

## Food & Fitness

### Healthy Eating

#### Apple Crumble

6 cups peeled, thinly sliced Granny Smith apples (about 4 large)  
 3/4 cup firmly packed light brown sugar, divided  
 2 tablespoons water  
 3 tablespoons thawed frozen apple juice concentrate, divided  
 2 teaspoons cornstarch  
 3/4 teaspoon ground cinnamon  
 2/3 cup regular oats, lightly toasted\* (see \*at end of recipe for toasting instructions)  
 1/2 cup All Bran with Extra Fiber cereal  
 1/4 cup whole-wheat flour  
 1/4 cup all-purpose flour  
 1 teaspoon ground cinnamon  
 2 tablespoons canola oil  
 Preheat the oven to 400 degrees F.

Combine the apples, 1/4 cup brown sugar, water, 1 tablespoon apple juice concentrate, cornstarch, and 3/4 teaspoon cinnamon in a large bowl, and toss well to coat the apples. Spoon the mixture into a shallow, 1 1/2 quart baking dish coated with cooking spray.

Combine the oats, flour, cinnamon, the remaining 1/2 cup brown sugar, the remaining 2 tablespoons apple juice concentrate, and the canola oil in a food processor, and pulse until it is just blended. Sprinkle over the apple mixture.

Cover with aluminum foil and bake for 25 minutes.

Uncover and bake for 15 minutes or until the fruit is tender and the topping is crisp. Serve warm or at room temperature.

• To lightly toast oatmeal: Preheat the oven to 400 degrees F, spread oatmeal on the baking pan, and bake for 5-8 minutes.

**Nutritional information per serving:** Calories: 245. Energy Density: 1.8. Carbohydrate: 51 g. Fat: 6 g. Protein: 3 g. Fiber: 7 g. Sodium: 36 mg. Good Source: Fiber.

**Reproduced with permission from:** Rolls, B. J. and Barnett, R. A. *Volumetrics: Feel Full on Fewer Calories*. HarperCollins Publishers, 2000. (AH)

## Free Nutrition and Osteoporosis Workshop

Extension educator and registered dietitian Alice Henneman will give a free presentation on "Nutrition and Osteoporosis," as part of BryanLGH's Women and Health Series, on Wednesday, February 28, 7 to 9 p.m. This free program will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street. To register, call BryanLGH at 481-8886.

Henneman's presentation will cover the recommended level of calcium for your age group, how to determine how much calcium you're getting now and how to get the adequate amount. She will also discuss calcium supplements and other dietary factors that can affect bone health. (AH)

## Helping of Holiday Traditions with NEP

Celebrations are a natural part of the holidays. Traditions are another. The Lancaster County NEP/EFNEP staff provided leadership and resources for three such celebrations which included many helpings of tradition.

#### LMEF Pathways

Lincoln Medical Education Foundation Pathway's Program is a residential community which provides positive support for families as they move towards self-sufficiency. The Nutrition Education Program partnered with Pathway's staff to teach residents food preparation and food safety techniques for the holidays. Extension Assistant, Mardel Meinke set up "learning stations" for the preparation of each food. This included ingredients, utensils, cooking and serving dishes, and specific instructions. Twelve adults prepared steaming bowls of turkey, potatoes, dressing, and corn. EFNEP advisor, Patrice Broussard demonstrated how to make gravy. Fruit salad and breads were also served and a festive table set.

Participants shared experiences about cooking a turkey and discussed food safety tips. Comments such as "My child would like this" and "This is really good" were often heard. Seven NEP graduates were presented the "Recipe Collection" cookbook for completing a minimum of six NEP lessons. The evening fostered some great family food traditions.

#### Early Head Start

"Celebrating Traditions From Different Cultures" was the theme of the December

Early Head Start Family Gathering at Lincoln Action Program. Eight families and staff enjoyed a delicious variety of foods including Swedish Fruit Soup, Mexican Bean Dip, German Stroganoff, Green Baklava, and Spinach Pie from Greece. The foods were prepared by Kendra Schmit, Sondra Phillips, and Patrice Broussard with the Nutrition Education Program and Des Deligiannis with Head Start. Kendra also provided Holiday Food Safety Education for the parents.

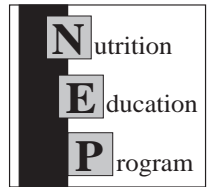
Every month, Early Head Start families are invited to attend Family Gatherings where they are served a nutritious meal, receive nutrition education, and experience hands-on family activities.

#### Lincoln Housing Authority Seniors

Lincoln Housing Authority has several residential senior sites in Lincoln. A traditional "Holiday Celebration" has been



LMEF Holiday Celebration  
 Pathways residents and NEP staff, Mardel Meinke and Patrice Broussard.



### Nutrition Education Program

for Limited Resource Families

**Mardel Meinke**  
 Extension Assistant

held each year as a culmination to year-long nutrition programs.

Karen Wobig, extension assistant, provides the monthly programming and the entire NEP staff assisted with the planning, preparation, and serving of a traditional meal to almost 70 residents of Mahoney Manor and Burke Plaza. The menu reinforced the importance of incorporating all food groups when planning menus and the importance of serving nutrient-dense foods. Many residents expressed their appreciation for the food and fellowship since most live alone, cooking only for themselves. Lincoln Housing Authority sponsored this educational program. (MM)

## Feel Full on Fewer Calories: an Interview With Dr. Barbara Rolls About Volumetrics—Part 2

#### Alice Henneman

MS, RD, Extension Educator

*NOTE: This article is the second and final part of an interview with Dr. Barbara Rolls, author with Robert A. Barnett of "Volumetrics: Feel Full on Fewer Calories." "Since Part 1 appeared in the January NEBLINE, the January issue of "Self" magazine gave "Volumetrics" the highest combined score in their evaluation of 13 of America's most popular diet and weight management plans. Enjoy another recipe from Dr. Roll's book in this month's Healthy Eating section.*

**AH: Is it necessary to only eat low-energy-dense Volumetric foods at all meals in order to benefit?**

DR. ROLLS: No, we did one study where we measured how much lean and overweight women normally ate. Then for four days in a row, they ate all their meals in our Eating Lab. They were REQUIRED to eat the

entire portion of main dishes that provided half the calories they normally ate at that meal. Then, they could eat anything they wanted for their other foods and between meals.

We established the amount of food people normally ate and then in random order tested them all in all conditions so they got both high and low energy density foods after their baseline

intake was determined. When we lowered the energy density of the required main dishes, they didn't eat any more of the "free" foods offered at and between meals. The women weren't consciously dieting; however, they spontaneously ate about 100 calories less a day and felt just as full and satisfied. Both overweight and lean women responded similarly to the reduction in energy density.

In another study, we served a chicken, rice, and vegetable soup before lunch. The women reduced the calories they consumed from

other foods at lunch.

I think this indicates you don't have to change your entire diet. You can start by changing some of the foods you're eating and you're going to feel fuller on those foods and you're going to eat less of the foods that are higher in energy density. Obviously, the more you can change, the more likely it is to work. Just changing a few foods, like choosing reduced-fat potato chips over full-fat potato chips, probably won't do enough.

The types of foods you need to eat aren't extreme and can be used for just weight maintenance as well as weight loss. Unless people are cutting calories dramatically, there's no reason for any risk in following a Volumetrics way of eating. It's compatible with the Dietary Guidelines. What they're doing is getting their calorie intake down to a more reasonable level.

**AH: How can a person lower the energy density of**

**higher energy dense foods and make them more suitable for a Volumetrics eating plan?**

DR. ROLLS: Any time you can add vegetables to your favorite dish, you'll dilute down the energy density. Use your favorite vegetables. For example, if you can substitute your favorite veggies for some or all of the pepperoni on your pizza, you're really going to reduce the energy density quite dramatically.

**NOTE:** In the book, Dr. Rolls gives an example of two sandwiches that illustrate how to lower the energy density of a food.

The first sandwich was made with 2 slices of whole-wheat bread, 2 slices (2 ounces) beef bologna, 1 slice (1 ounce) mild cheddar cheese, 1 piece lettuce, and 1 tablespoon regular mayonnaise. It had 625 calories.

In the Volumetric sandwich, they cut the fat and then added water and fiber by increasing the vegetables. The second sandwich used reduced-fat mayo, reduced-fat cheddar cheese and lean roast beef. It weighed the same as the first sandwich and had only 438 calories.

To get an even bigger sandwich, they added 2 slices tomatoes, 2 rings of green pepper and 1 tablespoon of alfalfa sprouts. These vegetables only added 14 calories to the second sandwich for a total of 452 calories.

**AH: There any other tips you'd like to give readers who would like to try eating the Volumetrics way?**

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