



Food & Fitness



Enjoy Nebraska Foods!

Karen Wobig, Guest Columnist

Karen Wobig is a nutrition assistant with the Nutrition Education Program for limited resource families. Here are some nutritious recipes she uses in her programs at Lincoln Housing Authority senior residential sites.

Cranberry-Raspberry Smoothie

1 cup soy milk (plain or vanilla)
1/2 medium banana (may be frozen if desired)
2 tablespoons frozen fruit juice concentrate (undiluted)
1/4 cup frozen fruit

Puree all the ingredients in a blender until smooth. Pour in a glass and serve at once.

Serves one. Serving size: about 1 1/4 cups. 266 calories, 4 g total fat, 11 g protein, 47 g carb, 2.3 g fiber, 107 mg sodium, 0 mg cholesterol. Source: Nebraska Soybean Board

Pumpkin Cake

4 eggs, beaten
1 can (15 - 16 ounces) pure pumpkin puree
1 1/4 cup sugar
1/2 teaspoon salt
1 teaspoon cinnamon
13 ounce can evaporated milk

Mix above ingredients together and put in a 9 x 13 ungreased pan.

Topping:

1 yellow cake mix (not with pudding)
1/2 cup chopped nuts
1/2 cup melted margarine

Mix topping ingredients and sprinkle over pumpkin mixture. Bake at 350 degrees F for approximately 45 minutes. Cool. Serve with whipped topping or ice cream. Store in refrigerator. Can be frozen in individual servings.

Source: Mardel Meinke, extension assistant, Nutrition Education Program

Veggie Pizza

1 can (10 biscuits) refrigerated biscuits or crescent rolls
1/4 cup ranch dressing
1-8 ounce package cream cheese
Raw vegetables (shredded carrots, chopped broccoli, chopped cauliflower, etc.)
1 cup grated cheddar cheese

Lightly grease or spray 9x13-inch pan or 12-inch pizza pan. Press biscuits onto pan. Bake at 400 degrees F for 15-20 minutes or until golden brown. Cool. Mix dressing and cream cheese; spread on crust. Arrange raw vegetables on top of crust. Top with grated cheddar cheese and serve. Refrigerate any leftovers.

[Optional: Use low-fat dressing and low-fat cream cheese.]

Source: University of Nebraska Cooperative Extension

One Diet You Just Can't Fail

Alice Henneman, MS, RD
Extension Educator

Does it seem like you just can't make any diet plan "stick." As you start out the new year, remember the saying: "Success is getting up one more time than you fall down!"

Try learning from each experience what DID and what DIDN'T work for you. Then, continually adjust your diet, doing the things that worked, until you have a plan that best fits you.

Here's an example:

SITUATION: Ima Snacker attempts to stop nibbling on high fat, high sugar snacks at work. The pounds are creeping up!

ATTEMPT 1

Ima went cold turkey and completely avoided snacks at work. **Result 1:** Ima got hungry by mid-afternoon and ate a doughnut. She decided since the diet was blown she'd go ahead and have a cookie, too ... and wash it all down with a soft drink!

ATTEMPT 2

Ima brought a banana from home to eat as an afternoon snack. **Result 2:** She got called out of the office in the afternoon and didn't eat the banana. Ima went on vacation the next day. Upon return to work a week later, she was greeted by the smell of rotten banana!

Getting up one more time than we fall down can help us fine-tune a successful — and satisfying — diet plan.

ATTEMPT 3

Ima brought a less perishable snack — a low fat, whole grain cereal bar — to work. **Result 3:** The cereal bar worked just fine; but, she forgot to bring something the next day. Back to the doughnuts! Ima felt frustrated and ate two!

ATTEMPT 4

Ima brought enough nonper-

ishable snacks to last a few weeks — individual packages of dried fruit, cartons of juice, low fat crackers, etc. **Result 4:** She had a healthy snack each day for a couple of weeks. Then, she worked late and didn't get around to buying more snacks to replenish her supply. Back to the doughnuts — however, she just ate one this time. And, she cut back on dessert at supper that night.

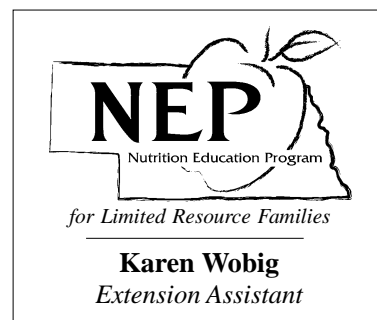
ATTEMPT 5

Ima purchased more snacks a few days before the current supply ran out. **Result 5:** SUCCESS! Plus, Ima learned a doughnut now and then as part of a balanced diet can fit in just fine!

Though Ima Snacker's story is fictional, the process she used of learning from her experiences is real. Getting up one more time than we fall down can help us fine-tune a successful — and satisfying — diet plan.

Sometimes success comes through evolution, trying one thing and another until—Eureka! We've got it!

Seniors Rewarded with Feast



Throughout this past year, residents of three Lincoln Housing Authority senior residential sites enjoyed nutrition classes taught by the Nutrition Education Program. Seniors sometimes find it difficult to prepare well balanced meals when fixing food only for themselves. As a year end reward for attending classes, they were all invited to a holiday feast. The foods chosen represented all the five food groups and showed a variety of colors. Seniors enjoyed a well-balanced meal and much social interaction.

The monthly classes emphasize healthy eating by incorporating all the food groups, so they will receive nutrient-dense foods on a daily basis. Some of the points emphasized during the year were:

- making single serving size portions of foods and how to freeze the left-over ingredients;
- getting five servings of fruits and vegetables each day;



Seniors from Mahoney, Burke and Crossroads enjoy a holiday feast hosted by the Nutrition Education Program.

- the variety of grain group foods and the importance of having 6 servings each day;
- how to get calcium that's so important for aging bones; and
- water is a nutrient, too!

Tips on using up foods in your refrigerator and freezing leftovers in individual size servings were discussed often. For example, when making the vegetable pizza (see recipe at left), after cutting up the vegetables you need for the recipe, you can cook the remaining vegetables for dinner the next day or eat them raw with a dip for snack. The remaining ranch dressing in the bottle or jar can be used later for lettuce salads. You can also freeze individual portions of the veggie pizza to eat later.

Making foods colorful and more appetizing was also discussed throughout the year. To enhance the appearance of the veggie pizza, many kinds of vegetables such as red and yellow peppers, green broccoli, white cauliflower, orange carrots, etc. can be used.

Encouraging seniors to occasionally invite others to eat with them after they have made something special has been reinforced this year. Not only does this encourage social interaction, but it prevents having a lot of leftover food.

Some of the recipes prepared and sampled by the seniors are included in this month's Healthy Eating recipes (at left).



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 at 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 serve basis. (AH)

For more nutrition and food safety information, check our FOOD Web site at:

www.lancaster.unl.edu/food

Rated "Among the Best" (see page 12).

