

Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Southwest Salad

Makes 4 servings

Here's a fun way to add a spicy, southwestern taste to tonight's menu using some of summer's fresh vegetables. This takes no time at all to fix, but make it a little ahead so that the flavors have time to blend.

- 1 16 ounce can kidney or pinto beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1 cup green or red sweet pepper, chopped
- 1 cup tomato, chopped
- 1 medium red onion, chopped
- 1 jalapeno pepper, finely chopped (optional)
- 4 tablespoons cider (or other) vinegar
- 1 tablespoon vegetable oil
- 1 1/2 teaspoons chili powder
- 1/8 teaspoon sugar
- Dash of salt (optional)

Combine all the vegetables in a medium bowl. In a small bowl, whisk together the vinegar, oil, chili powder, sugar and salt (if using it). Pour over the vegetable mixture. Cover and chill for at least a half hour so the flavors will blend. Can be refrigerated for 1-2 days ahead, if desired. Stir before serving.

Nutrition information per serving: (1/4 recipe)
205 calories; 4 g fat

Reprinted with permission from: "Recipes for Healthier Eating," American Institute for Cancer Research (AICR), AICR Web site (<http://www.aicr.org>) (AH)

Focus on Food



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Q: What's the safest way to handle food at a picnic?

A: Here are some simple ways to prevent foodborne illnesses in the summer time from an information sheet developed by the Lincoln-Lancaster Health Department and Lancaster County Extension.

- Always wash your hands before preparing food and between handling raw and cooked foods. Pack wet towelettes for cleaning surfaces and hands at the picnic site.
- Be sure that all work surfaces and utensils are cleaned before preparing food.
- Never put cooked food on the same plate that was used for raw meat or poultry. Have plenty of clean utensils and platters for separate handling of raw and cooked foods.
- Keep cold food cold! Use an insulated cooler with sufficient ice or ice packs. Pack food into cooler immediately before leaving home.
- Avoid frequent opening of cooler. Pack beverages in one cooler and perishables in another.
- Keep coolers in the air conditioned vehicle for transporting and then store in the shade or shelter at the picnic.
- Buy hot take out foods such as fried chicken or barbecued beef on your way to the picnic and eat while hot.
- When buying your poultry or ground meat, use within 1 to 2 days or freeze. Pick up meat and poultry last before checking out and unload first right into your refrigerator.
- Always marinate meat and poultry in a covered dish in the refrigerator. Keep marinade to be used as a sauce on the cooked food separate from the marinade used with the raw food.
- When handling raw meat, remove from the cooler only the amount that will fit on the grill.
- Cook ground meats until brown in the middle and juices clearish with no pink in them. Adding sauces or spices to meat may

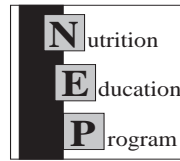
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Garden and Give Program

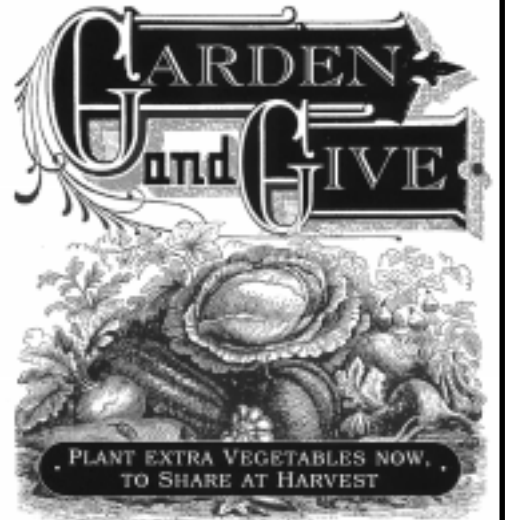
A vegetable redistribution where the community is encouraged to plant an extra row of produce and to bring excess to Trabert Hall, 2202 South 11th Street. All excess produce, can goods, breads, etc. are distributed to low-income families.

- Every Saturday morning, June 12th through September 18th (except July 3rd)
- 10-11:30 a.m.—Accepting vegetable donations from the community
- * 11 a.m.-1:30 p.m.—Vegetable distribution to those who are income eligible
- * Trabert Hall, 2202 South 11th Street
- * 11th and South Streets * East Side of Building
- * Call 471-4515 extension 157 for more information

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LINCOLN ACTION PROGRAM
VEGETABLE REDISTRIBUTION



New, free "Cook It Quick" resources

A "Restaurants & Institutions" survey found that 70 percent of the adult U.S. population doesn't decide what to eat that night until 4 p.m. or later. Do you know what you're having for dinner tonight?

Our office has launched a new "Cook It Quick" section on its Nutrition & Food Safety website (www.lanco.unl.edu/food). The "menu" includes 15 offerings and a sign-up for e-mail "update" notification when new materials and information are added. We'll hold periodic drawings for prizes this year at the "Cook It Quick" site.

"Cook It Quick" offers tips on "Mix and Match" Meals; Cook Once, Eat Twice; Time-Saving Kitchen Tools; and much more! One article—"Fast, Fresh and Full of Nutrition!"—offers 18 pages of food ideas and nutrition information about 10 Nebraska food products. PLUS you can access these organizations online through this selection for more information!

Come, surf to "Cook It Quick" at: www.lanco.unl.edu/food

NOTE: Group presentations based on this information are also available—call Alice Henneman (441-7180) for more details.

Fad diets mostly hype

The late-night infomercials scream promises: "Lose 10 pounds in 10 days!" "Eat anything you want and stay slim!"

More or less, the claims are true—by following those diets, you'll probably lose weight. The trouble is, when you stop, chances are you'll gain it right back.

Fad diets have been around for years, seemingly offering the latest innovations in health medicine to the consumer. The truth is, very few of these diets offer anything new. Similarly, almost none of them are good for you in the long run.

Types of fad diets

The majority of fad diets are grouped into three different types: semi-starvation (fewer than 600 calories per day); high-carbohydrate, low-protein; and high-protein, low-carbohydrate.

The first type, semi-starvation or fasting, can have detrimental effects. The body reacts to a drastically reduced diet as if it is starving, which it essentially is. The body's metabolism slows down and after the diet ends, can take up to a year to return to normal. That means once regular eating resumes, the weight usually comes back.

High-protein, low-carbohydrate and high-carbohydrate, low-protein diets are two of the most popular fad diets. Both deprive the body of essential nutrients needed to stay healthy. Eating a low-protein diet can cause quick weight loss; unfortunately, none of that weight is fat. Because lack of protein can dehydrate the body, the initial weight lost is water weight. Eventually, a low-protein diet will begin to tear down the body's muscle mass, leaving you in worse shape than before the

diet.

Low-carbohydrate diets act in much the same way. Glucose in carbohydrates provides most of the body's energy. When glucose is lacking, the body uses protein and fat to sustain itself. This causes a waste product called ketones to be released from the body, resulting in water weight loss. As with low-protein diets, muscle mass ultimately is lost. Any weight gained back after this kind of diet is mostly fat. These types of low-carbohydrate diets are undergoing a surge of popularity right now.

Signs of a fad diet

Fad diet programs seem difficult to categorize. All of them claim to have unique qualities, yet many are repackaged versions of old ideas. Fad diets usually can be recognized

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YOUR information center... around the clock

NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

- 321 How Often Should You Change Your Dishrag?
- 322 Cook Microwave-thawed Meat and Poultry Right Away
- 323 Microwave-safe Containers

and many more...

Nutrition and Food Safety Web Site

Visit our Internet web site at: www.lanco.unl.edu/food

FREE monthly Food Relections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.