



## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

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

The Food and Drug Administration has authorized the 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 these foods, when included in a diet low in saturated fat and cholesterol, may reduce the risk of CHD by lowering blood cholesterol levels.

A typical claim on a soy product might read: "Eating 25 grams of soy protein per day may reduce the risk of heart disease." In order for a food to contain this health message, it must contain at least 6.25 grams of soy protein per serving.

Here's a recipe from a soy cookbook called "Favorites from the Heartland" (2nd edition). If you'd like more information on including soyfoods in your meals, call the Nebraska Soybean Board at 1-800-852-2326 or 441-3240 in the Lincoln area. For additional recipes and tips on using soy, you also can visit [www.soyfoods.com/recipes](http://www.soyfoods.com/recipes)

### Pumpkin Bread

3/4 cup sugar  
1/4 cup soy vegetable oil  
2 eggs  
1 cup pumpkin  
1 cup flour  
1/2 cup soy flour  
2 teaspoons baking powder  
1 1/2 teaspoons cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves  
1/2 cup raisins

In mixing bowl, beat sugar and oil until well mixed. Beat in eggs and pumpkin. Mix in flours, baking powder and spices. Add raisins and stir. Pour into greased loaf pan and bake in 325 degrees oven for one hour or until done.

Yield: 1 loaf (16 slices)

Per slice: 133 calories; 4 g total fat; 1 g saturated fat; 27 mg cholesterol; 96 mg sodium; 21 g carbohydrate; 2 g fiber; 3 g total protein; 1.9 g soy protein.

This recipe uses soy flour. Here's what the "Favorites from the Heartland" cookbook recommends regarding using soy flour: "Roasted soybeans are ground to make soy flour. There are full-fat and low-fat varieties. Adding soy flour makes a moist, tender product that stays fresh longer. It is widely used by the food industry to improve the quality of baked goods. To preserve freshness, store full-fat soy flour in the refrigerator or freezer. Defatted soy flour may be stored on the shelf."

"Soy flour tends to pack down in a container, so always stir or sift it before measuring. Baked products containing soy flour tend to brown more quickly, so you may want to lower the oven temperature slightly."

"When using soy flour in baking, you can replace up to 25 to 30 percent of the wheat flour with soy flour when making quick breads. For yeast breads only replace 15 percent (an easy way to do this is to put 2 tablespoons of soy flour into the measuring cup before filling it with wheat flour. Soy flour does not contain gluten which gives structure to bread."

### Web Resource of the Month

ONE dietary change may be all it takes to lose weight. Learn simple changes, involving just ONE food, that can help you lose up to 10 pounds a year at [lanaster.unl.edu/food/ftjan03.htm](http://lanaster.unl.edu/food/ftjan03.htm)

Visit our NEW "Quick Tip of the Month" to help you prepare healthy food in a hurry at [lanaster.unl.edu/food/ciqtips.htm](http://lanaster.unl.edu/food/ciqtips.htm)



# Eat Smart: How to Fill Up, Not Out!

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We've all heard "What you don't know can't hurt you" but the truth is, lack of knowledge CAN be harmful.

When it comes to eating, we might say "What we don't know CAN make us gain weight." Following are six "Eat Smart" tips to help a person fill up, not out!

## 1. Don't Let Tastes Go to Waist

It takes an excess of about 3,500 calories to gain a pound. One hundred extra calories a day can put on 10 pounds a year. A bite here, a bite there and we've run up 100 (OR MORE!) calories in just a few tiny tastes. For example:

**Bite 1:** One-fourth cup of orange juice remains in the carton. We might as well finish it, right? CALORIES: 26

**Bite 2:** Two tablespoons of granola are left in the box. It's hardly worth returning to the cupboard. We add it to the cereal bowl. CALORIES: 64

**Bite 3:** We add two teaspoons powdered cream substitute in our coffee shortly after arriving at work. CALORIES: 20

We're already up to 100 extra calories and it's not even break time yet!

## 2. Avoid Portion Distortion

A "Journal of the American Medical Association" article

(Jan. 22, 2003) reported with the exception of pizza, food portion sizes consumed in the United States for persons 2 years or older increased for all categories studied: home, restaurant and fast food locations. The survey covered 1977 to 1996 and looked at these items: salty snacks, desserts, soft drinks, fruit drinks, french fries, hamburgers, cheeseburgers, pizza and Mexican food. Portion sizes tended to be largest at fast food places and smallest at restaurants.

Lean young men ate more when offered larger portions in research by Dr. Barbara Rolls, Pennsylvania State University nutrition professor and author of "Volumetrics: Feel Full on Fewer Calories." Young men ate 10 ounces of a 16 ounce portion of macaroni. When they were offered 25 ounces, they ate 15 ounces, a 50 percent increase!

## Home and Away Portion Control Tips

Here are some commonly cited images to help visualize approximate portion sizes, whether at home or eating out. Hand-size illustrations are just guidelines—we don't get to choose the largest hand in the group when dishing up ice cream!

- 3 ounces of meat = a deck of cards or the palm of your hand
- 1/2 cup of cereal, rice, pasta or ice cream = 1/2 baseball
- 1 1/2 ounces of natural cheese = a 9-volt battery or 3 dominoes
- 1 teaspoon butter, margarine, mayonnaise or oil = a thumb

tip (the top joint)

- 1 ounce nuts = one handful (not heaping!)
- 1 tablespoon of salad dressing or peanut butter = 1/2 ping-pong ball

## Restaurant Portion Control Tips

If restaurant main dish portions are larger than you want, share them with a friend or order an appetizer or side dish instead. If you'll be able to refrigerate leftovers within TWO hours of being served—take extra food home for a later meal. Eat within TWO days for best safety and quality.

## Fast Food Portion Control Tips

Be size-wise and order smaller burgers, fries and drinks. If we supersize our food, we may supersize ourselves, as well too!

## 3. Slow Down to Slim Down

It takes about 20 minutes after food enters our mouths before the brain starts perceiving we're filling up.

Take time to sit down and savor food flavors. When eating on the run, we miss the full impact of the taste sensations that come through when food is eaten more slowly. At the very least, we should wait until we've swallowed one bite before we take the next one!

*Part 2 of this article will be published in the May NEBLINE.*

## Smiles & Butterflies



for Limited Resource Families

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During January and February, the Nutrition Education Program (NEP) in Lancaster County provided programming for Cedars After-School Club at Hartley School. The program was designed for youth with hands-on learning about nutrition. There were 22 youth between the ages of seven and 10. The program was held once a week for six weeks. The sessions included interactive activities such as kitchen safety, food guide pyramid, hand washing, breakfast, snacks, fruits and vegetables. Children made a creative snack at each session. Pre- and post-evaluations were done for each topic.

At the first session students learned about the food guide pyramid and played Food Guide

Pyramid Bingo. They made "butterfly" snacks using celery, peanut butter, pretzels and raisins, with milk to drink to include all five groups.

The second session focused on the importance of hand washing including washing hands before and after handling food to stay healthy. Students became aware of places germs could hide. They enjoyed making peanut butter bites for a snack.

The third session was an interactive kitchen safety lesson. We heard many success stories from the students. For example, one student shared a situation from home in which a pot holder was hanging from the table with a hot dish on it. The student told his mom it wasn't safe. Another girl said she helped her mom take something out of the oven using pot holders. Another girl stated she showed her mom the correct way to pass a knife.

Healthy snacks were highlighted for the fourth session. The leader demonstrated to the students most soda contains 10 to 12 teaspoons of sugar in just one 12-ounce can. The post-test showed 10 of 18



Hartley students prepared healthy snacks during a recent after-school NEP program.

participants plan to reduce the amount of soda they consume. They enjoyed making the apple smile snack.

The last two sessions focused on breakfast and fruits and vegetables. We shared the importance of having breakfast every morning which provides energy for their bodies and brains. They learned fruits and vegetables provide the body with essential vitamins and fiber.

Every student received the NEP kid's cookbook, which includes recipes they made.