



Enjoy Nebraska Foods!

By Alice Henneman, RD, UNL Extension Educator

No time to make oatmeal in the morning? Enjoy your oatmeal in this COLD oatmeal recipe for Fruit Muesli that you can make the night before. A Swiss doctor, Maximilian Bircher-Benner, invented muesli in the late 19th Century for patients in his hospital. The original muesli was made with uncooked rolled oats, grated apple, milk, lemon juice and nuts. It was served at breakfast as a protection against a variety of illnesses. Today, muesli is still associated with healthy eating with many different recipes and variations available. Cool and creamy—stir up a bowl of muesli the night before and enjoy as a quick, nourishing breakfast in the morning!

### Fruit Muesli

#### Ingredients Per Serving:

- 1/2 cup oatmeal, quick or old-fashioned, uncooked (also called "rolled oats")
- 1/2 cup orange juice or apple juice
- 1/2 cup yogurt, vanilla or plain\*
- 1/2 cup fresh, frozen or canned fruit (blueberries, raspberries, blackberries, sliced strawberries, coarsely chopped peaches, etc.)
- 1/4 teaspoon vanilla
- 1 tablespoon chopped almonds
- \* You may wish to add 1 to 2 teaspoons sugar or equivalent amount of no calorie sweetener if using plain yogurt.

Mix all ingredients, except almonds. Cover and refrigerate overnight. Serve topped with almonds.

#### ALICE'S TIPS

1. The following raw fruits may turn brown overnight and are best added just before serving: apples, pears, bananas and peaches.
2. Create your own version of muesli by adding different nuts, fruits, spices, dried fruits, flavors of yogurt, etc.



## Stocking Up on MyPyramid-Style After-School Snacks

By Alice Henneman, MS, RD  
UNL Extension Educator

Help your kids make the grade this fall with healthy after-school snacks!

MyPyramid (www.MyPyramid.gov) introduced a new calorie concept of "extras."

These are the remaining calories a person can eat to meet energy needs after eating the recommended amounts of nutrient-dense forms of foods in each food group. Depending on age, gender and activity level, this equals 8 to 20 percent of total calories from "extras."

The report card isn't so good. All age-gender groups exceeded this amount. For youth, the majority of these calories come from extra solid fats and "added" sugars, such as granulated sugar. Improve your kids' (and your) score by having available these after-school (and after-work) low-fat, low added sugar selections from MyPyramid food groups.



MyPyramid.gov  
STEPS TO A HEALTHIER YOU

### Grains

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

### Vegetables

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower. (Ranch dressing is always a favorite!)

### Fruits

- Cut-up fruits make a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits.



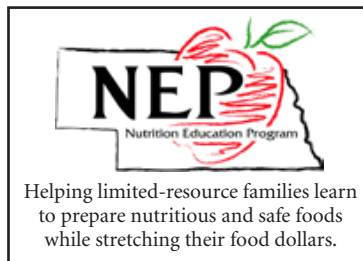
- As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

### Milk

- Make fruit-yogurt smoothies with fat-free or low-fat yogurt in the blender.
- Make a dip for fruits or vegetables from yogurt.
- Enjoy a bowl of whole grain cereal and fat-free or low-fat milk.
- Cool off with a cold, refreshing glass of milk!

Snack ideas adapted slightly from snack suggestions given at www.MyPyramid.gov

## \$tretch Your Food Dollars with Beans



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Zainab Rida  
UNL Extension Assistant

### Nutrition Facts

Beans or legumes have been an important part of the human diet for thousands of years. They are not only tasty, easy to prepare and inexpensive but are good for your health. Beans are an excellent source of protein and iron, rich in antioxidants and fiber and contain many other valuable nutrients such as vitamin B, calcium, potassium and folate. They also are low in saturated fat and have no cholesterol.

### Health Benefits

- There are many benefits of bean consumption; these include reducing the risk of many health problems such as diabetes, heart disease, cancer and other chronic diseases.
- **Diabetes:** Beans control blood glucose level in diabetics because of their high fiber content and low glycemic index.
  - **Heart Disease:** Many research studies indicate people who consumed beans at least four times per week

were found to have a 22 percent lower risk of heart disease than individuals who consumed beans less than once per week. This result is contributed to the fact beans contain low saturated fat and no cholesterol.

- **Cancer:** According to studies conducted by the U.S. Department of Agriculture, richly colored dried beans such as small red beans and red kidney beans give a high degree of antioxidant protection which helps reduce the risk of many cancers.

### Iron Absorption

One and one-half cups of beans provide the same amount of iron as three ounces of meat with the exception the iron in beans is harder for our body to digest. It is very easy to improve the absorption of the iron in beans by including vitamin C foods with your meal such as tomatoes, lemon, peppers, spinach, etc. It also is very important to avoid drinking caffeine during the meal if you want to obtain more iron from your food.

### Intestinal Gas

Some people avoid eating beans because of the intestinal gas they may produce. The reason behind this is our body is missing an enzyme required to break down complex sugar found in beans. The bacteria in our lower intestinal tract break down these sugars, giving off hydrogen and carbon dioxide which forms the intestinal gas.

Many solutions can prevent this problem.

- Soak beans for at least eight hours, replacing the water every few hours; then cook them slowly.
- Spices like cumin may help reduce gas formation.
- Consider buying Beano™, a product containing an enzyme that helps break down gas-producing substances in beans.

### Bean Cooking Tips

- Avoid adding salt or acidic food, such as tomato and lemon, at the beginning of cooking beans; add these ingredients at the end of the cooking time, as they can toughen the bean's outer layer and slow the rate at which the beans cook.
- Beans can be seasoned for flavor enhancement with garlic, onion, lemon, tomato, cilantro, parsley and other herbs or vegetables.
- Never cook beans in the water they have soaked in. It's loaded with indigestible complex sugars that create gas in your intestine.
- Cooking times vary with the types of beans. Lentils are the fastest cooking of all beans and do not require soaking. They can be prepared in less than 30 minutes, whereas kidney beans require more time to be prepared in addition to soaking time.
- Many canned beans are high in sodium. Buy "no added salt" products or rinse thoroughly.

## Make-Ahead MEALS

### Free Seminar, Oct. 24

"Make-Ahead Meals" will be presented Tuesday, Oct. 24, 7-8:30 p.m. at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln. No cost to attend. Register by calling BryanLGH at 481-8886.

One way to eat healthier in our fast-paced world is to prepare meals ahead of time. Enjoy delicious, homemade foods when you don't have time to cook. Alice Henneman, registered dietitian and extension educator with University of Nebraska-Lincoln Extension in Lancaster County, will show you how!

Participants will receive an extensive handout with specific tips and easy, family-pleasing recipes for make-ahead meals.