

Light Side

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20 Ways to Revive Your Healthy-Eating plan

Make healthy eating interesting and enjoyable. These quick tips are certain to invigorate your healthy-eating efforts.

Whether you're just starting or have been following a healthy diet for years, sticking to the plan can be challenging. Healthy eating doesn't need to be boring. Flavorful food combinations, new cooking ideas and an inventive spirit can enliven your meals and snacks.

1. Experiment with new foods and combinations.

Try mango or peach slices on whole-wheat toast with a little peanut butter and honey. Toss some mandarin orange slices into a salad.

2. Add chickpeas, black beans or garbanzos to your salad.

If you typically buy a salad at work and no beans are available, bring beans from home in a container.

3. Try something new for breakfast.

Munch on leftover vegetable pizza or make a smoothie blended from fruits, low-fat yogurt and a spoonful of wheat germ.

4. Stir-fry extra-firm or firm tofu rather than meat in oriental dishes.

Freezing and then thawing tofu before use gives it a firmer, chewier texture.

5. Make a nutritious snack rather than a full meal when time is tight.

For example, spread a brown rice cake with ricotta cheese and fresh strawberries or low-sugar, spreadable fruit. Or try corn muffins with apple and cheese slices, or fat-free refried beans mixed with salsa, a small amount of low-fat sour cream and baked tortilla chips.

6. Add crushed bran cereal or unprocessed wheat bran to baked products,

such as meatloaf, breads, muffins, casseroles, cakes and cookies. Also, use bran products as a crunchy topping for casseroles, salads or cooked vegetables.

7. Grill fresh vegetables for a quick and healthy side dish.

Cut vegetables into 1/2-inch slices or large chunks and baste with a light salad dressing or brush them with olive oil. Grill until tender, turning only once.

8. Take advantage of ready-to-use foods.

Fresh bagged salads, frozen vegetables, low-fat deli meats, whole-wheat pasta, whole-grain breads, and fresh and canned unsweetened fruits take only minutes to prepare.

9. Vary your salad greens and enjoy the multitude of flavors and textures.

Choices include arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress. Purchase a different variety.

10. For breakfast on the go, munch dry, high fiber cereal with a banana and drink a small carton of low-fat or skim milk.

11. Choose a dish that serves as a full meal for quick and simple cooking. Healthy examples include beef, barley and vegetable stew; chicken, vegetable and rice casserole; turkey and bean casserole (made with turkey breast, white beans and tomatoes); or chili with diced vegetables.

12. Take advantage of healthy side dishes offered at fast-food restaurants. Instead of french fries, choose a side salad with low-fat dressing or a baked potato. Or add a fruit option to your meal.

13. Stock your shelves with good-for-you snacks. Low-fat pudding cups, dry roasted soy nuts, low-fat popcorn and whole-grain crackers are good choices.

14. Decrease the meat portion on your plate and increase the serving size of vegetables. Use three times as many vegetables on pizzas, in casseroles and soups.

15. Plan meals so that you can use the extra food in other dishes. For example, bake chicken breasts for a meal and use what's left in sandwiches, soup or a stir-fry.

16. Use salsa for more than just chips. Whether it's mild, fruity, scorching, smooth or chunky, salsa is a great companion for potatoes, vegetables, fish, chicken or meats.

17. Marinate meat before cooking to tenderize and add flavor. Try mixtures of herbs or spices with wine, olive oil, soy sauce, cider vinegar or lemon juice.

18. Expand your repertoire with whole-grain complements, such as kasha, brown rice, wild rice, barley or whole-wheat tortillas.

19. Use herbs and spices to add color, savory taste and sensational aroma. Add cilantro to rice or bean dishes. Sprinkle rosemary on roasted potatoes or grilled meats. Add freshly chopped chives to omelets or pasta salads.

20. Explore world cuisines. Discover and enjoy foods from around the world: Mexican, Latin American, Indian, Greek, French and Asian cuisines, just to name a few. Some of the world's most intriguing ingredients - quinoa, edamame, bok choy, bulgur - are as healthy as they are delicious.

Keeping it Hot

If you're preparing several foods that get "done" at different times, you can successfully hold most hot foods for 15-20 minutes in a preheated oven set to 200 to 250 degrees. For longer holding periods, the USDA advises "Set oven temperature high enough to keep the hot food at 140 degrees. Check internal temperature of food with a meat thermometer."

Keeping foods hot for extended periods may reduce the quality of the food.

Examples of keeping foods warm include:

- Place pancakes or waffles in a single layer on a baking sheet as they're made.
- Keep hot takeout food warm by transferring it to an oven-safe baking dish while you prepare another dish to serve with it.
- If you mash potatoes in an oven-safe saucepan, place them in the oven to stay warm while you finish preparing the other foods.
- When stir-frying foods in several batches, transfer heated foods to the oven until all foods have been stir-fried.



Road Bike vs. Mountain Bike

If you are considering purchasing a mountain bike, take the following into account:

- The tires on a mountain bike are wider, which gives you extra control and cushioning.
- The handlebars are straight or have a slight rise rather than being dropped and curved as they are on most road bikes; this helps your back stay more upright. This position is more comfortable for rugged riding.
- The brake levers are placed at your fingertips on a mountain bike.
- A mountain bike also features more gears than a road bike does, so riders of all levels can tackle different terrain.

For more information check out:

www.bicycleshops.us

www.circlecitybicycles.com



The bike you choose will depend on what type of riding interests you. There are different types of bikes (road, mountain, hybrid, cruiser) to fit different types of riding. When you purchase a bike it is best to choose a local reputable shop so the bike is fit to you. This will help you be more comfortable and efficient with the bike and provide a resource for repairs and questions when needed.

Resource: Brad Patty

Veggie Salad

2 cups broccoli florets
1/2 cup chopped celery
1 cup frozen peas and carrots
1/2 cup sweetened dried cranberries
1/4 cup chopped green onions
1/2 cup seedless green grapes, halved
1/2 cup seedless red grapes, halved
1/4 cup slivered almonds
2 Tbsp white sugar
2 Tbsp white wine vinegar
1 Tbsp grated onion
2 Tbsp shredded Parmesan cheese

5 servings (1 cup each)

In a large bowl, toss together the broccoli, celery, peas, cranberries, green onions, green grapes, red grapes, and almonds. In a separate bowl, whisk together the sugar, salt, vinegar, grated onion, and Parmesan cheese. Pour dressing over the salad. Gently toss to coat. Refrigerate for several hours before serving.

Calories: 150 Fat: 3.5g Sat fat: .5g
Carbs: 27g Fiber: 4g Sodium: 85mg



Honey Mustard Dressing

1 cup light sour cream
1/4 cup honey mustard
2 tsp honey
1 teaspoon sugar
1 Tbsp red wine vinegar or lemon juice

Stir all ingredients together until well blended. Store in refrigerator until ready to serve.

12 servings (2 Tbsp each)

Calories: 45 Fat: 2g
Saturated fat: 1g Carbs: 5g
Fiber: 0 Sodium: 55mg



Skiff Cooking Class

Summer's End

August 25

6:00pm

HyVee Club Room

Learn healthy ways to prepare the supply of summer's produce. Recipes and samples provided.

Register by calling
787-3070.

The class is free.



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