

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



K-State Research and Extension Family Nutrition Program

# DINING ON A DIME

## *Eating Better for Less*

June/July 2010

### Prevent Weight Gain: Be Physically Active

How much physical activity is needed to prevent weight gain? A recent study found that women who gained less than five pounds over 13 years were generally already at a healthy weight when the study began, AND they exercised on average 60 minutes a day doing moderate-intensity activities. For those who need weight loss, experts recommend increasing physical activity AND eating fewer calories.



**HIIT is a hit.** For people who want to keep the mid-life bulge at bay, but don't have one hour of time every day of the week to spare, there is good news! A common new phrase in the fitness industry is *High Intensity Interval Training*, or HIIT. (Remember to protect your health by talking about any new exercise program with your doctor before starting.)

HIIT takes much less time, yet it offers benefits similar to those from traditional endurance training that is more moderate in intensity and done for a longer time. Comparing HIIT results to more conventional forms of training, HIIT users showed:

- More fat loss despite exercising for less time.
- More fat burned in the 24 hours after the exercise session ended.
- More improvement in blood pressure, waist circumference and HDL cholesterol.
- Similar improvements in fitness levels, with just one-fourth the training time.

**What is involved with the HIIT type of training?** HIIT includes doing multiple short bursts of intense exercise with short recovery breaks in between. Typically, the HIIT user would exercise "all-out" for intervals of 30-60 seconds, then do lower-intensity activities, such as lifting weights or stretching, for about twice that long. Variations can be incorporated for older, sedentary or overweight individuals, for example by exercising at a decreased intensity during intervals, or by having longer low-intensity periods for recovery.

Although more research is needed to determine if this type of training will indeed "battle the bulge" over time, your body could substantially benefit from HIIT. The research is promising.

Source: Short-Burst Training, T Schwager, *IDEA Fitness Journal*, Sep 2009, pp 27-29.

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## Frugal Foods: Spend Less, Get More!

*Dining on a Dime* presents our “top 10” list of frugal foods that combine great taste while packing a nutritious punch. All of the frugal foods on our list are versatile — try them for breakfast, lunch, supper and snacks.

**Apples and Bananas.** A perfect on-the-go snack, both apples and bananas are naturally portable. Eat these satisfying and sweet nutritional powerhouses raw or baked, or add them to salads, desserts and baked goods.

**Beans.** Full of antioxidants, dietary fiber and protein, canned beans cost about 23 cents per serving. Dry varieties that you cook yourself cost even less. Keep them on hand to pack into brownbag lunches and to make quick suppers.

**Brown Rice.** With a slightly nutty taste, brown rice is a whole grain. It is more nutritious than white rice. Serve as a side dish, at breakfast or as a snack with cinnamon and milk, or add to casseroles and soups.

**Canned Tomatoes.** Canned tomatoes make a great base for countless main dishes, dips, sauces, soups, stews and chili. Tomatoes are rich in vitamin C and lycopene. Buy them without added salt if possible.

**Canned Tuna.** A versatile addition to sandwiches, salads and casseroles, tuna is high in protein and vitamin D, and low in calories and fat.

**Eggs.** Costing usually less than \$2 for a dozen, eggs are high in protein. Boiled, fried or scrambled — eggs cook quickly, so they’re perfect for breakfast, lunch or supper. For variety, try French toast, huevos rancheros or egg salad.

**Fat-free Milk.** A natural convenience food, skim milk offers a healthy dose of vitamin D, calcium, protein and potassium. Serve skim milk with meals and snacks, and use in soups, smoothies and desserts.

**Kale.** At about a dollar a bunch, kale is one of the least costly green vegetables you’ll find. Three ways to quickly serve kale are to: Serve it hot after pan-frying with garlic and a small amount of vegetable oil; Steam and add to pasta salads or as a topping on homemade pizza.

**Potatoes.** White potatoes and sweet potatoes are satisfying and are high in dietary fiber, vitamin C and potassium. Bake, boil, roast, pan-fry or oven-fry them, or add to casseroles or soups.

**Rolled Oats.** At just 14 cents, one cup of cooked oats is a heart-healthy whole grain with 4 grams of dietary fiber. Cook oats with fruit for a breakfast or snack, or add them to baked goods.

For more information about healthy eating, contact your local extension office. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Erin Henry and Mary Meck Higgins, “Dining on a Dime,” June 2010.

## Pack for Picnics without Pathogens

Summertime eating events can lead to food borne illness. Bacteria grow fast in the heat and humidity, and clean water and refrigeration can be hard to find. Find out how you can keep food safe to eat when you're in the heat!



- When planning a picnic, barbecue or camping trip, find out if there will be a source of safe drinking water. If not, take water for preparation and cleaning.
- Pack plenty of plates and utensils, along with disposable washcloths, moist towelettes and anti-bacterial rubs to clean your hands. Use clean dishware and hands while handling food and eating.
- Prepare foods on the same day as your picnic, or just one day before, unless you freeze it. Do not partially cook the meats and poultry you will take. Instead, pack them either raw or fully cooked. Bacteria can multiply quickly in partially cooked foods.
- Pre-chill or freeze perishable foods before packing them into an insulated cooler. Seal them in plastic bags and place under several inches of ice, ice packs or frozen water containers. Be sure to immerse the food in the ice. Never just set containers of food on top of ice.
- Cook hot foods just before transporting them to the picnic. Wrap them in towels, then newspaper, and place them in a box or heavy paper bag. At the picnic site, keep these foods warm on a lit grill, or eat them within one hour.
- Pack beverages in a separate cooler, since it will probably be opened frequently.
- Keep coolers containing perishable foods in the coolest part of the car. Car trunks can reach up to 150 degrees F. in the summer heat. Once you get to the picnic site, place coolers in the shade under a blanket.
- If perishable foods cannot be kept cold in an insulated cooler, or kept hot, do not take them. Instead, pack foods that do not require refrigeration such as: unopened cans of meat, chicken or fish; nuts, peanut butter, dry cereals, breads, crackers, baked goods, and unpeeled fruits and vegetables.
- Pack a food thermometer. Cook meats to these internal temperatures: Beef, 145 degrees F.; Pork and Hamburger, 160 degrees F.; Poultry, 165 degrees F.
- Discard any leftover hot foods, and all cold foods not kept in ice.

Source: (Accessed 5/7/10) Adapted from Take Safety on Your Picnic, North Carolina State University Cooperative Extension, [www.ces.ncsu.edu/depts/foodsci/ext/pubs/picnic.html](http://www.ces.ncsu.edu/depts/foodsci/ext/pubs/picnic.html)

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.



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## ***Dining on a Dime's* Cooks' Corner**

### **Perfect Picnic Pasta Salad (Makes 3 servings)**

#### **Ingredients**

- 4 ounces dry whole wheat pasta, any kind
- 1/4 cup Italian salad dressing, any kind. If desired, use the recipe in the April/May 2010 issue of *Dining on a Dime*, at [www.ksre.ksu.edu/humannutrition/DoadAprMay.2010.pdf](http://www.ksre.ksu.edu/humannutrition/DoadAprMay.2010.pdf)
- 1 tablespoon grated Parmesan or Romano cheese
- 1/4 teaspoon ground paprika
- 1/8 teaspoon garlic powder
- 1 cup chopped raw vegetables (such as peeled cucumber, green peppers and Roma tomatoes)

#### **Directions**

- 1.** Cook pasta according to package directions, except do not add any salt. Rinse under cold water. Drain.
- 2.** Meanwhile, in a large salad bowl, stir together dressing, cheese, paprika and garlic powder.
- 3.** Add vegetables and cooked pasta. Toss gently.
- 4.** Cover and refrigerate for four or more hours before serving, to allow flavors to blend.
- 5.** Serve cold.
- 6.** Cover and refrigerate leftovers within one or two hours.

*Nutrition Facts per 1 cup serving: 200 calories, 7g fat, 28 g carbohydrate, 8 g protein, 0 mg cholesterol, 55 mg sodium and 6 g dietary fiber. Daily Values: 8% vitamin A, 35% vitamin C, 8% calcium, 15% iron*



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