



By Alice Henneman, MS, RD, UNL Extension Educator

Whether you use these four fruits or choose some others, check out the three easy tips for adding variety to this fruit dish.

Four Fruit Salad

Preparation Time: 10 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 1

1 cup seedless grapes
1 cup orange segments
1 large apple, cut into slices
1 large pear, cut into slices

Toss all ingredients together. Serving Suggestions: 1. Serve on lettuce-lined plate with scoop of lowfat cottage cheese and lite dressing. 2. Serve in glass dish with scoop of sherbet on top. 3. Serve in bowl topped with yogurt.

Nutrition Facts: Serving Size 1/6 recipe; Amount Per Serving: calories 60, total fat 0g, saturated fat 0g, cholesterol 0mg, sodium 0mg, total carbohydrate 16g, dietary fiber 2g, sugars 12g, protein 1g

Source: California Table Grape Commission in conjunction with the Centers for Disease Control and Prevention Web site at www.fruitsandveggiesmatter.gov

Nutrition School Enrichment

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what ingredients go into pop/soda. At the conclusion of their nutrition unit, students are asked about any changes in food choice habits because of what they've learned. One student explained because



Extension Associate Zainab Rida (above left) provides a hands-on cooking experience (making fruit smoothies) at the Tasty-Treats Club, an after-school program sponsored by UNL Extension, Lincoln Public Schools and Lincoln Housing Authority.



Extension Assistant Kelly Fischer (left) leads a Clinton Head Start group in a healthy snack activity, making pudding "Zebra cups."

of the pop experiment and learning how much sugar was in it, he had stopped drinking pop. Previous to the experiment, he was drinking two cans a day. He stated, "I haven't had a can of pop since." Another fifth-grader reported, "My parents, brother and sisters all stopped drinking pop and stopped eating candy."

At an after-school site, youth made french toast sticks. Later, a student said he

had made these on his mom's birthday

as a surprise. He had asked his father for help and used applesauce instead of syrup because he wanted his mom to have a healthy breakfast on her birthday.

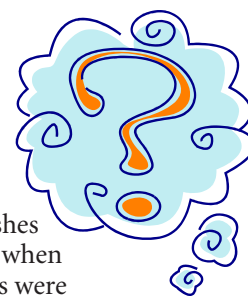
In pre/post surveys, fifth-graders are asked if they drink milk or eat cheese or yogurt at least two times a day. Of fifth-graders who completed both evaluations, 34 percent increased their daily milk/milk

foods consumption after completion of the nutrition unit. The students are also asked how much soda pop they consume: 53 percent decreased their daily pop consumption.

The NEP school enrichment program is funded in part by United States Department of Agriculture's Food Stamp Program and Expanded Food & Nutrition Education Program. The Food Stamp Program provides nutrition assistance to people with low income.

Extension staff Mary Abbott, Stacie Powers, Zainab Rida and Kelly Fisher contributed to this article.

Do You REALLY Know How Much You Eat?



Alice Henneman
UNL Extension Educator

We make more than 200 food-related decisions daily—90 percent of which we aren't even aware, according to Brian Wansink, Ph.D. and director of the Cornell University Food and Brand Lab.

Perhaps you think you only make three food decisions daily: Breakfast, lunch and dinner. But think again. We may choose how much milk to pour on cereal, whether to have a second piece of toast, if we want to add sugar to our cereal, and if so, how much and what type, and on and on and on...

"Most of us don't overeat because we're hungry," says Dr. Wansink in his book, *Mindless Eating: Why We Eat More*

Than We Think. We overeat, according to Wansink, because of such influences as family, friends, packaging, plates, labeling, shapes, distances and containers.

Wansink's studies suggest we can eat 20 percent more or 20 percent less without being aware of it. Just becoming more "mindful" about even one eating practice can be significant. Eating 100 calories more daily than needed, can result in a weight gain of 10 pounds a year!

Take this short quiz and see if you can guess the results of some of Wansink's research studies:

Question 1: How much more soup did people eat when their soup bowl kept filling up without their knowledge?

- A. 13 %
B. 53%
C. 73%

Answer 1: C.

Dr. Wansink rigged up half the soup bowls on a table with hidden hoses attached to them through a hole in the bowl. As people ate the soup, the hoses kept filling the bowls with more soup. After the study, the people with the bottomless soup bowls estimated they ate the same amount as the people eating from the regular bowls. In reality, they ate an average of 73 percent (and 113 calories!) more.

It's important to see the total amount you're eating. It's easy to overeat when we keep reaching into a bag or container and never see how much we're



really putting into our mouths. Like with the soup bowl that kept filling, we're likely to keep eating more than we realize. For example, if you're planning to eat some chips, remove the amount you plan to eat from the bag, BEFORE you start eating.

Question 2: When two glasses had the same capacity, into which glass did people pour the most liquid?

- A. Short, wide glass
B. Tall, narrow glass

Answer 2: A. Wansink's studies showed people drank an average of 25 to 30 percent more from short, wide tumblers than from tall, skinny glasses.

Question 3: How did the number of chocolates people

ate from covered, desktop candy dishes compare when the dishes were clear versus when the dishes were white?

- A. They ate the same amount from both dishes.
B. They ate more from the white dish.
C. They ate more from the clear dish.

Answer 3: C. Staff with clear desktop dishes ate 71 percent more (7.7 verses 4.6 candies) than staff that ate candies from white dishes.

We tend to eat more of visible foods because we think about them every time we see them. Eventually, our resistance is likely to weaken.

ABC's for Good Health, Oct. 2, 9 & 23

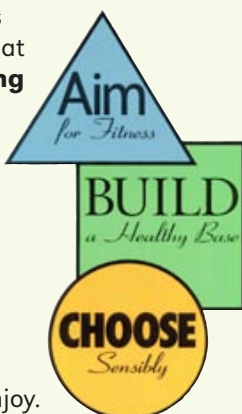
A 3-Part Series Which Can Change Your Life

UNL Extension Nutrition Education Program (NEP) is presenting "ABC's for Good Health," a free series aimed at limited- to moderate-income women. **If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program.** Upcoming dates are Thursdays, Oct. 2, 9 and 23. Choose between two time slots, 10 a.m.–12:30 p.m. or 6–8:30 p.m.

Learn that good health is as easy as:

- A) Aim for fitness — Increase your physical activity with a personalized walking program.
B) Build a healthy base — Use MyPyramid to guide your food choices.
C) Choose sensibly — Balance the foods you need and enjoy.

Sessions are held at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Please register by Sept. 25. Call NEP at 441-7180 for more information or to register.



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.

