

Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Enjoy this recipe for Winter Crisp from the National Heart, Lung and Blood Institute's Stay Young at Heart Recipes (www.nhlbi.nih.gov/health/public/heart/index.htm). It's low in fat, sodium and cholesterol and a good source of fiber.

WINTER CRISP

Makes 6 servings

(See Cook's Tips* at end of recipe)

Only 1 tablespoon of margarine is used to make the crumb topping of this tart and tangy fruit dessert that is cholesterol free and low sodium.

Filling:

- 1/2 cup sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon lemon peel, grated
- 3/4 teaspoon lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries

Topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole wheat flour
- 2 teaspoons ground cinnamon
- 1 tablespoon soft margarine, melted

1. To prepare filling, in a medium bowl combine sugar, flour and lemon peel; mix well. Add lemon juice, apples and cranberries; stir to mix. Spoon into a 6-cup (1 1/2 quart) baking dish.

2. To prepare topping, in a small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; stir to mix.

3. Sprinkle topping over filling. Bake in a 375 degrees F oven for approximately 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

* COOK'S TIPS

When we tested the recipe for this article, here are some tips we felt might be helpful for you.

1. A calculation of the nutritional content showed:

Yield: 6 servings – Each serving provides approximately:

- Calories: 257
- Total Fat: 3 g
- Saturated Fat: 0.5 g
- Cholesterol: 0 mg
- Sodium: 23.5 mg
- Fiber: 5 g

2. Some apples suitable for baking include: Fuji, Winesap, Rome, Jonathon, McIntosh, Braeburn, Golden Delicious, Granny Smith, Newtown-Pippin, Jonagold and Northern Spy. Red Delicious apples are excellent for eating but are not recommended for

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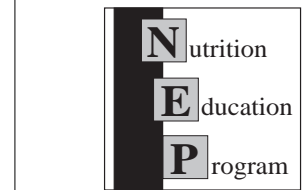
Stretching food dollars through the holidays

The Lancaster County Nutrition Education Program (NEP) staff spent a good part of November/December helping with area food basket distribution and education of limited resource families on stretching your food dollar through the holidays and safe handling and use of meats. Thawing, roasting and leftover storage of turkey/meats were the focus of lessons and programs.

Staff assisted with screening and sign-up of food baskets at Malone Community Center, Catholic Social Services, Good Neighbor Center, Hispanic Center, Indian Center and the Salvation Army. Over 1600 families received food, informational brochures from the Nebraska Department of Agriculture Poultry and Egg Division and NEP recipes for using leftover turkey. Nine hundred "safe handling and use

of turkey" brochures were also given to the Lincoln City Mission. At the distribution site, one gentleman told Karen Wobig, "Oh good, now I'll know how to cook this turkey." A WIC mom told nutrition advisor Linda Detsauer, "I'm so glad to get recipes so I won't end up throwing away the leftover meat."

A continuous run of the "How to Roast a Turkey" video also occurred at the distribution site. Food demonstrations on making casseroles with leftover meats were done at Lincoln Housing Authority senior sites and Head Start parent meetings. At a mom's group, the importance of sharing food safety information was apparent when a client disclosed that she still had turkey in her refrigerator, cooked three weeks prior. Sandy Phillips, nutrition advisor,



Nutrition Education Program

for Limited Resource Families

Karen Wobig
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alerted her to the danger factors in using it. After hearing the information, she said, "No one has ever told me that. My family could have gotten sick." She then assured Sandy she would throw it away. In further discussions, it was apparent she was used to keeping meats this long. When asked about family illnesses, she said, "Yes, we seem to have the flu quite a bit!" Distributing the recipe of a "No Crust Pumpkin Pie" was also a big hit with many clients. A teen mom shared with Advisor Nobuko Nyman, "I'll try this since it's low-fat."

Heart healthy adventures

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Many people know heart disease is the number one killer of American men.

How many know it is also the number one killer of American women? Statistics show:

- More than half a million women die yearly from cardiovascular diseases (heart disease and stroke) in the United States. This total is more than the next 16 causes of death combined. Forty-two percent of women who have heart attacks die within a year compared to 24 percent of men.

- Cardiovascular diseases have claimed the lives of more females than males every year since 1984.

(SOURCE OF STATISTICS: American Heart Association. 1999 Heart and Stroke Statistical Update. Dallas, TX: American Heart Association, 1998.)

Although symptoms may not appear until a person reaches middle-age or older, it

may actually begin developing as early as childhood. It's never too early for men or women to learn heart healthy behaviors.

Some general lifestyle behaviors that may help lower the risk of heart disease include the following.

- Don't smoke.
- Maintain a healthy weight.
- Get a total of at least 30 minutes of moderate to vigorous physical activity most days of the week.
- Eat heart healthy food.

A recent study by the Harvard School of Public Health found women in the Nurses' Health Study who followed a heart healthy lifestyle reduced their chance for heart disease by up to 82 percent. Even though only around one percent followed all the guidelines, the researchers felt that doing something was still better than doing nothing. Rather than agonize over what you "should" do, plan some ADVENTURES

so they're heart healthy behaviors you "want" to do!

HEART HEALTHY ADVENTURES

Ready, set, read on to discover the adventures that appeal to your heart!

(NOTE: The following suggestions are intended for the average healthy individual over age 2 who wants to stay healthy. They shouldn't be considered a substitute for medical advice or treatment. If you already have heart disease, a family history of heart disease, or want to fine-tune these suggestions to your lifestyle, check with your healthcare professional for more personalized information.)

1) TO BEGIN YOUR ADVENTURE, call or visit your local office of the American Heart Association (AHA) for more information about heart-healthy eating and other heart-healthy behaviors. (For the Lincoln area, call 489-5115 or

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Focus on Food



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Q: What are some seasonings I could use to flavor vegetables so I don't have to use salt for flavoring. My husband has high blood pressure and I'm trying to watch his salt intake.

A: Here are some suggestions for specific vegetables from the American Heart Association:

- Tomatoes: basil
- Green beans: dill
- Carrots, spinach: marjoram
- Peas, cauliflower, squash: rosemary

The Heart Association suggests you start with just 1/8 to 1/2 teaspoon of seasoning per package of frozen vegetable and adjust to your family's taste. (AH)



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