



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

During the cold winter months, enjoy this hearty, low-fat soup recipe from the American Institute for Cancer Research (AICR). For more recipes from AICR, check www.aicr.org/recipe.

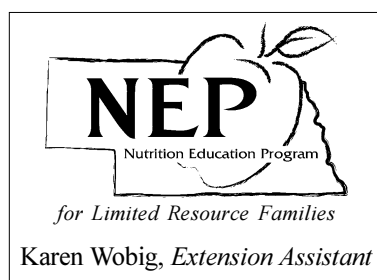
Boston Bean Soup

2 cans (15 oz. each) cooked pinto beans, drained
2 medium tomatoes, seeded and chopped
1 rib celery, sliced
1 medium onion, chopped
1 bay leaf
1 can (15 oz.) reduced-sodium, fat-free beef broth
Salt and freshly ground black pepper, to taste

1. In medium pan mix together pinto beans, tomatoes, celery, onion, bay leaf and broth. Cover and bring to boil over medium-high heat. Reduce heat and simmer until vegetables are quite soft, about 20 minutes. Let hot soup sit, uncovered, 20 minutes. Remove bay leaf.
2. Puree half the soup in blender. Recombine with remaining soup. Season to taste with salt and pepper.

Makes 4 servings. Per serving: 200 calories, less than 1 g. total fat (less than 1 g. saturated fat), 38 g. carbohydrate, 12 g. protein, 13 g. dietary fiber, 287 mg. sodium.

Savor the Flavor!



Karen Wobig, Extension Assistant

Selecting the right foods and making mealtime more enjoyable can often improve your appetite and your health. Senior citizens at Lincoln Housing Authority residential sites learned about food presentation and enjoying food flavors throughout their monthly nutrition classes held during 2002.

Residents practiced the

following tips to create a pleasant mealtime atmosphere:

- Make an attractive table. For example, use a place mat or a cloth napkin or set a plant or flower on the table.
 - Play quiet music in the background.
 - Invite a friend to dine with you.
- When eating food, residents were encouraged to:
- Admire the shape and color.
 - Anticipate how it will taste.
 - Enjoy the aroma of the food.
 - Place small bites in your mouth.
 - Chew slowly, noting texture change.
 - Savor the flavor!

The following yogurt parfait makes a colorful, appetizing and delicious snack.

Yogurt Parfait

Ingredients: vanilla flavored yogurt, dry cereal or granola, sliced frozen or fresh strawberries, drained canned crushed pineapple and peanuts.

In a clear glass or cup, place the foods in the following order and amount:

- 2 tablespoons pineapple
- 2 tablespoons yogurt
- 2 tablespoons cereal
- 2 tablespoons strawberries
- 2 tablespoons yogurt
- Top with 2 tablespoons peanuts

(For variety, try different kinds of cereal, fruits and yogurt.)



Sizing Up Food Portion Sizes

Alice Henneman, MS, RD
 Extension Educator

Large serving sizes can affect OUR size! Sometimes when we try to prevent food from going to waste, we find it going to waist, instead!

News articles abound on the super-sizing of foods. Portion sizes are getting bigger, and so are people.

Here are some strategies we all can use to prevent our growing super-sized!

Bigger May Not Be Better

Commonly available food portions were compared with standard portion serving sizes of the U.S. Department of Agriculture's (USDA) Food Guide Pyramid in a research study by Lisa R. Young, PhD and Marion Nestle, PhD, Department of Nutrition and Food Studies, New York University, published in the *American Journal of Public Health* (February 2002). Their findings included:

- Cookies were as much as 7 times standard portion sizes.
 - Servings of cooked pasta were often nearly 5 times standard portion sizes.
 - Muffins weighed in at over 3 times standard portion sizes.
- They found that, overall, marketplace food portions are consistently larger than in the past. They note a popular fast-food chain only offered one size of french fries in the mid-1950s. That size is now labeled "small" and is one third the weight of the largest size in 2001.

When ethnic foods are Americanized, the portion size may grow. Several examples are offered by Melanie Polk, RD and Director of Nutrition Education at the American Institute for Cancer Research (AICR):

- The American croissant is bigger and contains about 100 more calories than one in France.
- When the bagel was introduced to the U.S. by Jewish bakers from Poland, it weighed 1-1/2 ounces and contained 116 calories. Today's American bagel is about triple the size and calories. It weighs in around 4 to 4-1/2 ounces and may contain over 300 calories.
- The Mexican quesadilla has doubled in calories and increased in size. In Mexico, a quesadilla is a 5-inch tortilla containing around 540 calories and 32 grams of fat. The American quesadilla is typically 10 inches and Polk calculates

On average, consumption of an additional 100 calories daily beyond your needs can lead to a weight gain of 10 pounds a year. Is it penny wise to super-size? Maybe. Pound foolish? You decide.

that one serving could contain over 1,200 calories and 70 grams of fat.

While these larger portions may be appropriate for an active person, they may be too much for a more sedentary person. However, many of us may not think about decreasing our portion sizes in relation to our activity level.

Sixty-seven percent of Americans usually eat everything or almost everything on their plates, according to a 2001 survey by the AICR.

Even lean young men who were considered able to regulate their food intake well ate more when offered larger portions in a research study conducted by Dr. Barbara Rolls, Pennsylvania State University nutrition professor and author of *Volumetrics: Feel Full on Fewer Calories*. They ate 10 ounces of a 16 ounce portion of macaroni. However, when offered 25 ounces, they ate 15 ounces, a 50 percent increase!

BOTTOMLINE: If you're putting on the pounds, check those portion sizes!

Don't Be Penny Wise and Pound Foolish

Ben Franklin warned of being penny wise and pound foolish. Put this into practice with portion sizes.

A popular fast-food chain only offered one size of french fries in the mid-1950s. That size is now labeled "small" and is one third the weight of the largest size in 2001.

While you can "super-size" a fast-food meal for a few cents, does adding the extra calories make sense? According to the cover story, "A Fat Nation," in *U.S. News and World Report*, (August 19, 2002), for an additional 50 cents, customers could increase their pastry size at a popular food chain from 3-ounces to 8-ounces. At the same time, they added 370 calories (a jump from 300 to 670 calories!). Another fast-food chain lets you "biggie size" a hamburger-type combo meal for 39 cents and a

gain of 180 calories (an increase from 1,360 to 1,540 calories).

On average, consumption of an additional 100 calories daily beyond your needs can lead to a weight gain of 10 pounds a year. Is it penny wise to super-size? Maybe. Pound foolish? You decide. **A THIRD OPTION:** Buy the larger portion and split it with a friend! You save both calories and coins!

BOTTOMLINE: While you may get more for your money with a larger portion size, you may pay for it on the bathroom scale!

Really Read the Nutrition Label

When is the last time you REALLY looked at a Nutrition Facts label on a food package?

For example, a QUICK glance at a nutrition label on a cereal box may lull you into thinking your calories are under control. But, look again!

What SIZE is that serving of cereal? The label may say you're only consuming 80 calories PER SERVING. Now, read a little closer. For example, it may say a serving SIZE is 1/4 cup.

Now, pour out your usual serving size and measure it! Then, compare it to the label serving size. Chances are, you're eating two, three, four or more times the amount on the label.

A study reported in the *Journal of the American College of Nutrition* (June, 2001) found the amount of cereal eaten by adults was approximately twice the serving size listed on the box. That's not necessarily bad. But, if you're wondering why you're putting on weight, this may be one place calories are sneaking into your meals.

The study, which had the main goal of examining the amount of folate and iron in cereals, found several cereals contained more than the labeled amounts. Larger portions of fortified cereals, especially those providing 100 percent of the Daily Value for nutrients, could be too much of a good thing, particularly if you also are taking a vitamin/mineral supplement.

Another label for closer scrutiny is the label on many beverages. Of special concern

see PORTIONS on page 11

Web Resource for January

Avoid going out for a missing recipe ingredient on a cold winter day. Check our list of "Ingredient Substitutions" at <http://lanaster.unl.edu/food/ciqsubs.htm>.

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly Cook It Quick e-mail messages at <http://lanaster.unl.edu/food/ciqupdat.htm>.



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Rated "Among the Best"