



NORTH
DAKOTA

FNP News

*Family
Nutrition
Program*

#168

DECEMBER 2004

NDSU
Extension Service
North Dakota State University

County Commissions,
North Dakota State University and
U.S. Department of Agriculture Cooperating
NDSU is an equal opportunity institution

In accordance with Federal law and
U.S. Department of Agriculture policy,
this institution is prohibited from discriminating
on the basis of race, color, national origin,
sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write
USDA, Director, Office of Civil Rights,
Room 326-W, Whitten Building,
1400 Independence Avenue SW,
Washington, DC 20250 or
call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity
provider and employer.

HOLIDAY QUESTIONS AND ANSWERS

I tend to gain weight during the holidays because tempting foods are everywhere and they taste so good! What can I do to avoid weight gain this year?

It's always fun to gather with friends and family over the holidays, but often these gatherings involve high-calorie goodies. Enjoy some treats, but watch your portion sizes — or you may expand during the holidays! Have a snack, such as an apple, and a glass of water at home to take the edge off your appetite before a party. Try not to stand next to the tempting buffet table. Load up on fruits, vegetables and whole grains, which have fewer calories and are filling. Finally, spend most of your time visiting instead of eating!

I have some of our family's favorite recipes out for the holidays. Many are high in fat. How can I make them a little healthier?

Try some lower fat ingredients in place of "regular" ones. For example, use low-fat or nonfat salad dressing for vegetable dips and salads. Use low-fat sour cream or cream cheese in dips. Use low-fat or fat-free (skim) milk instead of whole milk in recipes.

How long is perishable food safe on a buffet table?

Perishable food, such as meat, salad and cut-up produce, should spend no more than two hours at room temperature. Consider serving hot foods (such as meatballs) in crock pots and cold foods (such as bowls of salad) nested in containers filled with ice.

I'd like to make homemade ice cream and eggnog for the holidays. The recipes I've found contain raw eggs. Is that safe?

Recipes with raw or undercooked eggs are not safe to serve. Raw eggs may contain salmonella, a type of bacteria. You can substitute pasteurized eggs for whole eggs. The less expensive option is to find a recipe where the eggs are heated.

I'm running a little short of cash to buy presents for my family and friends. I'd like to give them something. Any ideas?

Gifts don't have to be expensive to be thoughtful and useful. Consider gifts of time, such as a "coupon" for an evening of baby-sitting or an afternoon of helping with household chores. If you enjoy cooking, consider copying your favorite recipes on cards for your friends.

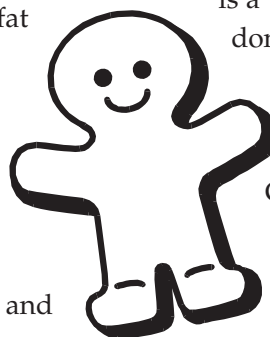


A tin full of holiday cookies or muffins is a welcome gift for parents who don't have enough time to bake.

You can make "gift baskets" much less expensively than buying them.

Consider filling a basket with assorted teas, a container of hot cocoa mix and a couple of holiday mugs.

Be creative!



Joke . . . Why do you eat so fast?

I want to eat as much as possible before losing my appetite!

I saw an idea for baking "bread in a jar." Is that safe?

Baking cakes and quick breads in jars is NOT safe for a couple of reasons. Baking a cake or bread in a glass jar and sealing it with a tight lid can promote the growth of bacterial "spores." These "germs" can produce poisons, possibly even the kind that can cause botulism. Glass jars are not meant to be baking containers, either, because they can break in the oven.

Putting recipe ingredients (such as for cookies) in a jar is safe. Jars with the ingredients make a nice holiday gift!



2005 Calendars Have Arrived!

The 2005 FNP/EFNEP calendars feature nutrition, food safety and health information and a monthly recipe.

Contact your local office of the NDSU Extension Service for more information.

Happy Holidays!

Create Your Own Cereal Snack Mix

- 5 cups mixed cereal (such as Rice Chex, Corn Chex, Crispix, Cheerios)
- 2 Tbsp. melted margarine



Preheat oven to 325 degrees. Place cereal in a large bowl. Drizzle margarine over cereal and toss with two forks. Sprinkle one of the flavorings suggested below over the cereal. Toss. Place cereal on baking sheet. Bake at 325 degrees for 15 minutes.

Flavoring Ideas —

- **Cinnamon/sugar mix:** 1 teaspoon cinnamon mixed with 3 tablespoons sugar
- **Pumpkin pie spice mix:** 1 teaspoon pumpkin pie spice mixed with 3 tablespoons sugar
- **Taco mix:** 2½ tablespoons taco seasoning mix
- **Ranch dressing mix:** ½ package dry ranch dressing mix
- **Parmesan mix:** 2 tablespoons Parmesan cheese, 1 teaspoon garlic powder and ½ teaspoon salt

Makes 5 servings.

Each serving has about 125 calories, 4 grams fat and 21 grams carbohydrate.