



National Wear Red Day is Friday February 1! Find some red to wear to bring attention to educating women about their #1 killer-**heart disease**. Join thousands of other women in taking the heart check-up to see if you have concerns and to learn more about heart health. http://www.goredforwomen.org/go_red_heart_checkup.aspx What small lifestyle changes can you make for heart health? <http://www.goredforwomen.org/prevention.aspx> Looking for some great heart healthy recipes? http://www.goredforwomen.org/heart_healthy_recipes.aspx What foods are especially heart healthy? <http://allrecipes.com/HowTo/Superfoods-to-the-Rescue/Detail.aspx>



Football and the Super Bowl is part of the American culture. And eating is a big part of it!. But does that eating have to be unhealthy?

Chili is a Super Bowl staple! Make your chili with **lean protein** such as 93 or 96 % lean ground beef, ground turkey or turkey breast (here's a turkey chili recipe- <http://lowfatcooking.about.com/od/dinnerrecipes/r/turkchili1104.htm>), chicken for white chili, lots of nutrient packed beans of all kinds and/or stretch the meat using textured vegetable protein which is basically soy flakes that you reconstitute and which have a similar texture to ground meat and which take on the flavor of the chili (very cheap and very easy!) Or consider these various chili recipes that are meatless but still hearty and packed with flavor:

http://www.meatlessmonday.com/site/PageServer?pagename=chili_recipes&JServSessionIdr004=xwahzwqrg2.app14a

Your family and guests will say WOW!



Be sure to include **plenty of colorful fruits and vegetables** which are packed with nutrition and act as disease fighters! What is super bowl without **dips** but **how about a healthy** version? You can cut out much of the fat by using light or fat-free sour cream, reduced fat mayonnaise or plain yogurt. Check out those attached and these links as well.

<http://www.cooking.com/recipes/static/recipe7126.htm?ref=cknw05861>

<http://www.recipezaar.com/20756> lower fat hot spinach and artichoke dip

<http://allrecipes.com/Recipe/Texas-Caviar-II/Detail.aspx> Texas caviar--only 2 ingredients!



Pizza is big for sports gatherings such as this. To order a healthier pizza:

1. Ask for half the cheese-reduces total fat, saturated fat and sodium and there will still be plenty of cheese flavor!
2. Cut down on the meats or choose the leaner options such as grilled chicken, Canadian bacon or ham.
3. Add veggies-the more the better-they are low in calories, fat and sodium and add flavor
4. Avoid the extras- such as garlic butter, dipping sauces, complimentary wings or breadsticks-they are all high in calories and sodium and don't add any nutritional value

Making your own healthy pizza gives you control and also saves money! There are ready-to-bake crusts (try whole wheat for added fiber and nutrition!) Consider making your own sauce with fresh tomatoes or reduced sodium tomato paste or sauce, minced garlic, fresh basil, oregano and freshly ground black pepper. Make a big batch and freeze the extra in individual containers for future pizzas. Use leftover or unique protein sources such as grilled chicken, shrimp, clams, beans of any kind. Use fresh herbs like basil to bring out the flavors of other ingredients. Use veggies (even pre-cut from a salad bar) like peppers, onion, broccoli, artichoke hearts, tomatoes, olives and even fruits such as pineapple for a bit of sweetness. Purchase part-skim mozzarella, low-fat or nonfat cheeses (try nonfat ricotta cheese!) to top your pizza and don't overdo the cheese.

The fun part of making your own is the unique and delicious creations you can make that you could never find at a carry out pizzeria or in the frozen food aisle.

How about Smoky Corn and Black Bean Pizza or Thai Chicken Pizza? Or Caramelized Onion and Artichoke pizza?

http://www.eatingwell.com/recipes/collections/healthy_pizza_recipes.html

Oven baked Potato Skins? <http://www.webmd.com/content/article/81/96845.htm>

Healthier NACHOS! Start off with a plate of tortilla chips then top it with spoonfuls of fat free refried canned beans blended with some taco seasoning warmed up in a small saucepan (just takes a couple of minutes). Cover the top with some reduced fat cheese (shredded in bags) some chopped peppers and tomato and green onions. Microwave the plate or pop in a hot oven until the cheese is nice and melted. Add a dollop of fat free sour cream and/or chopped avocado and fresh cilantro if desired.

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1011291

Another easy appetizer--Open up a box of light cream cheese onto a serving plate and top with some pesto or sundried tomatoes. Serve with whole grain crackers or whole wheat pita cut in wedges.

Homemade healthy chicken nuggets--Oven fry some skinless chicken pieces dipped in egg white, or buttermilk, and dredged in breadcrumbs, cornmeal or crushed cornflakes. Serve with a honey-mustard or barbecue sauce.

High protein shrimp--Buy frozen already cooked shrimp or prawns, de-veined but with tails on and thaw just barely--serve with bottled cocktail sauce or other fun bottled dipping sauces.

More healthy ideas and recipes here! http://www.eatingwell.com/recipes/collections/super_bowl_1.html

Lower-fat sandwiches- Provide a variety of lean (and low-sodium) meats and reduced-fat cheeses, a variety of whole-grain breads, wraps, rolls and bagels, plus some fat-free or low-fat mayonnaise and dressings. Have pickles, sliced tomatoes, shredded carrots, salad leaves, roasted red peppers, pesto, and sun-dried tomatoes, all of which can help make a satisfying sandwich. Make tuna or chicken salad with fat-free mayonnaise or low-fat plain yogurt. Use herbs and black pepper for seasoning, and omit the salt.

Snack mixes-Make your own snack mixes using whole-grain cereals, dried fruit, unsalted nuts, sunflower seeds, pumpkin seeds and pretzels or try this Asian Party Mix

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=521727



Sweets-Bake a batch of low-fat brownies or some carrot cake or have some light ice cream on hand.

Lighter dessert recipes: <http://www.cookinglight.com/cooking/features/superbowl/fourthquarter.html>

Drinks-keep the coffee pot full, and do have plenty of water and fruit juices available as alternatives to beer and soda.

OR if you end up at or host a Super Bowl Party with traditional fare, remember **you have control over how much you choose to eat**....moderation! Both with your snacking and your drinking (moderate drinking for women is defined as 1 alcoholic drink per day and 2 daily for men). Keep in mind that alcohol is empty calories that provides zero nutritional value!

How about **some activity and movement during the commercials** (close to TV so you can view them!) and half-time? Walking in place, stretches, sit-ups, dancing—whatever!

Are you **looking for ways to stay active** in the winter months? Hoping to make exercise more fun so you will stick with it? Then come to the student led “Fitness FUNdamentals” on Wednesday Feb. 6 at noon in Curtiss Room 8. Please register by responding to this e-mail or calling 4-9625. Feel free to bring your lunch along!

Are you ready to eat healthy but need some guidance? Remember individual nutrition counseling is available to ISU employees at no charge as part of your health benefits. Set up your appointment today! Contact Sally at 4-9625 or barclay@iastate.edu.

Enjoy the game!!

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