



Alice Henneman, RD, LMNT, Extension Educator

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

The Food and Drug Administration has authorized use of health claims about the role of soy protein in reducing the risk of coronary heart disease (CHD) on labeling of foods containing soy protein. This is based on the FDA's conclusion that these foods, when included in a diet low in saturated fat and cholesterol, may reduce the risk of CHD by lowering blood cholesterol levels.

Here are three recipes from a soy cookbook called "Favorites from the Heartland" (2nd edition).

You can receive a FREE copy of this cookbook, as long as supplies last, by calling the Nebraska Soybean Board at 1-800-852-2326 or 441-3140 in the Lincoln area. There's a limit of one cookbook per caller. You can also find more information and recipes using soyfoods at: [www.soyfoods.com](http://www.soyfoods.com). (AH)

**Veggie Pizza**

This revised version of an old favorite is a healthy treat for a party.

- 1 loaf frozen whole wheat bread dough, thawed
- 1 package (12 ounces) soft silken tofu, well drained
- 1/3 cup light mayonnaise
- 2 teaspoons dill weed
- 3/4 teaspoon garlic powder
- 1 teaspoon lemon juice
- 1 cup cauliflower, finely chopped
- 1 cup broccoli, finely chopped
- 1/2 cup carrots, grated
- 1/2 cup green onion, finely chopped
- 1/2 cup tomato, finely chopped, drained

Preheat oven to 350 degrees. Stretch bread dough onto a greased 14-inch pizza pan and bake until done (about 15 to 20 minutes); cool completely. In blender, mix tofu, mayonnaise, dill weed, garlic powder and lemon juice until smooth and creamy. Spread over cooled crust. Sprinkle cauliflower, broccoli, carrots, onions and tomato over tofu mixture. Press in gently; chill. Cut into bite-sized pieces and serve. Yield: 12 servings

**Baby Broccoli Soy Salad**

- 1 package (16 ounces) Birds Eye Baby Broccoli vegetables\*
- 1/3 cup Zesty Italian Dressing
- 1/2 tablespoon dry minced onion

Thaw vegetables under cold running water; drain. Mix dressing and onion and pour over thawed vegetables. Refrigerate. Marinate at least 4 hours before serving. Yield: 6 servings

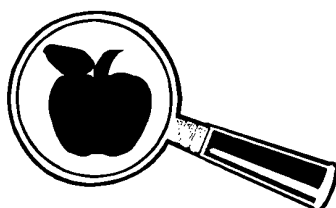
\*Featuring sweet beans (fresh green soybeans)

**Pineapple Raspberry Cooler**

- 1 cup pineapple juice
- 1 large ripe banana
- 1 package (12 ounces) firm silken tofu
- 10 ounces frozen raspberries, sugar added
- 6 ice cubes

Combine all ingredients in a blender and puree until smooth. Yield: 6 servings

**Focus on Food**



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**Q: What temperature should I keep my refrigerator?**

**A:** Cold temperatures help keep harmful bacteria from growing and multiplying. A refrigerator temperature of 40 degrees F or lower will slow bacterial growth.

Keep your freezer at 0 degrees F or lower. Freezing will stop most bacterial growth so frozen foods keep longer than those at refrigerator temperature. Freezing does not kill bacteria so it is still important to handle food safely.

Keep an appliance thermometer in your refrigerator and in your freezer to be sure they stay at these recommended temperatures. You can buy a thermometer at a discount, hardware, or grocery store. (AH)

**Cook with Kids!**

The Nutrition Education Program continues to be a programming partner with Lincoln Action Program's HeadStart. One of the goals of HeadStart is to enhance parent-children interaction through various activities. To ensure quality family time, make it a priority to cook together. The following is a list of advantages when families spend time together in the kitchen!

- Children who have learned to prepare nutritious foods are more likely to choose such foods when they are looking for "something to eat."
- Children will often eat foods they have helped prepare, even if it is an unfamiliar food or one they have not liked in the past.
- It gives parent and the child extra time to spend together.
- As the child's cooking skills are developed, so is the priceless sense of competence—"I can do it!" When those skills are used to help prepare something for the family, the child feels important.

- The child develops skills that will always be beneficial to him/her.
- Having a young, ambitious helper in the kitchen will give you some much appreciated help.
- Children develop readiness skills such as vocabulary and language development.
- Cooking lets children experience the sights, smells, and tastes of every step in the cooking process.
- Cooking provides children with the opportunity to increase their understanding of numbers, letters and most important nutrition.
- Cooking helps children develop small muscle coordination.
- Group cooking gives children practice in sharing and cooperating as a team.

**Nutrition Education Program**  
for Limited Resource Families  
Kendra Schmit, RD

- Children learn healthy food makes your body and mind healthier so you will have more energy to enjoy learning and playing!



HeadStart professionals integrate food preparation with children into daily learning.

**Excessive Juice Can be Unhealthy for Young Children**

Fruit juice is a good source of vitamins and minerals for kids, but overdoing it can be unhealthy.

Check the package label before purchasing fruit beverages. Fruit drinks aren't the same thing as fruit juices—drinks may be nothing more than fruit-flavored sugar water fortified with vitamins, and they don't provide the health benefits of 100 percent fruit juice.

Infants under six months need breast milk or iron-fortified formula and shouldn't drink fruit juice. Infants can drink juice after they've been introduced to cereals and vegetables. Wait until the infant

can drink from a cup, because sipping juice from a bottle may have negative effects on the child's dental health. When teeth are exposed to sweet liquids for long periods of time, the sugars cause bacteria to produce acids, which can erode tooth enamel and cause tooth decay.

Choose juices fortified with Vitamin C, but don't serve orange juice before a child's first birthday. A young child's gastrointestinal tract may not be able to prevent the absorption of a protein found in oranges, which can cause an allergic reaction.

Limit the amount of juice that a child drinks. A baby six

to 12 months can have 3 ounces of juice no more than twice a day; toddlers up to two years can have one-fourth to one-third cup no more than twice a day; and preschoolers up to five years can have one-half cup up to twice a day.

Serve juice as a snack or as part of a meal, but don't serve it too close to dinnertime because it dulls the appetite. Kids who drink too much juice may not eat the foods needed for growth and development. Too much juice also can cause weight gain in toddlers and cause diarrhea.

SOURCE: Julie Albrecht, Ph.D., food and nutrition specialist, NU/IANR (AH)



**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.

- 383 How Long to Keep Flour, Sugar, etc.
- 385 Don't Use Rusty Pans
- 379 Does Alcohol Evaporate During Cooking

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)