

Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

April is Soyfoods Month, making it an excellent time to try eating more soy in your diet.

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. Eating soyfoods also may help reduce the risk of osteoporosis and cancer. Soybeans are the only food known to contain genistein, which may help prevent many forms of cancer. In fact, soybeans recently received a health claim from the Food and Drug Administration. It states: "Eating 25 grams of soy protein a day, as part of a diet low in saturated fats and cholesterol, may reduce the risk of heart disease." In order for a food to qualify for this claim on the label, it must contain at least 6.25 grams of soy protein per serving.

Soybeans are the second leading crop in Nebraska, generating more than a half billion dollars annually. In 1999, 180,625,000 bushels of soybeans were produced in Nebraska making it the fifth largest soybean state in the nation.

As long as supplies last, the Nebraska Soybean Board will send a FREE soyfoods cookbook if you call 800-852-2326. There's a limit of one cookbook per caller. You can also find recipes using soyfoods at: soyfoods.com/SimplySoy/index.html and www.talksoy.com/

Instant Chocolate Mousse

Yield: 4 servings

- 1 box instant chocolate pudding mix (4-serving size)
- 1 1/4 cup cold soy milk
- 1 package (10.5 ounces) silken tofu

Put the contents of the chocolate pudding mix and the soy milk into a blender container and whirl until very smooth, about 15 seconds. Add the silken tofu and blend again, scraping down sides as needed, until very smooth. Pour into individual serving dishes and chill at least two hours before serving.

Nutrition Information Per Serving: 183 calories, 3 g total fat (0.2 g saturated fat), 8 g protein, 30 g carbohydrate, 1 g fiber, 462 mg sodium, 0 mg cholesterol (AH)

Focus on Food



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Q: Where do I find soy milk and how can I use it?

A: According to the United Soybean Board (www.talksoy.com): Soy milk in liquid, ready-to-drink form is available in most mainstream grocery stores. Aseptically packaged soy milk usually is stocked near the evaporated milk, UHT dairy milk or other packaged beverages. This variety needs no refrigeration until opened. Once opened, it will stay fresh in the refrigerator for about five days.

Conventionally packaged soy milk also may be found in the refrigerated section near the cow's milk in plastic one-quart and half-gallon containers. The variety also is available in most healthfood stores.

Soy milk is also sold as a powder to be mixed with water. Soy milk powder should be stored in the refrigerator or freezer.

Soy milk may be found in a variety of flavors such as chocolate, vanilla and carob.

Soy milk is a good source of protein, thiamine, iron, phosphorous, copper, potassium and magnesium. It contains little sodium. Some brands are fortified with important vitamins and minerals such as calcium, vitamin D, and vitamin B-12. Soy milk is also low in saturated fat and is cholesterol-free.

Here are some ways to use soy milk:

- Try plain or flavored soy milk as a refreshing drink.
- Pour soy milk over hot or cold breakfast cereal.
- Use soy milk to make cream sauces that are cholesterol-free and low in saturated fat.
- Make rich pancake and waffle mixes.
- Create your own delicious shakes with soy milk, ice cream or tofu, and fruit.
- Use soy milk to make cream soups. (AH)

Good Nutrition, Better Health

The Nutrition Education Program has been working with the Early Head Start program since January 1999. Through home visits, monthly newsletters and group teaching, nutrition information has reached over 100 families.

Beth Houdek is a mother who has participated in home visits and group meetings. When she joined the program, she knew very little about how to feed her two young sons. Corn dogs, cookies, prepared gelatin cups, soda pop, donuts, and sugared cereal were staples in their diet.

Beth has learned to save \$40 a month by planning a weekly menu and using a shopping list. "She has said how much easier it is to do grocery shopping. It saves her time," states Tracy Gross, Early Head Start Family Advocate.

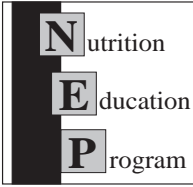
Since gaining

confidence in cooking skills, the family tries one new food each week. Each day the children eat breakfast and get seven additional servings from the Food Guide Pyramid. Salt is used more sparingly and frozen food is thawed in the refrigerator instead of on the kitchen counter.

Dana Atteberry, a case worker from Transfiguration, reinforces the skills the family has learned. She comments, "I



The Houdek Family



Nutrition Education Program
for Limited Resource Families

Mary Abbott,
Extension Assistant

am very proud of Beth's accomplishments. She is very serious about providing the best for her children."

The Houdek family eats more safe and healthy meals for less money. Beth says, "I have more energy than I used to. My oldest son pays better attention in school." She is confident the improvement in their diet will help her children grow as they should. Her older son is really enjoying the variety of foods, especially his favorite: applesauce. (MA)

You Can't Serve From an Empty Plate. So, F-E-A-S-T Frequently

Alice Henneman,
Extension Educator
&
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NU Department of Nutritional
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When the flight attendant reviews safety procedures as the plane takes off, you're shown how to use the oxygen mask. If you're traveling with someone who needs help, you're told to put on your mask before assisting the other person.

Likewise, you're advised to put on your own life jacket before trying to help someone

else. It's easier to help another person if you're not struggling to keep yourself afloat.

If you're mountain climbing, you're better able to rescue a fellow climber when your own gear is working properly.

The examples go on and on. The message is clear: You're better able to help others if you take time to care for yourself.

Say "Yes" to Yourself

If you've spent a lifetime saying "yes" to the needs of others before you address your own, it can be hard to say "yes" to yourself. But, it's important—if you care about others—you

care for yourself as well. Here are three powerful reasons why:

1. The Golden Goose is Only Good Alive. Many of us are familiar with the fairy tale of the goose who laid golden eggs. Under the owner's care, the goose produced her rich bounty every day. Things went well until the owner wanted all the riches at once. He killed the goose only to discover there were no eggs inside. In failing to understand how the goose served best, he destroyed the source of his wealth.

See **EMPTY PLATE** on page 11



Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)



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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.

- 386 Getting More Vegetables Into Your Meals
- 387 Are You a "Mouse" Potato?
- 388 Why Bother to Exercise?

and many more...

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry:
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Diabetes Study Course

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