



NORTH  
DAKOTA

# FNP News

Family  
Nutrition  
Program

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#156

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# Is ALL fat the same?

Fat in food has been in the news for many years. We all need some fat in our diets, but are some kinds of fat healthier than others? Try this quiz:

1. True or False: Saturated fats are usually solid at room temperature.
2. True or False: Unsaturated fats, like olive, corn, soybean, canola and sunflower oils, are more heart healthy than saturated fats.
3. True or False: "Trans fats" can raise LDL ("bad") blood cholesterol and lower HDL ("good") blood cholesterol levels.

How did you do? All the answers are "true."

## How much fat do we need?

In most foods, the amount of total fat and saturated fat is listed on the Nutrition Facts label. Most of us eat a little too much fat, so it's a good idea to limit total fat to about 65 grams per day on a 2,000-calorie diet.

Eating too much saturated fat is linked with heart disease. Try to limit saturated fat in your diet to about 20 grams per day.

Sound complicated? The Nutrition Facts label can help you plan a healthier diet. Use the "percent daily value" to help you balance your food choices. For example, check out the amount of saturated fat in foods. A food with 5% Daily Value is low in saturated fat. A food with 20% Daily Value is high in saturated fat.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 470 mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

## What are trans fats?

In the future, another kind of fat will be listed on nutrition labels. Trans fats are formed from oils during a process called "hydrogenation." It helps the fats last longer without tasting rancid.

"Trans fats" are found in foods like vegetable shortenings, some types of margarine, crackers, cookies, baked goods, snack foods and other foods that contain "partially hydrogenated oils." Some foods, like meat and dairy products, naturally contain a little trans fat.

Like saturated fats, trans fats may raise LDL ("bad cholesterol") levels. High LDL levels may increase your chances of getting heart disease. Trans fats also may lower HDL ("good cholesterol") levels. Having a higher HDL level is more heart healthy.

## Consider these tips

Lower your saturated fat and trans fat intake with these tips:

- Use the Nutrition Facts label to help guide your food choices.
- Use vegetable oils, soft margarines or cooking sprays instead of solid fats.
- Substitute applesauce for part of the fat in brownies and quick breads.
- Choose foods low in saturated fat like low-fat dairy products, lean meat, fish, poultry, whole grains and fruits and vegetables.

# September is National Food Safety Education Month!

Can you answer “yes” to these questions?  
If so, you’re “fighting BAC”!

- \_\_\_ Do you wash your hands for at least 20 seconds *before and after* handling food?
- \_\_\_ Do you use a food thermometer to check doneness of meat and other foods?
- \_\_\_ Does your refrigerator keep food at 40 degrees or lower?

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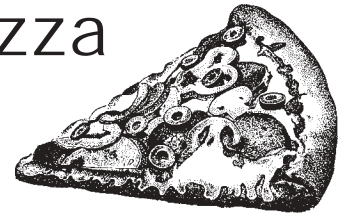
## Question: I’ve been hearing about “lycopene” in vitamin supplements. What is it?

You don’t have to reach for a bottle of vitamins to get lycopene in your diet. Lycopene is a natural red colorant found in fruits and vegetables such as tomatoes and pink grapefruit. Researchers have shown that lycopene acts as a natural antioxidant. It may help protect us from getting certain kinds of cancer, including prostate cancer among men. It’s absorbed best from cooked tomatoes containing a little fat, such as spaghetti and pizza sauce.

## Question: Yesterday I ran out of baking powder. Is there a substitute?

In a pinch, you can use one-third teaspoon baking soda plus one-half teaspoon cream of tartar to substitute for each one teaspoon baking powder. For other ideas, request “Ingredient Substitutions” from your local extension office. It’s online at [www.ag.ndsu.nodak.edu/food](http://www.ag.ndsu.nodak.edu/food).

# Popover Pizza



- 1 lb. lean ground beef
- 1 medium onion, chopped
- 1 (15-oz.) can pizza sauce
- ½ c. water
- 1 (7-oz.) can mushrooms, drained
- 8 oz. part-skim mozzarella cheese, shredded (about 2 cups)\*
- a c. Parmesan cheese
- 2 eggs, beaten
- 1 c. low-fat milk
- 1 Tbsp. oil
- ½ tsp. salt
- 1 c. all-purpose flour

**\*DOLLAR SAVER TIP:**  
Check unit prices.  
Often it’s cheaper to buy an 8 oz. chunk of cheese and shred your own.

Preheat oven to 400 degrees. Brown beef with onion; drain well. Add pizza sauce, water and mushrooms. Simmer 10 minutes. Spray a 9 x 13 pan with cooking spray (or grease lightly). Pour in meat/sauce mixture. Sprinkle both types of cheese over top. Bake at 400 degrees for 10 minutes. Mix eggs, milk, oil, salt and flour until smooth. Remove pan from oven and pour batter over top. Bake 30 minutes.

*Makes 8 servings. Each serving contains 340 calories, 18 grams fat, 21 grams carbohydrate and 31 percent of daily recommendation for calcium.*

Menu Idea: Popover Pizza, carrot and celery sticks, fruit cup and low-fat milk.