



## Food & Fitness



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Because orange juice concentrate replaces part of the oil, this vinaigrette has only 2 grams of fat and 34 calories per tablespoon.

### Citrus Tossed Salad

6 cups torn mixed salad greens  
3 oranges or 2 grapefruit, peeled, sectioned, and seeded  
1 1/2 cups peeled jicama, cut into thin strips  
1 medium red onion, sliced and separated into rings  
1/3 cup Citrus Vinaigrette (recipe below)

In a large salad bowl combine torn mixed greens, orange or grapefruit sections, jicama, and onion rings. Drizzle with the vinaigrette; toss. Serve at once. Makes six side-dish salads.

### Citrus Vinaigrette

To make 1/3 cup: In a screw-top jar combine 3 tablespoons frozen orange juice concentrate, thawed; 1 tablespoon vinegar; 1 tablespoon olive oil; 1 tablespoon water; and dash of pepper. Shake well to mix. Cover and chill for up to 1 week. Before using, let stand at room temperature about 15 minutes, then shake well.

**Nutritional Analysis Per Serving:** 83 calories, 2 g protein, 14 g carbohydrate, 3 g total fat (0 g saturated fat), 0 mg cholesterol, 2 g dietary fiber and 26 mg sodium.

**Reprinted with permission from:** Produce for Better Health Foundation (PBHF) "5 A Day for Better Health" program and provided by the Florida Department of Citrus. For more recipe ideas, check the PBHF Web site at: [www.5aday.org](http://www.5aday.org) (AH)

## Is That Whole Wheat Bread Really "Whole Wheat"?

The NEW DIETARY GUIDELINES FOR AMERICANS recommends at least half of the recommended 6-11 servings of grain products per day be whole grain products. One serving for adults would include a slice of bread, 1/2 cup of rice, 1 ounce cereal, 1/2 of a bagel or bun, etc. Grains form the very basis of our diet and are essential for energy. If you don't get enough grains, the foundation of your diet is not strong. A healthy goal is to try to make half of your grain consumption of breads, cereals, pasta, and rice whole grains. Whole grains provide phytochemicals and anti-oxidants that can reduce the risk of heart disease and some types of cancers. Grains provide essential vitamins and the fiber in whole grains definitely help your digestive tract to work smoothly.

While there are certainly whole wheat and other whole grain products available, identifying them in the store is not easy. You can't go by appearance since many "brown" breads have caramel coloring, molasses, or other ingredients added to make them look "healthy" or look like whole

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wheat. You can't tell by manufacturer's claims on the package. The bread may contain eight to 12 grains or kinds of seeds but the amounts can be very small and white wheat flour may be the main ingredient. It may be "stone-ground" which refers to the method of grinding, not the nutritional content. A label stating "100% wheat" just indicates wheat is the only grain used in the loaf of bread. The best way to find out the content of a product is to READ THE INGREDIENT LIST! Ingredients are listed in descending order so, if "whole wheat" or "whole grain" is not listed first, the bread is not a whole grain product. There might be more

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*"To make a good salad is to be a brilliant diplomatist—the problem is entirely the same in both cases. To know exactly how much oil one must put with one's vinegar." - Oscar Wilde*

When it comes to making a good salad, Gloria Stables, MS, RD, director of the National Cancer Institute's 5 A Day program that promotes eating a combined total of 5 or more fruits and vegetables daily, advises we "Sample the spectrum. The more reds, oranges, greens, yellows, and blues you see on the plate, the more health-promoting properties you are getting from your fruit and vegetable sources."

Eating a colorful, nutrient-packed salad is a perfect way to serve up a plateful of healthy foods. Our choice of salad dressing, however, can make or break the taste AND the nutrition of a salad.

Top a salad with a tasteless dressing and your salad goes to WASTE on the plate. Drench salads with a high-calorie dressing and they go to WAIST on YOU!

To kick up the taste and keep down the calories, here are 10 suggestions for successfully combining salad ingredients, including greens, and oil-and-vinegar vinaigrette-type dressings.

### 1) Dry Greens Thoroughly

Dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing throughout your salad if salad greens are washed and thoroughly dried.

If you're using bagged lettuce that's pre-washed and labeled "ready-to-eat," it should be dry enough as is. If you need to wash salad greens, the easiest way to dry them is in a salad spinner. Pack lightly to avoid overcrowding and bruising the greens. After spinning, pat off any remaining moisture with clean paper towels. If you don't have a spinner, dry greens thoroughly with clean paper towels.

**NOTE:** To wash greens, separate the leaves and place in a clean sink or deep bowl filled with cold water and swish the leaves around. If necessary, remove any stems. Lift greens from the water and transfer to another bowl so dirt and grit remains in the water. Pour out the water and repeat the washing

process in clean water until dirt and grit is gone and the water is clear.

The following is a sample ingredient list for a whole grain food: **INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, SOYBEAN AND/

## The Well-Dressed Salad

OR CANOLA OIL, YEAST, SALT, HONEY.

It may take three or four washings for some greens. For harder to reach sections of salad greens, you may want to hold leaves under running water. Wash your hands with warm, soapy water before you begin washing your greens. Tear lettuce at the time of making your salad.

Wash salad greens shortly before using them. Store UNWASHED salad greens in the crisper section of your refrigerator



using a plastic bag with holes poked in it. Avoid storing greens next to fruits such as bananas and apples. They emit ethylene gas as they ripen. This can cause brown spots on your greens and shorten storage time.

If you're washing greens earlier in the day, consider lining your salad bowl with clean paper towels, adding your greens and sealing the bowl with plastic wrap. Store in the refrigerator. Or, refrigerate your washed greens in your salad spinner.

### 2) Use Flavorful Oils

Vinaigrette-type salad dressings provide a wonderful opportunity to include olive oil in your meals. Olive oil is frequently recommended for its heart-healthy properties when served as part of a diet low in saturated fat and cholesterol and moderate in total fat. It is high in monounsaturated fatty acids that help decrease blood levels of LDL cholesterol (the type that deposits cholesterol in artery walls) while maintaining protective HDL cholesterol (the type that removes excess cholesterol from our body).

Enjoy the robust flavor of "extra virgin" olive oil. "Light" olive oil is lighter in color, fragrance and flavor, not lighter in calories. Though extra virgin olive oil may be slightly more expensive, its hearty flavor makes a little go a long way.

Olive oil retains a satisfactory quality for about six months on the shelf if you keep it well-sealed and in a dark, cool place. You can keep it up to about a year in the refrigerator; however, it turns cloudy and thick when cold and must be brought to room temperature to become clear and liquid again.

### 3) Avoid Adding More

find out the actual content of a food. If you want a whole grain product, "whole grain" should be listed first on the ingredient list, not second or third. **Is the loaf of supposedly whole wheat bread you purchased yesterday actually "WHOLE WHEAT?"** (MM)

The "bottom line" is to understand how important grains are to our health and then figure out ways to incorporate a variety of whole grains into your diet. While shopping, get in the habit of reading the ingredient list to

### Salad Dressing than You Need

In *How to Make Salad* (Boston Common Press, 1998), the test kitchen staff for *Cook's Illustrated* magazine advise a fourth cup of vinaigrette should be enough to dress 2 quarts (8 cups) of loosely packed salad, an amount they suggest for four servings. That means each serving of salad greens should have about one tablespoon of dressing on it.

Pam Anderson (*How to Cook Without a Book*, Broadway Books, 2000) advises about 1 tablespoon of oil and a teaspoon of vinegar for each 1 1/2 cup portion of salad. In making a basic vinaigrette, she uses a proportion of 3 tablespoons of vinegar to 1/2 cup oil.

Offering up to about a tablespoon of olive oil per person in a salad dressing is an enjoyable way to include this healthy fat in your diet. One tablespoon olive oil provides 120 calories and 13.5 grams of fat.

The U.S. Department of Agriculture Dietary Guidelines for Americans, 2000 advise a total fat intake of no more than 30 percent of calories for healthy individuals two years of age or older. On a 2,000 calorie diet, that would mean no more than 600 calories from fat each day. Each tablespoon of olive oil would provide ONE-FIFTH of your total fat intake for the day, so go easy on how much dressing you use.

If you enjoy homemade dressings and would like to bring the fat per serving down even further, the salad dressing recipe in this article provides only 1 to 1 1/2 teaspoon oil per serving.

### 4) Experiment with Vinegars

A classic French vinaigrette is typically three to four parts oil (usually olive oil) and one part acid (frequently red wine vinegar). Seasonings include salt, pepper, and often Dijon mustard and/or garlic.

You may be able to use less oil and more acid ingredient if you use one of the following in your dressing: rice vinegar; white wine vinegar; raspberry, blueberry or other fruit vinegar; champagne vinegar; lemon, lime or orange juice. Start experimenting by beginning with two parts oil to one part vinegar or citrus juice.

A few more tips:

\* While lime and lemon juice can stand by themselves in salad dressings, you'll get more flavor by combining orange juice with vinegar.

\* Deborah Madison, chef and cookbook author, suggests

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