

# Food for Thought

August 2013

From Shannon, your Grand Island Hy-Vee dietitian



## Harvesting Healthy Meals

The end of the summer season may be fast approaching, but we still have a few weeks to enjoy many of the tastes associated with warmer weather. Gardens and produce departments have an abundance of end-of-summer vegetables just waiting to be added to your meals!

With all the readily available fruits and vegetables being harvested from gardens, now is a great time to get in the habit of eating the MyPlate way. Try using these tips to fill half your plate with fruit and vegetables at every meal.

**Zucchini** – Best known for bread, but don't overlook these other great ways to enjoy zucchini:

- Grill it. Thinly slice and grill in an aluminum foil pouch with olive oil, spices and other vegetables.
- Add to salads and sauces. Dice and add to summer salads or to pasta sauces.
- Replace all or some lasagna noodles with zucchini ribbons. This will drastically lower the carbohydrates and calories in your pasta dish.

**Tomatoes** – Go beyond BLTs and salsa by trying one of these simple ways to serve tomatoes:

- Create a cold salad with quinoa, halved cherry tomatoes, diced cucumbers and chopped green peppers. Toss with olive oil.
- Bake tomatoes for a warm side dish. Spray or drizzle a baking dish with olive oil, slice tomatoes about ½-inch thick and sprinkle with whole wheat bread crumbs and shredded Parmesan cheese. Bake until tomatoes start to soften.

**Peppers** – A perfect complement to a variety of dishes. Try one of these ways to eat more peppers:

- For extra color, add sliced or diced pepper to your favorite lettuce salad.
- Grill them. Brush with olive oil and lightly season for a great way to get in a vegetable serving.
- Add to soups, salads, pizza and pasta dishes for added texture and flavor.
- Make Philly Steak Peppers – Fill peppers with thinly sliced roast beef, onion and provolone cheese. Bake and enjoy with a side of fruit for a meal in minutes.

**Potatoes** – A fan favorite that can be made healthier with a few simple steps.

- Try serving a baked potato bar for upcoming tailgate parties. Be sure to have lots of healthy toppings, chili, salsa, shredded cheese, peppers, chopped ham and Greek yogurt in place of sour cream.
- Swap out some of the mayo in your potato salad and cut hundreds of calories from this popular picnic dish.

**Sweet Corn** – Think it doesn't get any better than corn on the cob with butter? Try cooking the corn in the butter (cut with a little olive oil to reduce saturated fat) with lemon and garlic and you may change your mind.

### Lemon-Garlic Glazed Corn on the Cob

Serves 4.

#### All you need:

- 1 T. butter
- 1 T. extra-virgin olive oil
- 2 cloves garlic, minced
- 4 ears corn, husked
- 1/3 cup water
- 2 T. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. ground pepper

#### All you do:

1. Heat butter and oil in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant but not browned, about 1 minute.
2. Add corn, water, lemon juice, salt and pepper. Cover and cook, gently shaking the pan occasionally to turn the cobs, for 5 minutes.
3. Uncover and continue cooking, turning the cobs occasionally, until all but a few tablespoons of liquid has evaporated, 2 to 4 minutes more.
4. Serve the corn drizzled with the lemon-garlic pan sauce.

*Nutrition facts per serving:*  
149 calories; 8g fat (3g sat, 4g mono); 8mg cholesterol; 20g carbohydrate; 0g added sugars; 4g protein; 2g fiber; 162mg sodium; 294mg potassium.

# Eat to Compete

## High-Performance Snacks:

- Oatmeal with almonds, strawberries and low-fat yogurt.
- Whole-grain wrap with turkey, spinach, tomato and pesto
- Peanut butter and jelly sandwich and a glass of low-fat milk
- High-protein energy bar and a piece of fruit
- Whole-grain crackers and low-fat cottage cheese topped with fruit
- English muffin with an egg, sliced tomato, lettuce and avocado
- Low-fat string cheese and baked whole grain chips
- ½ whole grain pita stuffed with choice veggies, edamame and hummus
- Trail mix made with nuts, whole grain cereal and dried fruit
- Smoothie made with low-fat milk, yogurt and frozen berries
- Banana dog – whole wheat tortilla with peanut butter and banana slices
- Granola, yogurt and fruit parfait

Eating a well-balanced diet is one of the most important things you can do to promote optimal performance. Eating a variety of high-carbohydrate, low-fat foods and consuming enough fluid to avoid dehydration are key. To increase endurance, muscle strength and speed, you must eat to compete!

### **Get the Athletic Advantage with High-Performance Nutrition**

#### ***Fuel Up with Pre-event Preparation***

Fuel up with familiar foods on competition day and allow adequate time for that food to digest. A large meal can take three to four hours to digest, a small meal can take two to three hours, and a snack will digest in one to two hours. A substantial pre-event meal will help prevent fatigue and ensure you have the fuel stores needed to power your way to peak performance. Include complex carbohydrates, lean protein, fruit and healthy fats. About two-thirds of your plate should be carbohydrates. Top off fuel stores with a carbohydrate-based snack one to two hours before competition.

#### ***During the Event***

Continue to refuel during competition, as needed, with carbohydrates, electrolytes and fluid to prevent fatigue and prevent depletion of fuel stores. Sports drinks, gels and bars are all efficient ways to refuel.

#### ***Refuel to Recover Post-Competition***

Refueling begins immediately after competition with a recovery snack consisting of carbohydrate and protein to refuel stores and repair damaged tissue. Chocolate milk can be a perfect sports recovery drink as it contains the ideal ratio of carbohydrate and protein to refuel muscles. Continue refueling with a meal one hour after the recovery snack.

#### ***Stay Hydrated in the Heat***

Maintaining adequate hydration in the hot summer heat can be a challenge. Dehydration can severely impair athletic performance, making it crucial to go into a competition well-hydrated. Consume fluids throughout competition day, then hydrate two to three hours prior to competition with 16 ounces of fluid and again 10 to 20 minutes before event with 8 ounces of fluid. Fluid should be consumed during competition and fluid replacement of all sweat loss should take place following competition. Choosing the right fluid for hydration is important. Water is appropriate for mild to moderate intensity exercise lasting less than 60 minutes. Sports drinks are preferred for high-intensity exercise lasting more than 60 minutes. Soft drinks and fruit juices are best avoided.

*The information is not intended as medical advice. Please consult a medical professional for individual advice.*

### **Siggi's – The Perfect Back-To-School Treat!**

Siggi's is a thick and creamy, skim-milk yogurt, referred to as skyr, which is based on a traditional recipe used in Iceland for over 1,000 years. Siggi's skyr yogurt is a strained version of non-fat yogurt, but packs more of a nutritional punch with 14 to 15 grams per serving – two to three times the amount of protein compared to regular yogurt. It has 30% less sugar than most yogurts and uses no artificial sweeteners. Only all-natural, minimal ingredients – milk, fruit and sugar – are used. This special treat is lusciously thick and creamy, making it seem like a total indulgence.

Siggi's yogurt is also available in easy-to-squeeze tubes or drinkable form, making it a perfect on-the-go snack. Try pouring the drinkable form over a bowl of crunchy granola for a satisfying start to your day. Look for it in our HealthMarket!