



## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

For a quick and easy way to add interest to summer salads, try making your own croutons. Here's a recipe from the Nebraska Wheat Board to get you started. For more information and recipes for using wheat foods in your diet, call the Nebraska Wheat Board at (800) 651-6736 or e-mail at [nwb@nrdec.nrc.state.ne.us](mailto:nwb@nrdec.nrc.state.ne.us). You can also visit the national web site of the Wheat Foods Council at <http://www.wheatfoods.org>

### Homemade Whole Wheat Croutons

Makes about 2 cups

NOTE: Trim crusts from bread, if desired. Leaving the crusts on the bread, however, can add visual interest, save preparation time and you don't have to come up with a use for the cut-off crusts!

#### Oven Method:

4 slices whole wheat bread (use day-old or older bread for best results)

Garlic powder, onion powder, or other herb or spice to taste  
2 to 3 tablespoons olive oil

Lightly brush both sides of bread with olive oil or spray them with a pump-type oil mister. Sprinkle with garlic powder, onion powder, or other herb or spice. Cut into 1/2-inch cubes. Bake in a 400 degree F oven on an ungreased cookie sheet, stirring occasionally, until browned and crisp, about 10 minutes.

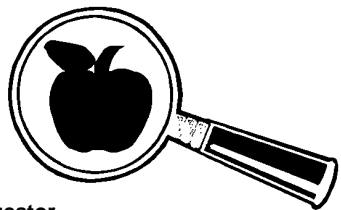
#### Skillet Method:

4 slices whole wheat bread (use day-old or older bread for best results)

2 to 3 tablespoons olive oil  
Onion or garlic powder, to taste

Cut bread into 1/2-inch cubes. Heat olive oil in a large skillet on medium heat. Add bread cubes; toss and stir until browned and crisp—about 5 minutes. Sprinkle with onion or garlic powder, if desired. (AH)

## Focus on Food



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### Q: How should you handle raw fruits and vegetables to help keep them fresh-tasting and safe to eat?

**A:** As with other foods, it's important to handle fruits and vegetables properly for best taste and to help prevent food-borne illness. It's especially important to follow safe food practices in summer months when temperatures are warmer and bacteria can grow faster. There is more chance for contamination as we may eat outside more, especially in sites away from home where there is little or no access to refrigeration and washing facilities. Following are some steps from a Food and Drug Administration (FDA) Talk Paper (May 26, 2000) that consumers can take to reduce the risk of food-borne illness from fresh produce:

- At the store, purchase produce that is not bruised or damaged. If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.
- At home, chill and refrigerate foods. After purchase, put produce that needs refrigeration away promptly. (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- Wash hands often. Hands should be washed with hot soapy water before and after handling fresh produce, raw meat, poultry, or seafood, as well as after using the bathroom, changing diapers,

See FOCUS on page 11

## WIC Works Wonders!!

WIC helps pregnant women eat better, have healthier babies, and receive early prenatal care. Infants born to WIC mothers weigh more, and grow and develop better. Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly, and receive immunizations.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides free foods and nutrition information to keep pregnant women, infants, and children under five healthy and strong.

Over 4,700 Lincoln/Lancaster County clients are a part of the WIC program, at convenient locations, coordinated by Family Service and the Lincoln/Lancaster County Health Department. A family of four earning \$31,544 annually meet the income guidelines. WIC foods include milk, cheese, infant formula, cereal, eggs, juice, beans, carrots, and peanut butter.

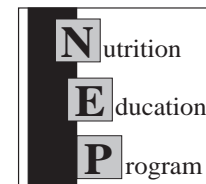
The Nutrition Education Program (NEP) works side by side with WIC. "The teamwork enhances the nutrition education which our clients receive. The NEP staff do a great job of individualizing the education to fit the families needs," says Marcia Wallen, Family Service WIC program coordinator.

Sandy Phillips, nutrition advisor says, "The WIC staff and clients are great to work with. Many of the clients come to see me even when they aren't scheduled just to share the successes they've had with the information we share."

A WIC parent says, "The WIC program is perfect. It has been a lifesaver for my children." If you or someone you know may benefit from the WIC, call 441-8655 or 441-6200 for more information. (MB)



Sandy Phillips (NEP) and Kim Cline (Family Service WIC) serve families at Carol Yoakum Family Resource Center on Thursday afternoons.



### Nutrition Education Program

for Limited Resource Families

Maureen Burson  
Extension Educator

## Make It A S\*U\*P\*E\*R Salad Summer!

Alice Henneman  
Extension Educator

What comes to mind when you think of a salad? Perhaps a little lettuce with a gob of a fatty dressing on top. How about thinking: **S\*U\*P\*E\*R SALAD!**

Bowl 'em over this season with nutrient-packed, slimming, hunger-satisfying, sumptuous summer salads! Here's how and some recipes that will help you get started:

### 1. COLOR IT HEALTHY

Create your salads from a variety of colorful fruits and vegetables to gain the most advantage from the nutrients, fiber, and phytochemicals in these foods. Phytochemicals are chemicals produced by plants

that are thought to have beneficial health effects.

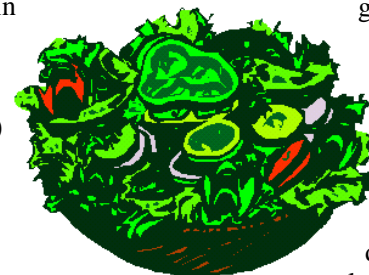
Eating five or more fruits and vegetables a day has been associated with helping protect against certain types of cancer, heart disease, osteoporosis, and with aiding in weight control.

The new Dietary Guidelines for Americans, 2000 has a new guideline developed solely for fruits and vegetables: "Choose a variety of fruits and vegetables daily." For starters, here's a palette of some possible colors:

- **RED:** Tomatoes, watermelon, strawberries, red grapes, raspberries, red peppers.

- **ORANGE:** Apricots, cantaloupe, carrots, papaya, peaches, oranges.

- **GREEN:** Broccoli, lettuce and other greens, spinach, chives, peas, kiwi fruit, green peppers. When considering green plant foods, you might also think about



- adding herbs for flavor and color. Some possibilities include: basil, dill, mint, oregano, parsley, rosemary.

- **WHITE:** Cabbage, cauliflower, onions, garlic, scallions, leeks, potatoes, bananas.

See SUPER SALAD on page 11



**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.

- 301 Canning Vegetables Safely
- 302 Using a Boiling Water Bath
- 303 Keeping Canned Fruit from Floating

and many more...



### Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry: [www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)

### FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at [AHENNEMAN1@UNL.EDU](mailto:AHENNEMAN1@UNL.EDU)

### Diabetes Study Course

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