

# Wellness Works

A part of ISU Employee Wellness Program



**March 2008**

National Nutrition Month

## Announcements:

The next Lunch and Learn is **March 12th**. The topic is Diet Free Nutrition.

### Locations:

Curtis Hall Room 9

Time: 12 pm

OR

NWRC (Research Park)  
2325 North Loop Drive  
Suite 6100

Time: 5:15 pm

If you would like to receive the Wellness Works newsletter or any other wellness information via e-mail, please contact Sally Barclay at [Barclay@iastate.edu](mailto:Barclay@iastate.edu)

## Choosing Healthy Snacks



Photo courtesy of [www.quillinproduce.com](http://www.quillinproduce.com)

Snacks should be considered a necessary part of your day, and having that growling stomach hours before your lunch break can be stressful. Packing a few healthy snacks will not only solve this problem, but it's also a healthy choice to make. Healthy snack ideas are as simple as packing some whole fruits and vegetables, which are naturally full of vitamins and minerals. You can also try many types of whole grain snacks, ranging from crackers to pretzels, which contain needed fiber and complex carbohydrates used by the body. Low fat dairy products, such as cheese and yogurt, are not only tasty; they're a healthy way to curb your appetite. Air-

popped popcorn or assorted nuts are also a great way to maintain your blood sugar levels. Blood sugar levels can dip too low causing cravings that can lead to you making unhealthy food choices. Eating more smaller portions of food will speed up your metabolism and help your body utilize the foods' nutrients to keep you energized all day.

## Measuring Portion Sizes

Have you ever wondered what one "serving" of food is supposed to look like? The following are comparisons to help you identify the proper portions of various foods.

- 3 ounces meat **equals** A deck of playing cards
- ½ cup fruits/veggies **equals** The size of your fist
- 1 ounce nuts **equals** The palm of your hand
- 2 Tablespoons butter **equals** A ping pong ball
- ½ cup ice cream **equals** A tennis ball



Photo courtesy of [www.niazipan.com](http://www.niazipan.com)



Photo courtesy of [www.swan.ac.uk](http://www.swan.ac.uk)

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These comparisons were given based on ideas from Erin Wipf, a Dietetic intern at Viterbo University.

## Iowa State Dining Options

Does the idea of all-you-can-eat buffets and countless food options have you afraid that you will derail your diet at lunchtime on campus? No need to worry, there are many tools at your fingertips to help you make smart choices at Iowa State's dining establishments.

The Iowa State Dining Web site lists menus and nutrition information for all of the dining centers and cafes on campus. NetNutrition is a tool on the site that allows diners to pick out what they plan to/ what they did eat to analyze the nutritional content. Allergies and vegetarian preferences can be selected to sort out food options as well.

At all-you-can-eat establishments such as Union Drive Marketplace, remember to fill half of your plate with fruits and vegetables, one-fourth with protein and one-fourth with healthy carbohydrates. Fruit is a smart choice for dessert. If possible, take your time while eating since it takes 20 minutes for your body to register fullness.



Photo courtesy of [www.dining.iastate.edu](http://www.dining.iastate.edu)

Here are a few smart choices at dining locations across campus.

**Memorial Union Food Court:** Hearthstone-chicken wild rice soup, lemon baked cod, whole wheat dinner roll,  $\frac{1}{2}$  cup mixed vegetables.  
383 calories, 9 grams of fat

**Hawthorn Market & Café:** Marinated Chicken Kabobs,  $\frac{1}{2}$  cup broccoli buds, breadstick.  
499 calories, 16 grams of fat

**Union Drive Marketplace:** Black Bean Burger,  $\frac{1}{2}$  cup applesauce,  $\frac{1}{2}$  cup California vegetable mix.  
471 calories, 8 grams of fat



## Nutrition Facts Quiz

Test your knowledge of nutrition with a restaurant food facts quiz.



### 1. Which item has the most fat?

- A. Burger King Spicy Tendercrisp Sandwich
- B. KFC Crispy Twister
- C. Panera Bread Sierra Turkey Sandwich
- D. Culver's Jumbo Cheese Butterburger

**Answer:** The Panera Bread Turkey Sandwich = 53 grams of fat and 960 calories.

### 2. Which item has the most fiber?

- A. Panda Express Kung Pao Shrimp
- B. Starbucks Twelve Grain Bran Muffin
- C. Taco Bell Bean Burrito
- D. Wendy's Ultimate Chicken Grill Sandwich

**Answer:** Taco Bell's burrito has eight grams of fiber, nearly one-third the recommended daily value.

### 3. Which item has the most calories?

- A. Bruegger's Whole Wheat Bagel with Light Garden Veggie Cream Cheese
- B. Perkins Lemon Poppyseed Muffin
- C. McDonald's Cheddar, Bacon Sausage McMuffin
- D. Village Inn Cinnamon Raisin French Toast with Fruit

**Answer:** Perkin's Lemon Poppyseed Muffin = 685 calories and 33 grams of fat.

For more information about healthy restaurant dining, visit [dwlz.com](http://dwlz.com) or [healthydiningfinder.com](http://healthydiningfinder.com). Many specific restaurants also list nutritional information on their Web sites. Photos courtesy of [www.eatingliberally.org](http://www.eatingliberally.org)

## Quick Facts

**True or False: Brown eggs are more nutritious than white eggs.**

**False!**

The eggshell color only depends on the breed of the hen. The nutrition content of brown and white eggs is the same.

### Facts about eggs:

- The protein found in egg whites is the most complete protein in any single food.
- The amount of cholesterol in one large egg yoke accounts for 71% of your daily cholesterol intake!



Photo courtesy of [www.maplemeadowfarmeggs.com](http://www.maplemeadowfarmeggs.com)

Photo courtesy of [www.chewingthecud.org](http://www.chewingthecud.org)



### How does red meat affect your health?

Studies have linked red meat with an increased risk of heart disease, partly due to the content of saturated fat. However, poultry such as turkey and chicken are naturally low in saturated fats, but only if you do not eat the skin.

- Instead of excluding red meats from your diet, choose leaner cuts of beef and pork.
- For beef, choose eye of round, top round roast, or top sirloin and flank.
- For pork, choose tenderloin and loin chops.

## Enjoy this healthy AND delicious recipe!

### Chicken Parmesan

#### Ingredients:

5 oz. boneless skinless chicken breast (raw)  
 1/3 cup Fiber One cereal  
 1/4 cup egg substitute  
 3/4 tsp. reduced fat grated parmesan cheese  
 1 oz. (approx. 1/4 cup) shredded fat-free mozzarella cheese  
 1/3 cup canned tomato sauce  
 Optional: garlic powder, basil, oregano, salt and pepper

#### Directions:

Preheat oven to 375 degrees. Using a blender or food processor, grind Fiber One cereal to a breadcrumb-like consistency. Add parmesan to crumbs (if desired, season crumbs with optional spices, as well). Place crumbs in one small dish and Egg Beaters in another. Next, pound your chicken so it's a bit flattened. Coat raw chicken on both sides with Egg Beaters, and then coat with crumb mixture. Place chicken on a baking pan sprayed with nonstick spray. Spray a light mist of nonstick spray on top of chicken and place in oven. Cook for 10 minutes, and then turn chicken over. Add another light mist of nonstick spray and cook for an additional 10 - 12 minutes (or until chicken is fully cooked and coating looks crispy). Meanwhile, if desired, mix tomato sauce with your seasonings of choice. Remove chicken from oven, top with sauce and then cheese, and return chicken to oven until cheese is melted. Enjoy! Serves one. **Calories:295 Fat:3.5g Sodium:890mg Carbs:27g Fiber:11g Sugars:3.5g Protein:46.5g**



Recipe courtesy of [hungry-girl.com](http://hungry-girl.com)

