Exchanges:* 1 starch, 1 other carbohydrate, 1/2 lean meat, 1 fat  
**Chocolate Cheesecake**—Add 1/4 cup thick chocolate topping and blend with filling.

**Fresh Fruit Cheesecake**—Prepare fresh fruit (kiwi slices, halved strawberries, orange segments, whole blueberries, etc.) and place in concentric circles on cheesecake just before serving.

**Fruit Pie Cheesecake**—Spread one can fruit pie filling over cheesecake before serving. (AH)

## Focus on Food



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**Q: Some recipes call for catsup. Others need tomato sauce or tomato juice. Is there some way you can substitute one of these for the others?**

**A:** Take a can of tomato sauce and try some of these substitutions:

- **1 cup catsup (for use in cooking):** substitute 1 cup tomato sauce, 1/2 cup sugar, and 2 tablespoons vinegar.

- **1 cup chili sauce:** substitute 1 cup tomato sauce, 1/4 cup brown sugar, 2 tablespoons vinegar, 1/4 teaspoon cinnamon, dash of ground cloves and dash of allspice.

- **1 cup tomato juice:** substitute 1/2 cup tomato sauce and 1/2 cup water.

- **1-10 3/4 ounce can tomato soup:** substitute 1 cup tomato sauce plus 1/4 cup water.

Here are some more substitutions for other foods. These can help save you a trip to the store and the expense of buying special ingredients for a recipe.

- **1/4 cup rum:** substitute 1 tablespoon rum extract plus enough liquid to make 1/4 cup.

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# Strength training—a fountain of youth?

Alice Henneman  
Extension Educator

Do you have more trouble fitting into your usual clothing size even though you're eating less? What could be causing this? Is there anything you can do about it?

We may lose about a third of our muscle mass between ages 35 and 80. Inactivity is a major factor.

Muscle is an active tissue and helps burn calories. To keep muscle intact, either we use it or lose it. When muscle mass is decreased, our bodies require fewer calories; excess calories are stored as fat.

The exciting news is that muscle can be retained and rebuilt at almost any age! Consider the story of "Maida," age 66 (Nelson, Miriam., *Strong Women Stay Young*, Bantam Books, 1997). Maida's 39-year-old daughter—also named Maida—worried about her mother lifting things and continually rushed to help her. The younger Maida ran five miles daily, five days a week.

Then the older Maida, who had never been physically active, entered a strength training program. The program was part

of a research project at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Massachusetts.

When the two Maidas compared their strength on a series of tests, the mother beat her daughter on three of the four tests by 12 to 18 percent. The older Maida lost by only 8 percent on the 4th test!

Other equally exciting results were reported by study participants. Evelyn, age 38, wore a size 16 dress even in high school. Aerobics helped reduce her weight. But, after adding strength training, she fit into a size 6 dress for the first time in her life. (NOTE: as muscle is heavier than fat, sometimes you can fit into a smaller clothing size yet still weigh the same as before or sometimes more.)

Then there's Bernice. Just recently, Bernice took down all the first floor curtains. While the curtains were in the dryer, she cleaned the windows. When she's not busy with her house, she babysits for two toddlers twice a week. She's another strength training participant. Bernice is 89!

Other benefits reported by the Tufts University researchers included: stronger bones, greater

flexibility and improved balance. Plus, people felt better about themselves and participated in more activities. After a year of strength training twice a week, the women's bodies were 15 to 20 years more youthful. Though this study involved just women, the lead researcher Miriam Nelson, Ph.D. states that men may experience similar benefits from strength training.

Nelson's book, *Strong Women Stay Young*, gives extensive advice on medical considerations when starting a strength training program, suggested exercises for at home or the gym, plus an extensive question and answer section. If you're intrigued with the idea of weight training—but would like to learn more before you buy equipment, enroll in a strength training program or hire a personal trainer—reading this book may be a good starting point. The book is available through bookstores, your local library or your favorite Internet book site.

In addition to helping make you healthier, strength training has one additional benefit. You may find you can eat MORE food than before and still not put on the pounds! (AH)

# Use an appliance thermometer to assure safe temperatures

One of the critical factors in controlling bacteria in food is controlling temperature. Pathogenic microorganisms grow very slowly at temperatures below 40 degrees F and multiply rapidly between 40 and 140 degrees F. For safety, foods must be held at proper cold temperatures in refrigerators or freezers and they must be cooked thoroughly. But how would a consumer know if the refrigerator was cold enough, or if the oven was heating at the proper temperature?

Appliance thermometers are specially designed to measure the temperature of the air in either the refrigerator/freezer or the oven. Whether they measure the temperature in the oven or refrigerator/freezer, most appliance thermometers are either liquid-filled or bimetallic-coil thermometers:

**Liquid-filled thermometers**, also called "spirit-filled" or

"liquid in glass" thermometers, are the oldest types of thermometers used in home kitchens. As the temperature increases, the colored liquid (usually an alcohol solution) inside the thermometer expands and rises to indicate the temperature on a scale.

**Bimetallic-coil thermometers** contain a coil made of two different metals with different rates of expansion that are bonded together. The bimetal element is coiled, fixed at one end and attached to a pointer stem at the other end. As the temperature increases, the pointer will be rotated by the coiled bimetal element to indicate the temperature.

**Refrigerator/freezer thermometers**

Refrigerator/freezer thermometers are specially designed to provide accuracy at cold temperatures. For safety, it is important to verify the tempera-

ture of refrigerators and freezers. Refrigerators should maintain a temperature no higher than 40 degrees F. Frozen food will hold its top quality for the longest possible time when the freezer maintains 0 degrees F.

Most refrigerators and freezers can be easily adjusted to run colder or warmer. The temperature control is usually accessible in the refrigerator part of the appliance. Check the owner's manual for specific details on adjusting the temperature. An adjustment period is often required when changing the temperature.

An appliance thermometer can be kept in the refrigerator and freezer to monitor the temperature at all times. This can be critical in the event of a power outage. When the power goes back on, if the refrigerator is still 40 degrees F and the

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