



## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Enjoy this Caesar salad recipe from the National Cancer Institute's (NCI) 5 A Day Program. The goal of 5 A Day is to increase fruit and vegetable consumption in the United States to 5 to 9 servings every day. Eating fruits and vegetables can improve your health and reduce the risk of cancer and other diseases, including heart disease, hypertension, diabetes, and macular degeneration.



This recipe was created by TV cooking personality and cookbook author, Graham Kerr. For more recipes and health promotion tips from NCI, check: [www.5aday.gov](http://www.5aday.gov).

### Mighty Caesar

#### Croutons

2 cups whole wheat bread cubes  
Olive oil cooking spray

#### Dressing

3/4 cup plain low-fat yogurt  
2 teaspoons Dijon mustard  
1-1/2 tablespoons balsamic vinegar  
1 to 3 cloves garlic, chopped

#### Salad

8 cups cut or torn romaine lettuce  
1/4 cup grated or shaved Parmesan cheese  
(optional) 1-pound chicken breasts, cooked, skin discarded and sliced

- 1) Preheat the oven to 350 degrees F. Scatter the bread cubes in a single layer on a baking sheet. Coat lightly with olive oil pan spray and bake 15 minutes.
- 2) Whisk together the yogurt, mustard, vinegar and garlic. Pour over the romaine lettuce and toss. Scatter the cheese on top. Divide among four plates and serve as a side dish or lay chicken breast slices on top to make a full meal.

Serves: 4

Fruit and Vegetable Servings Per Person: 2

Nutritional Analysis Per Serving: With Chicken Breast: 277 calories, 6 g fat, 22 g carbohydrates, 4g fiber, 384 mg sodium.

## Have You Checked the FOOD Web Site Lately?

We've added several items to the Lancaster Extension Food Web site based on calls to our office. Here are some of the things available:

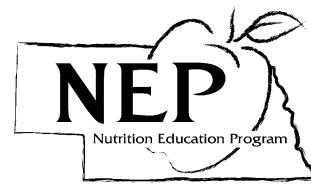
- Directions for canning and freezing foods: <http://lanaster.unl.edu/food/foodpres.htm>
- Making homemade ice cream without using raw eggs: <http://lanaster.unl.edu/food/icecream.htm>
- Grill It Safely! (Includes food safety tips plus links to recipes featuring beef, pork and turkey) <http://lanaster.unl.edu/food/articles/grilling.htm>
- To sign up for when something new is added to the total Lancaster Extension Web site, visit: <http://lanaster.unl.edu/announce.htm>

[www.lanaster.unl.edu/food](http://www.lanaster.unl.edu/food)

Rated "Among the Best"



## Those Delicious, Nutritious Snacks!



Karen Wobig  
Extension Assistant

Snacks are an important part of a child's day. They provide needed energy and nutrients. It often is a long time between lunch and supper/dinner. Cooperative Extension from the University of Kansas State and Iowa State University offers these four tips for healthy snacking:

- Choose snacks low in sugar, salt and fat.
- Avoid snacking close to meals, so children will be hungry for their lunch or supper.
- Choose snack foods from the five food groups: grain, vegetable, fruit, dairy and protein.
- Avoid expensive pre-packaged snack foods that fall into the fats, oils and sweets category.

During the past school year, nearly 600 first grade students attending Lincoln Public Schools experienced first hand the fun of learning about healthy eating and making snacks nutritious. They learned a snack should contain



foods from two different food groups, such as half an apple (fruit group) and a graham cracker (grain group). An

activity that teaches this concept, and can be used both at home and in school, is to have a variety of food pictures from the five food groups and have children put them in pairs. Each pair should represent two different food groups to make a complete "snack." Cutting pictures out of magazines works well.

This summer, turn your otherwise ordinary snack

foods into fun, "out of the ordinary" designs. Children delight in making "creatures" to eat, especially when they help with the food preparation. Try the following creative, nutritious snack:

Most children immediately call the "bug" a spider. Discuss with them an insect has six legs and a spider has eight legs. Possible insects could be ladybugs, ants, flies and beetles.

### Yummy Bugs

2 round or oval crackers  
1 tablespoon peanut butter  
6 to 8 pretzel sticks  
2 raisins

- 1) Wash hands.
- 2) Spread the peanut butter on one cracker.
- 3) Press the pretzel sticks into the peanut butter, 3 or 4 on each side.
- 4) Put the raisins in the peanut butter, on one end.
- 5) Place the other cracker on top.

Makes 1 serving

## Sample The Spectrum

### Color Your Diet With Summer Fruits and Vegetables

It's time to get colorful, says the National Cancer Institute (NCI). With seasonal fruits and vegetables filling produce stands and farmers markets, it's the perfect time to give your health a bright and vivid multi-hued boost. Color your daily diet with bright oranges (carrots, mandarin oranges, sweet potatoes and mango), deep reds (tomatoes, cherries and strawberries), dark greens (broccoli, asparagus and kale), beautiful blues and purples (blueberries, eggplant and plums), and accent it with sunshine yellow (squash, pineapple and corn).

"Here's the rule to live by when filling up your plate," advises Gloria Stables, M.S., R.D., director of the NCI's 5 A Day Program: "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 choices."

As Stables points out, aesthetics aren't the only reason to eat the rainbow of colors. Nutrition research shows that colorful fruits and vegetables contain essential vitamins, minerals and phytochemicals that help prevent diseases such as cancer, promote health and help you feel great.

Here are the specifics...

#### Reds

When you add deep reds or bright pinks to your daily diet,

you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon and guava. A diet rich in lycopene has been suggested to reduce the risk of select cancers, including prostate cancer.

#### Greens

Your mom said, "Eat your greens." The National Cancer Institute says, "Eat your greens." You probably tell your family "Eat your greens." But do you know why this color is so essential to your diet? Not only do these vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy. For example, the carotenoids — lutein and zeaxanthin — that are found in spinach, collards, kale and broccoli have antioxidant

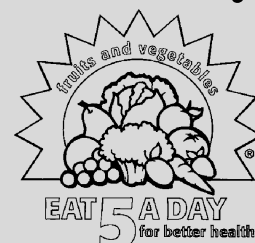
properties that protect your eyes by keeping your retina strong. Also, research shows that green cruciferous vegetables (like cabbage, Brussel sprouts, cauliflower, kale and turnips) may reduce the risk of cancerous tumors!

#### Oranges

Orange, the color of a blazing sun, is a must-have in your daily diet. Orange fruits and vegetables like sweet potatoes, mangos, carrots, and apricots, include beta carotene. This carotenoid is a natural antioxidant and enhances your immune system. In addition to being a powerful health-protector, the orange group is rich in Vitamin C and Vitamin E. Folate, most often found in leafy greens, is also found in orange fruits and

see *SPECTRUM* on page 11

## 5 A Day for Better Health



One recommendation of President Bush's new "Healthier US Initiative" ([www.whitehouse.gov/infocus/fitness](http://www.whitehouse.gov/infocus/fitness)) is "Eat a Nutritious Diet." One of the administration actions is to promote the National 5 A Day for Better Health Program that encourages Americans to eat more fruits and vegetables.

Follow the links in UNL Lancaster County Extension's July/August "Food Reflections" online newsletter for tips and recipes for enjoying 5 A Day (or more!) of fruits and vegetables. To view the newsletter, scroll to the YELLOW "Hot Topics" box and click on "Follow These Links to 5 A Day Adventures" at <http://lanaster.unl.edu/food>