



By Alice Henneman, MS, RD, UNL Extension Educator

Here are some recipe ideas that will be presented at the “Making Many Meals Using a Few Ingredients” Seminar on Oct. 25 (see program information below). They’re all quick to make, low in added sugar and fat and full of good-for-you foods!

Creamy Peanut Dip

Serving Size: 2 tablespoons
Yield: 6 servings

- 1/4 cup creamy peanut butter
- 2 tablespoons orange juice
- 1/2 cup yogurt, low-fat vanilla



In a small bowl, mix the peanut butter and orange juice until smooth. Stir in the vanilla yogurt. Cover and put in the fridge until chilled.

Notes: Serve with fresh apples, pears, carrot sticks or celery sticks.

Source: Adapted from Pennsylvania Nutrition Education Network Web site Recipes, The Pennsylvania Nutrition Education Program; available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>

Turkey or Chicken Soup

Yield: 2 servings

- 1 cup chopped, cooked turkey or chicken
- dash of pepper
- 1/4 chopped onion
- 1/4 cup chopped celery
- 2 thinly chopped carrots
- 1/4 teaspoon thyme
- 2 cups low-sodium chicken broth
- 1 cup cooked pasta (such as bowtie, shells, macaroni, etc.) OR 1 cup cooked rice



Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cook covered until vegetables are tender crisp, about 10 to 15 minutes. Add cooked pasta or cooked rice and cook a few more minutes until pasta or rice is heated.

How Dish Size, Location Influence the Amount We Eat

Alice Henneman
UNL Extension Educator

Editor’s Note: This is part 2 of a 2-part article—the first part ran in the September Neblin.

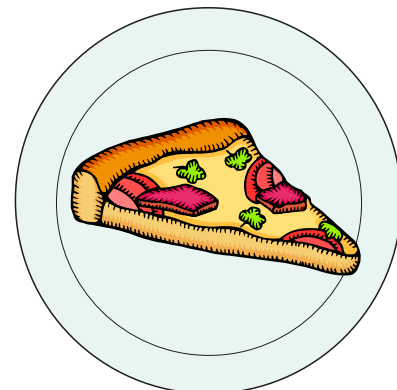
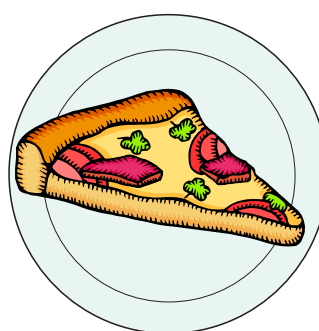
In his book, *Mindless Eating: Why We Eat More Than We Think*, Brian Wansink, Ph.D. and director of the Cornell University Food and Brand Lab describes the many reasons we overeat. Much of the time, we’re unaware of the influence of these external circumstances on eating. Following are three questions, based on research Wansink conducted. See if you can guess the correct answer.

Question 1: How did the size of plate or bowl influence people’s perception of amount when they were offered the same portion size?

- A. Size of plate or bowl made no difference in the amount they thought they ate.
- B. People thought they ate more when they were served on a large plate or bowl.
- C. People thought they ate more when they were served on a small plate or bowl.

Answer 1: C. Wansink found people perceived they ate more when eating from a smaller bowl or plate. As the size of the dish increased, the size of their servings tended to increase. The larger dish made servings look smaller by comparison, resulting in people helping themselves to more food. For example, people ate an average of 31 percent more ice cream (equal to 137 more calories!) when they scooped ice cream into a 34-ounce bowl versus a 17-ounce bowl.

Changing your “table-cape,” such as the shape of



Using smaller plates makes a person feel satisfied eating less food as the plate makes their serving look larger.

glasses and size of your plates, etc. may be enough to help you significantly reduce your calorie intake. About 72 percent of our calories come from food we eat from bowls, plates and glasses according to Wansink’s research.

Container and package size also made a difference, regardless of how the food tasted. In another study, research subjects were fed 5-day-old stale popcorn at the movies in three sizes of containers: “medium,” “large” and “bigger-than-your-head” buckets. Even though the popcorn didn’t taste that great, the biggest bucket people ate an average of 173 more calories of popcorn than those eating from smaller containers.

Question 2: At which location did people eat the most candy from a clear, lidded candy dish?

- A. Corner of desk.
- B. Top left-hand desk drawer.
- C. On a file cabinet six feet from the desk.
- D. They ate the same amount from all locations.

Answer 2: A. People tended to eat the most when it was more convenient. They ate an average of nine candies—or about 225 extra calories daily—when the candy dish was on their desk, compared

to six candies when in the desk drawer and only four candies when they had to walk six feet.

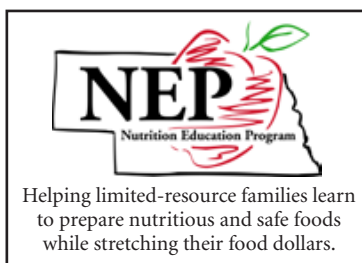
In talking with people after the experiment, the researchers noticed something else. When people had to walk a distance for a piece of candy, they had more time to think twice and talk themselves out of it. So, if you have a food you’d like to eat less of, make it less convenient to eat. Move it to a harder-to-reach cupboard shelf, store it in the basement, serve it from a buffet table vs. the dining table, etc. Or, just don’t bring it into the house at all.

Question 3: What percent of what we eat is determined by “nutritional gatekeepers” (grocery shopper & food preparer)?

- A. 26%
- B. 61%
- C. 72%

Answer 3: C. Through eating more mindfully, whoever in your household is the “nutritional gatekeeper” can influence his or her food intake as well as everyone else. Make less healthy foods inconvenient to eat. Promote reasonable portion sizes through the size and shape of dinnerware. Encourage people to measure out and see the total amount they’re eating rather than eating directly from a container.

Fresh, Frozen, Canned or Dried Fruits & Vegetables



Stacie Powers
UNL Extension Assistant

New dietary guidelines recommend we eat between 2 and 6½ cups of fruits and vegetables a day for optimal health (the amount varies depending on age, gender and how active you are). National surveys show most Americans do not even eat half the amount they need. This is a concern for many health officials because diets high in fruits and vegeta-

bles have been shown to lower a person’s risk for developing certain chronic diseases, some cancers, diabetes and obesity. With so much fresh produce available in American grocery stores, why are we not taking advantage?

Perhaps it is why the familiar 5-a-Day program is changing its message to More Matters. This program helps Americans realize eating more fruits and vegetables will have a major impact on our health—and the more, the better.

The produce aisle is not the only place to get the nutritional goodness from fruits and vegetables. Remember the freezer and canned areas as well. Frozen and canned vegetables have received a bad rep as being inferior, but they are equally as nutritious to their fresh counterparts, because they

are usually canned or frozen right after harvest, when their nutritional content is highest. An added bonus is they can be stored longer. They are also usually pre-washed and sliced, making them recipe ready. Dried fruit also is a nutritious option and makes a very convenient snack.

Caution: Some fruits are canned in heavy syrup and some vegetables are canned with extra salt. Look for fruits labeled “light syrup” or “in its own juice” and vegetables canned with “no added salt.” Another option is rinsing the canned product under water to get rid of some of the extra sugar or salt.

Regardless of whether you choose fresh, frozen, canned or dried, the important message when it comes to fruits and vegetables is...More Matters!

FREE Seminar, “Making Many Meals Using a Few Ingredients,” Oct. 25

Are you tired of all the planning, hunting and gathering needed to find the ingredients required for many recipes? Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal?

Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will provide you a list of flavorful, versatile ingredients for stocking your kitchen. You’ll receive a booklet with several recipes which combine and recombine these ingredients in a variety of new, delicious (and nutritious!) ways.

“Making Many Meals Using a Few Ingredients” will be presented Thursday, Oct. 25, 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.

