



Food & Fitness



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When you're long on appetite and short on time, use convenient frozen hash brown potatoes and quick-cooking eggs as the base for a microwave meal in minutes recommends Mary Torell, Public Information Officer, Poultry & Egg Division, Nebraska Department of Agriculture. Add a few fresh vegetables and a bit of flavorful garlic and cheese to make a satisfying, nutritious entree. For crunch, serve with plain or garlic-flavored crusty bread. Top off a well-balanced menu with fresh fruit and cheese. Join the Poultry and Egg Division in celebrating *May Is National Egg Month*, by trying this easy recipe from Torell utilizing the incredible, edible egg.

For more free egg recipes or information related to eggs and food safety, contact Mary Torell, Poultry & Egg Division, Nebraska Department of Agriculture at mtorell2@unl.edu or call 472-0752.

Hasty Hash Brown Scramble

(4 Servings)

cooking spray

2 cups (8 oz.) frozen southern-style hash brown potatoes

1/2 cup sliced fresh mushrooms (optional)

1/4 cup chopped sweet red pepper (optional)

1/4 cup chopped green onions with tops (optional)

4 eggs

1/4 cup skim or low-fat (1%) milk

1/2 teaspoon garlic salt

1/4 cup (1 oz.) shredded reduced-fat Monterey Jack cheese (optional)

Evenly coat a 9-inch pie plate with cooking spray. Add potatoes, mushrooms, pepper and onions. Stir until well combined. Cover with plastic wrap. Cook on full power until pepper is crisp-tender, about 3 to 4 minutes (600-700 watts.* 4 to 5 minutes).

In a small bowl, beat together eggs, milk and garlic salt until well blended. Stir into vegetables. Cover. Cook on full power 1-1/2 minutes to 2 minutes (2 to 2-1/2 minutes). Stir to move cooked portions at edges to center. Continue cooking, covered, on full power until eggs are almost set, about 1 to 2 minutes. Sprinkle with cheese, if desired. Cover. Let stand until eggs are thickened and no visible liquid egg remains, about 1 to 2 minutes. Garnish with mushrooms, pepper and onions, if desired.

*Note: Microwave cooking times here are based on a full power output of 1000 or 1100 watts. For an oven with 600 to 700 watts, use the times given in parenthesis. For a lower wattage "mini" oven, allow a bit more time.

Nutritional information per serving of 1/4 recipe using skim milk without optional ingredients: Calories: 136; Carbohydrates: 14 gm; Protein: 8 gm; Total Fat: 5 gm; Cholesterol: 213 gm; Sodium: 272 gm; Potassium: 147 mg and 10% or more of the RDI for Vitamins A and C, riboflavin and phosphorus.

Web Resources of the Month

Now that the days are nicer, perhaps you're interested in starting a walking program. Walking is a good way to help tone up your muscles and maybe even take off a few pounds. For more information in getting started, check lancaster.unl.edu/food/walk.htm

Visit our NEW "Quick Tip of the Month" to help you prepare healthy food in a hurry at lancaster.unl.edu/food/ciqtips.htm

Visit our NEW "Cook It Quick in Action" section to view pictures and directions for easy-to-make, healthy foods at lancaster.unl.edu/food/ciq.htm#action

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 lancaster.unl.edu/food/ciqupdat.htm



How to Fill Up, Not Out! (Part 2)

This is part 2 of six "Eat Smart" tips to help a person fill up, not out!

4. Turn Up the Volume!

"When left to their own devices, people choose a fairly constant portion of foods from day to day," according to Dr. Rolls in describing her research related to "volumetrics." "Volumetrics is based on maintaining the usual amount of food you eat yet lowering the calories in each portion so you can consume fewer calories yet feel just as full."

Choosing nutrient-dense foods higher in fiber and water and lower in fat and sugar help you feel full, obtain essential nutrients and aid in weight loss/maintenance. Some tips for food choices from the various food groups include:

- **Bread, Cereal, Rice and Pasta.** Choose those with higher fiber and water contents. For example, choose whole grain bread and cereals. Avoid eating lots of dry, low fiber foods that are easy to overeat, such as dry crackers, pretzels, etc. Rolls gives the example of how five tiny pretzels provide 25 calories, while for the same calories, you could eat a whole medium tomato.

- **Fruits and Vegetables.** Most fruits and vegetables can be eaten in unlimited quantities as they're high in water and fiber. Just go easy on adding fat and sugar. Include a variety of forms of fruit, since juices by themselves offer very little fiber and dried fruits have a much smaller volume than regular fruit.

- **Milk, Yogurt and Cheese.** Choose lower fat forms. We can have about two glasses of skim milk for the same calories as one glass of whole milk.

- **Meat, Poultry, Fish, Legumes, Eggs and Nuts.** Choose lower fat forms and preparation methods. Enjoy

small portions of nuts.

- **Soup.** Broth- and tomato-based soups tend to be lower in calories than cream-based ones and offer a lot of satiety.

- **Beverages.** While water-rich foods, such as fruits, vegetables and soups, will help you feel full, water alone doesn't have the same effect. Soft drinks are processed differently by the body than milk-based drinks and drinks with protein. According to Rolls, "The hunger and thirst mechanisms are quite separate. A soft drink will trigger thirst mechanisms, not hunger mechanisms and add calories without satisfying hunger. You may end up consuming more total calories than if you didn't take the drink."

- **Desserts.** Chocoholics will enjoy this advice from Rolls: "Having a piece of chocolate at the end of a meal is really not a bad strategy. You're already pretty full and less likely to overeat and sit down and eat the whole box. I find myself that having the most delicious chocolate I can think of in a small amount at the end of the meal really helps me end the meal!"

5. Step to It!

The National Weight Control Registry (NWCR) studies successful weight control strategies of people aged 18 years and older who have lost at least 30 pounds and kept it off for at least one year. The average person listed with NWCR expends about 400 calories a day in physical exercise, with walking the most frequently cited activity.

Health experts recommend walking around 10,000 steps per day (about 5 miles) on most days for cardiovascular health. It's possible more steps may be needed for weight loss. Investing in an inexpensive pedometer is a good way to begin and stay motivated with walking. Simply determine your current number of steps for a couple of days and

gradually build up.

To help stay on track, track your steps — keeping a record of how we're doing can help us stay on target.

As a general guideline, a person will burn about 100 calories walking a mile. Fitness, weight and age will affect how many calories each person burns.

For a chart to help you keep track of your walking, go to lancaster.unl.edu/food/walk.htm

6. Sleep On It!

Too little sleep may lead to weight gain. Studies in "The Journal of the American Medical Association" (Aug. 16, 2000) and "The Lancet" (Oct. 23, 1999) suggest chronic sleep loss can make it harder to maintain or lose weight by affecting various components of metabolism that influence hunger and weight gain.

Though most healthy adults generally need an average of eight hours of sleep nightly, some people can function on less while others may need more, according to National Sleep Foundation (NSF). Here are general tips from NSF that may help you sleep better; for more ideas, check their Web site at www.sleepfoundation.org

- Drink less fluids before bedtime.
 - Avoid heavy meals shortly before bedtime.
 - Don't smoke.
 - Go to bed and get up at the same time daily, including weekends.
 - Exercise regularly, but at least three hours before going to bed.
 - Avoid napping during the day if you have trouble sleeping at night.
 - Avoid caffeine and alcohol in the late afternoon and evening. While caffeine may keep you awake, alcohol may cause you to awake later in the night.
- If you continue to have sleep problems, check with your physician.

Fitness For You!

of your daily commute. Park further from work or get off the bus one stop earlier and walk the rest of the way.

Physical Activity at Work

Take the stairs instead of the elevator. Walk down the hall instead of using the phone or E-mail. Take a walk during morning or afternoon break. Ask a friend to go with you.

Lunchtime Activity

Take a walk around the block during part of your lunch hour. Pick some dining spots 10 to 15 minutes away and walk to and from lunch.

After Work Habits

Sneak a brief walk in after work before you get home. Play with the kids. If you find it too difficult to be active after work, try it before work. A brief walk is a great way to start off the day. Take the dog.

Weekend and Day Off Activities

Walk up and down the sidelines at your child's baseball or soccer practices and games. Join a weekend line dancing or ballroom dancing group. Go to the park or zoo with your family. Walk while doing errands. Make a Saturday morning walk a family habit; or take a family walk after church, mosque or synagogue.

Active Indoor Chores

Do chores that let you move your arms and legs such as window washing, tub scrubbing or reorganizing your closet.

Active Outdoor Chores

Mow the grass or wash the car and do the same for a neighbor who may be in need. Spruce up your garden or plant a new one.

Source: CDC, National Center for Chronic Disease Prevention and Health Promotion.



Here are some ideas to help you plan how to fit physical activity into your day at home, work and elsewhere to help get you started.

Begin by being ready for activity wherever you are. Buy comfortable clothes you can move around in. Keep some in your car. Keep a pair of comfortable walking or running shoes in your car and office. If you stumble, don't worry and don't quit. Just get back on track.

Weekly Moderate Intensity Physical Activity

Make physical activity part