

Walk Kansas

celebrate healthy living

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Your Best Walking Buddy

Having a fitness buddy to exercise with can give you that extra push everyone needs sometimes. No need to limit yourself to one exercise partner, as having different ones will allow for varied workouts and additional sources of support. Your fitness buddy could have two legs, four legs, or no legs at all!

A buddy with two legs. Find someone who is at the same fitness level as you and can do similar activities. This should be an equal partnership where you hold each other accountable. Fitness buddies should help you reach your goals rather than hindering your progress.

Consider your schedule. If the only time you have available for walking or a workout is in the morning, find someone who can meet at that time. Celebrate together when you reach one of your goals.

A buddy with four legs and a wagging tail.

Dogs know instinctively that exercise is good for them and walking your dog promotes a sense of bonding between you and your pet.

Research shows that dog owners are more likely to take regular walks and that they are more active overall than people who don't have dogs. Dogs are good workout

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Your Best Walking Buddy

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buddies because they are never late and rarely have a schedule conflict. Dogs won't whine about the weather, they are never critical of you, and are always enthusiastic.

Most dogs will benefit from a 30-minute walk every day. If you are walking your dog during warm weather, bring water along because they cannot cool themselves as efficiently as humans can. Take it easy when temperatures climb above 85 degrees.

A workout buddy with no legs at all. There are many fitness apps that provide motivation and inspiration for physical activity. Every Body Walk! is an app that helps you track all aspects of your walk. It will track your distance, time, calories burned, and the route you walked. You can view your walking route on maps and watch your progress as you go. It also allows you to save your walking history for future reference and you can share your walks with friends and family via Facebook and Twitter.

To download the app go to: <http://everybodywalk.org/app.html>.

Success Stories from 2012

"My three standard poodles love Walk Kansas. When I walk in the door from work....they are ready to go!"

— Douglas County

Drink water even if you are not thirsty

While thirst is a good indicator for when your body needs water, the onset of thirst can lag behind your body's need for it. This is often the case when you are physically active. Water loss develops quickly and may not be accompanied by a sense of thirst.

Water should be consumed before, during, and after physical activities. It is especially important for older adults to monitor their fluid intake. The ability to sense thirst declines over the years and sometimes older adults just forget to drink enough fluids.

For more information on the value of fluids to your health go to: www.ksre.ksu.edu/bookstore/pubs/mf2739.pdf.

Go Back to the Kitchen

People who cook eat more healthfully. In general, you consume 50 percent more calories, fat, and sodium when eating out than when cooking at home, and soda consumption is higher because many restaurants offer free refills. In addition, you often miss out on fruits, vegetables, whole grains, and other nutrition-packed foods. When you cook, you are in control. You pick the ingredients, which are almost always higher in quality than those used in restaurants or a frozen dinner or packaged meal, and you won't be using additives or preservatives.

How to rebuild a culture of cooking? First, realize it is the single best thing you can do for the health and well-being of yourself and your family — everyone needs to go back to the kitchen. Cooking together as a family, a couple, or with friends can provide daily creativity, enhance relationships, and provide an opportunity to connect with each other about your day. It offers a link to the natural world and can help create awareness of where your food comes from.

Cooking saves money in two ways. The cost to feed

yourself and your family is less, and better health translates to lower health-care costs. Eating meals at home helps you avoid the temptation of foods that are tasty, but not healthy, such as French fries. You may eat French fries several times a day if you are eating out, but how often would you make these at home?

Cooking at home provides an excellent opportunity to educate children about eating healthy and using financial resources wisely. If children grow up eating most of their meals at a restaurant or picking up food at a drive-through, they will likely live that way as adults. Cooking and dining together at home promotes a healthier lifestyle and helps you teach your children an essential life skill.

If you want to improve your cooking skills, look for learning opportunities in your community. Check with your local K-State Research and Extension office about classes and educational resources you could benefit from. You'll also find helpful videos online, including the *Walk Kansas* website www.walkkansas.org — click on "Healthy Eating for Life."

Choose Low-fat Dairy

Dairy foods offer a powerful nutrition package. Milk and milk products are linked to improved bone health, and a reduced risk of cardiovascular disease, Type 2 diabetes, and high blood pressure in adults. Dietary guidelines recommend three servings of low-fat dairy per day for those 9 years and older.

Fat-free or low-fat milk and milk products — such as milk, yogurt, cheese, or fortified soy beverages — deliver nine essential nutrients including calcium; potassium; phosphorous; protein; vitamins D, A, and B12; riboflavin; and niacin. While calcium is found in fortified foods and plant foods, consuming enough of them to get the recommended amount is unrealistic for many people.

You can reduce calories and saturated fat in recipes by substituting low-fat or nonfat dairy products for whole milk, cream, and sour cream. Use fat-free half-and-half in creamy sauces or soups. Fat-free evaporated milk is also a good substitute. This is milk that is processed to remove 60 percent of the water. You can use it in place of cream or milk in baking and in frozen desserts. The recipe below uses evaporated skim milk (fat-free) in a creamy Alfredo sauce.

When cooking with evaporated milk, take care as it can curdle under high heat. Before adding evaporated milk, take the dish off the heat for a few moments. Store leftover evaporated milk in an airtight container in the refrigerator for up to a week.

Recipe: Creamy Fettuccine with Vegetables

Makes 4 servings

This recipe includes Alfredo sauce that is lower in fat and calories than a traditional version. You can use other vegetables and add chicken or shrimp for variety.

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 medium zucchini (about 8 ounces)
- ½ cup peas
- ½ red pepper, cut lengthwise in ¼-inch strips
- 12 ounces Fettuccine pasta, preferably whole wheat
- 1 tablespoon all-purpose flour
- 1 cup cold 1% low-fat milk
- ½ cup evaporated skim milk
- ¾ cup freshly grated Parmesan cheese
- ¼ cup finely chopped fresh parsley leaves

Directions:

1. Slice ends off the zucchini and discard. With a sharp knife, slice the zucchini lengthwise into very thin slices. Stack the slices and cut with a knife lengthwise into ¼-inch-thick ribbons.
2. Heat 1 tablespoon oil in large non-stick skillet over medium heat. Add 1 clove garlic and cook for 30

seconds. Add zucchini ribbons and red peppers, cook for 3 minutes, then add peas and cook for an additional 3 minutes. Transfer vegetables to a bowl.

3. Cook the pasta al dente according to the directions on the package. Ladle out a half cup of the pasta water and set aside. Drain the pasta and return it to the pasta pot.
4. To make the sauce, stir flour into low-fat milk until it is completely dissolved. Put the remaining tablespoon of olive oil in the skillet and heat over a medium-high heat. Add 1 clove garlic and cook for 30 seconds. Add the flour-milk mixture and cook until it begins to boil, stirring constantly. Reduce heat to low and cook, stirring, for 2 minutes more. Add the evaporated milk and cheese; continue to cook and stir, until the cheese is melted, about 1 minute.
5. Add the sauce, vegetables, and 3 tablespoons of parsley to the pasta in the pot and toss to combine. Add a little of the reserved pasta water as necessary.
6. To serve, place 2 cups of the pasta mixture on each plate and garnish with remaining parsley.

Nutrition Information per

serving: 540 calories; 15 g fat; 18 g carbohydrates; 3 g protein; 4 g fiber; 460 mg sodium.

Compare to restaurant Fettuccine Alfredo: 1220 calories; 75 g fat; 99 g carbohydrates; 36 g protein; 5 g fiber; 1,350 mg sodium.

