

Did you know June is Fresh Fruit and Vegetable month? It makes sense as farmer's markets begin to pop up and we see more fresh local produce arrive in our supermarkets. We are all being encouraged to increase our intake of fruits and vegetables (5-9 servings per day or 2 cups fruit and 2 and ½ cup vegetables for the reference 2000 calorie diet) Here are a few hints on how to get more of these nutrient-packed foods into your diet.

1. Next time you are scrambling up some eggs or making an omelet, add some diced tomatoes, peppers, and onions for a veggie boost.
2. For a cool summer treat, keep blueberries and grapes in the freezer and nibble them while they are still frozen.
3. Stash some dried fruit-apricots, raisins, dried plums, dried apples-in your desk drawer or glove compartment. Enjoy with a handful of nuts for an energizing snack.
4. Every Monday, bring five pieces of fresh fruit to work and keep them in a basket on your desk. Not only will you eat more fruit, but you will enjoy looking at it and may positively influence some of your co-workers!
5. Give your tuna salad a colorful, crunchy kick: add chopped celery, onion, peppers and carrots and even some fruit like apple, grapes or pineapple if you like a little sweetness.

More tips coming next week!

How about a veggie pizza with a whole grain crust? If you don't overdo the cheese or load on high fat meat, this can be quite healthy! (If it doesn't seem like a pizza without meat, try turkey pepperoni with the same flavor of regular pepperoni but with 55% less fat!) Or consider alternate protein sources for your pizza-beans, shrimp, lean ham or chicken. My favorite toppings for a homemade pizza are minced clams, artichoke hearts, mushrooms, black olives, onions, and various colored peppers. I prefer a bit of feta cheese to mozzarella cheese.

Whole Wheat and Honey Pizza Dough

This makes a thin crust but can be doubled for a thick crust. Prep time is 10-15 minutes and cooking time is 10-15 minutes (faster than delivery and more healthy and creative!)

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water
- 2 cups whole wheat flour
- 1/4 cup wheat germ
- 1 tsp. salt
- 1 Tbsp. honey

Preheat oven to 350 degrees. IN small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes. In large bowl, combine flour, wheat germ and salt. Make a well in the middle and add yeast mixture and honey. Stir well to combine. Cover and set in warm place to rise for a few minutes. Roll dough on a floured pizza pan and poke a few holes in it with a fork. Bake for 5 minutes. Cool, add your choice of toppings and bake another 5 to 10 minutes until toppings are warmed and cheese is melted.

Per 1/12 of crust= 84 calories, 4 g protein, 1 g fat, 3 g fiber, 197 mg sodium

I like chicken salad that is both creamy and crunchy. The celery, water chestnuts and apple all add taste and texture and the dressing provides creaminess without being high in fat and calories. Enjoy this as a sandwich on whole grain bread with fresh, crisp dark lettuce or spinach or on a bed of crisp romaine lettuce and other salad greens. Once summer ripened

tomatoes arrive, serve this salad in a vine-ripened hollowed out tomato for a real summer treat!

Yummy Chicken Salad
(makes 15 servings)

3 cups cooked, diced chicken breast (grilled chicken is best!)
1 and 1/2 cups celery, diced
½ cup scallions, diced
¼ cup fresh parsley, minced
1 cup water chestnuts, diced
1 crisp and flavorful apple, diced
2 Tbsp. whole grain or spicy mustard
1/2 cup low-fat buttermilk
2 and 1/2 tbsp. light mayonnaise
2 and 1/2 tbsp. plain nonfat yogurt
1 and 1/2 tbsp. lemon juice
pinch of salt
freshly ground pepper, to taste

Mix first 6 ingredients (chicken through apple) together and set aside. Mix remaining ingredients in separate bowl and add to chicken mixture. Refrigerate until serving time.

Per serving=78 calories, 11 gm protein, 1 gm total fat, 0 gm sat fat, 26 mg cholesterol, 1 gm fiber, 104 mg sodium

Enjoy this beautiful weather by being active outdoors!!

I will be here for most of the summer and would welcome the opportunity to meet with any ISU employees who want to improve their eating! It's relatively painless as you are the one who selects small changes to make in your eating patterns that can have big results over time. I do not have a scale in my office! The focus is not on diets but on healthy lifestyle changes that will stick for life! Please give me a call (4-9625) or respond to this e-mail if you are interested.

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