



Alice Henneman, RD, LMNT, Extension Educator

People often call our office asking about using applesauce instead of fat in recipes. Here's a recipe from the American Dietetic Association using apple butter or applesauce in place of much of the fat. If you have access to the Internet, you can find several more recipes at the Mott's Applesauce Web site: www.motts.com

Chewy Oatmeal Raisin Bars

- 3/4 cup packed brown sugar
- 1/2 cup sugar
- 4 tablespoons margarine, softened
- 3/4 cup apple butter or applesauce
- 2 egg whites
- 2 tablespoons skim milk
- 2 teaspoons vanilla
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt (optional)
- 3 cups oats (quick or old fashioned, uncooked)
- 1 cup raisins

Heat oven to 350 degrees. Beat together sugars and margarine until well blended. Add apple butter, egg whites, milk and vanilla; beat well. Add combined flour, baking soda, cinnamon and salt; mix well. Stir in oats and raisins; mix well. (Dough will be moist.) Spread dough in ungreased 13 x 9 inch baking pan. Bake 25 to 30 minutes or until light brown. Cool before cutting into bars. Makes approximately 32 bars.

- One bar has:
- Calories: 90
- Total Fat: 2 grams
- Saturated Fat: 0 grams
- Cholesterol: 0 milligrams
- Dietary Fiber: 1 gram
- Soluble Fiber: 1/2 gram
- Protein: 2 grams

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Focus on Food



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This month's Focus on Food offers some "food myths" and "truths" from the American Dietetic Association.

1. MYTH OR TRUTH: A food that is labeled "98% fat-free" contains only 2% of its total calories from fat.
 2. MYTH OR TRUTH: Brown bread has more fiber than white bread.
 3. MYTH OR TRUTH: Cottage cheese is a great source of calcium.
- ANSWERS:**
1. MYTH. The "98% fat-free" claim refers to the weight of the food, not its calories. If a food is labeled fat-free, it contains 3 grams of fat or less per serving. Read the Nutrition Facts label for grams of fat per serving.
 2. MYTH. Being brown in color does not mean a bread is high in fiber. If the bread's ingredient list states it contains whole wheat or other whole grains, then it probably has fiber. The brown color is likely from caramel coloring found in the ingredient list. Check the Nutrition Facts label for the number of grams of fiber per serving.
 3. MYTH. Cottage cheese supplies only 65 mg calcium in a half cup. If you are eating it for its calcium content, try more calcium dense foods, such as 8 ounces of milk or yogurt, which contain 300 mg of calcium or 1 ounce of cheddar cheese which contains 200 mg calcium.
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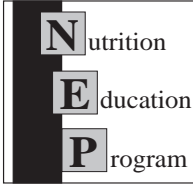
On the Plate... Supplement Label Changes

In January of this year we not only celebrated a new millennium, but also had a change in the Dietary Supplement Act of 1994. Dietary supplement labels can now make what is known as "structure/function" claims which means that manufacturers can claim how their product can affect the structure or function of the body without prior approval from the Food and Drug Administration. Examples of structure/function claims are: "for muscle enhancement," "maintains a healthy blood system," "helps you relax," or "for common symptoms of PMS." However, they may not, without prior FDA review, bear a claim that the supplement can prevent, treat, cure or diagnose a disease. This is called a disease claim. Examples of disease claim are "prevents osteoporosis," "prevents coronary heart disease," or "can be used in the treatment of depression."

The label on dietary supplements will look very similar to the nutrition facts label on foods. The new labels have to be implemented by September, 2000. An example of a supplement fact label is shown below.

As you can see the label will contain the following information:

- Serving size
- List of ingredients
- % Daily Value for vitamins and minerals
- The label must also include a set of ingredients that may not be safe or effective with recommended daily amounts.



Nutrition Education Program

Nutrition Education Program
for Limited Resource Families

Dr. Wanda Koszewski,
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- Herbs must state the common name of the plant, the part of the plant used and how much of the herb is in each serving.

The FDA is hoping this will help consumers make better decisions on dietary supplements and their usage. (MB)

Supplement Facts

Serving Size: 1 tablet		
Servings Per Container: 45		
Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	200 mg	333%
Niacin (as niacinamide)	80 mg	400%
Bee Pollen Powder	25 mg	*
Oriental Ginseng, powdered (root)	250 mg	*
*Daily Value not established		

Convenient, Safe and Nutritious Foods: It's in a Can

March is National Nutrition Month (NNM), a nutrition education and information campaign sponsored annually by The American Dietetic Association (ADA) and its Foundation. With the safe passage of Y2K, a timely topic for many might be: How nutritious are all those extra canned foods I bought "just in case." Here's some information from ADA on canned foods.

When it comes to eating right for a healthy lifestyle, you have more food options than ever before. These options are available in a number of packages—in bags, cartons, bottles and cans. For those

seeking convenience, safety and a variety of nutritious foods, canned foods offer one smart choice. Busy cooks are returning to using canned foods to fit into their hectic and nutrition-conscious lifestyles.

How does the nutrition profile of canned foods compare with fresh and frozen?

Canned food is a convenient and versatile option for nutritious eating. Fresh, frozen and canned foods can help you prepare easy and nutritionally balanced meals for the whole family. Canned food is as nutritious as its fresh and frozen

counterparts upon preparation. Because fruits and vegetables are processed a few hours after harvesting, canning food locks in taste and nutrients. It can also offer a variety of essential vitamins, minerals and fiber that the body needs to stay fit and healthy.

What varieties will I find in the canned food aisle?


More than 1,500 varieties of canned foods are available, ranging from artichokes to zucchini. Most brands offer canned food varieties in sodium-

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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)



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.

- 331 How Long Should You Keep Commercial Canned Foods?
 - 348 Safe Refrigerator and Freezer Temperatures
 - 349 Can You Freeze Fresh Meats in Supermarket Wrappings?
- and many more...



Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry: 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.