



NUTRITION NEWS



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Nutrition Education Project



Healthy Holiday Desserts



Holidays are a time for sharing meals with family and friends. What better way to end a holiday meal than with a **festive, healthy** dessert that not only tastes delicious but follows healthy guidelines as well: less fat, less added sugar, more fruits and vegetables, and more whole grains. See below for tips on how to make your own healthy holiday desserts.

Happy holidays and happy cooking!



Ingredient Substitutions

When making any changes to a recipe, the key is experimentation. Make one or two changes at a time and note the results. Try recipes from healthy cookbooks and magazines like "Cooking Light." Your local library is a great place to find these resources.

- ♥ Substitute applesauce or prune puree for up to 1/2 the fat in baked goods
- ♥ Use two egg whites or 1/4 cup egg substitute for each whole egg
- ♥ Use low or non fat dairy products instead of full fat ones
- ♥ Make a fruit sauce by pureeing frozen strawberries or mangos
- ♥ Use whole wheat flour for 1/2 of the white flour
- ♥ Serve fruit or vegetable based desserts like baked apples, poached pears, pumpkin or carrot bread, or fruit crisp

Harvest Pumpkin Bread

serves 12

Vegetable spray	2 tsp baking powder
1/4 cup canola oil	1/4 tsp baking soda
1/4 cup applesauce	1 tsp ground cinnamon
1 cup sugar	1/2 tsp ground ginger, optional
2 eggs	1/4 tsp ground cloves, optional
1 cup (8 oz) solid pack pumpkin	1/2 cup raisins
1 cup whole wheat flour	1 tsp grated orange rind
1 cup all purpose white flour	1/4 cup orange juice
1/2 tsp salt	1/2 cup chopped walnuts, optional



1. **Preheat** oven to 350°. Coat a 9" X 5" X 3" loaf pan with vegetable spray. 2. **Beat** oil, applesauce and sugar until creamy and light. **Add** eggs one at a time and then add pumpkin. **Mix** well after each addition. 3. **Combine** dry ingredients in separate bowl. **Stir** into pumpkin mixture and mix until smooth. 4. **Add** raisins, orange juice and rind, and nuts (optional). **Stir** well and **pour** into loaf pan. 5. **Bake** for 60 - 65 minutes. **Test** doneness by sticking a wooden toothpick into loaf. If it comes out clean, loaf is done.

Adapted from: Food, Family, and Fun by USDA Team Nutrition, 1996

Play Everyday! (Parents, too)

We do not need fancy equipment or even a yard to play and be active with our children. There are many fun activities that help us stay healthy and fit. These can be done right in our own homes with some imagination and inexpensive household items. Here are some ideas:

- Move like an animal—crawl, slither or hop
- Bowl at home with a ball and a row of empty cans or milk cartons as the "pins"
- Hop on one foot 50 times
- Gently stretch all muscle groups
- Walk up the stairs backwards
- Dance with paper streamers or scarves and create new moves



Help Teach *Delicious* Lessons with *Fresh Fruit Fridays*

Students in Ms. Gibson's class at Moscone Elementary School look forward to Fridays because they are "yummy and fun." After teaching a healthy snack lesson, Ms. Gibson assigns 5 students to bring in 2 fruits each to be shared on a Friday. Children take turns bringing snacks and 10 pieces of fruit are enough for each student to have a delicious snack. These snacks are not limited to fruits and can include other healthy options, as well.

Families are eager to participate because:

- Two pieces of fruit are easy to buy
- Each Friday their children will have a healthy snack
- Snack time becomes a time to learn about good nutrition

Children need to eat more often during the long school day when they are challenging their minds and bodies. A healthy snack provides students with a "mini meal" and a source of energy. Less healthy foods, like cookies, chips, and candy can be high in sugar and fat, and do not provide students with the nutrients they need to stay healthy. Save those foods for special *once in a while* treats! Talk to your child's teacher or the school site nutrition coordinator and set up **Fresh Fruit Fridays** or **Fresh Veggie Fridays**.

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