

**PENNY SAVER NEWS**

FAX: 932-5261

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BY: Mary A. Keith, Ph.D., L.D.  
Food, Nutrition and Health Agent**HILLSBOROUGH COUNTY**

5339 S. County Road 579

Seffner, FL 33584-3334

PH:(813)744-5519 x 136, FAX:744-5776

e-mail:makeith@ifas.ufl.edu

### How Much is That Really Worth?

You see them all the time, the articles in women's magazines or newspapers, comparing one food to another. You can eat this little bit, or lots of that! Lose weight and eat till you are stuffed! Do you, like Ms. Linda of this paper, wonder how accurate they really are?

Their basic principle is accurate but as usual, the devil is in the details and the problems are our portion sizes. If you look closely at the examples they offer, usually one of the foods is high in fat. Because fat has over twice as many calories as the same amount of starch, sugar or protein, foods with lots of fat have lots more calories. So certainly, you can eat more bread and jam than you can bread and cream cheese. Because you can see the fat - the cream - in the cheese, it's easy to guess that it will be high in calories.

The tricky foods are often the ones with hidden fat. Do you really expect a muffin to have almost a tablespoon of fat hidden inside? Over 115 calories just from fat in one big breakfast muffin? Of course it's possible to eat two waffles plus fresh fruit for the same or fewer calories! But huge waffles slathered in butter can easily equal the muffin. Watch the sizes and the toppings!

There is a way to guess the amount of fat in baked goods like muffins, or in snacks such as potato chips. For a muffin or cookie, just lay it on a paper towel for several minutes. You could use a plain paper plate, or a piece of brown paper bag too. For chips, put a couple on a paper towel, add another towel on top, and crush them.

After a few minutes, take a look at the size of the grease stain on the towel. The bigger the stain, the more fat the food contains. If the food is also very moist, you might need to remove the food and let the moisture dry. The grease stain won't disappear the way the water will.

Another way those popular comparisons might be misleading is by using foods in ways we don't usually eat them. For example, it's true that instead of 14 potato chips you could eat 5 cups of plain popcorn. But how many of us really eat popcorn with no butter or oil? Only if you use a hot-air popper or the old fashioned shaker pan would you have fat-free popcorn. Microwave popcorn might be lite, but not that lite! If you pop your own corn in oil, you can only have about 2.5 cups instead of those 14 chips. Make it caramel popcorn, and you can only have 1 cup.

On the other hand, it is quite possible to eat till you are full, and still lose weight. How? By filling your plate, your mouth and your stomach with foods high in fiber and moisture. Fiber and water don't add any calories to our diets, but they do make us feel full. Most foods that fit this category also happen to be full of vitamins, minerals, antioxidants and phytonutrients, all very healthy things to have.

This type of diet will have lots of whole grains, fruits and vegetables. There will be more brown rice and barley than white flour and pasta. Half your plate will be filled with vegetables and fruits. Toppings will be low fat salsas instead of high fat melted cheese. Black coffee with sweetener will replace a latte with cream and syrup. So, a sandwich made of whole wheat bread, lean turkey, lettuce and tomato, plus carrot sticks and fruit, can certainly have fewer calories than a single slice of pizza. It's probably more filling too. Just go easy on the mayonnaise, it's usually full of fat.

This week's recipe is for a gorgeous dessert, so delicious you'll never have to tell

anyone it's also fat free. Use strawberries and blueberries for the 4<sup>th</sup> of July, or any other fruit you have on hand. A clear glass bowl makes a wonderful container. Enjoy!

### Freedom (from Fat) Trifle

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| 1 - 12 oz angel food cake  | 2 Cups skim milk  |
| 1 - 3.4 oz pkg instant, fat-free, sugar free vanilla pudding mix |                   |
| 2 Cup sliced strawberries  | 2 Cup blueberries |

If berries are frozen, thaw. Save juices. Cut cake into 1 inch cubes. Combine milk and pudding mix and whisk until smooth according to package directions. Sprinkle one third of the cake cubes in the bottom of the serving bowl. Add half the strawberries and half the blueberries. Make sure some are visible on the sides. Pour half the pudding over the fruit. Add another third of the cake cubes and the rest of the fruit. Add the last of the cake cubes on top. Drizzle any fruit juices over the cake, then pour the rest of the pudding over the top. Cover and refrigerate for at least 3 hours for flavors to blend and so pudding can soak into cake. Serves 8 - 10, guilt-free.

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