

# Nutrition SPOTLight

March/April 1999 Volume 2 Issue 2



## Away-From-Home Foods Less Healthful?

Americans are dining out more often than ever, boosting the amount spent at eating places from 26 percent of food expenditures in 1970 to 39 percent in 1996. While the nutritional quality of foods consumed by Americans has improved overall, foods prepared at home are generally much more healthful than away-from-home foods. Despite nutritional gains at home, Americans may find it difficult to improve their diets because they purchase so many meals outside the home.

The frequency of dining out rose by more than two-thirds over the past two decades, from 16 percent of all meals and snacks in 1977-78 to 27 percent in 1995. Consequently, a greater proportion of nutrients now come from away-from-home food sources. For example, away-from-home foods provided 34 percent of total caloric intake in 1995 (nearly double the 18 percent of 1977-78), 38 percent of total fat intake (vs. 18 percent in 1977-78), 29 percent of total calcium intake (vs. 17 percent in 1977-78), and 27 percent of total iron intake (vs. 16 percent in 1977-78).

Improved diets could prevent a significant proportion of heart disease, stroke, cancer, diabetes, osteoporosis-related hip fractures, and neural tube birth defects in the



United States. The costs associated with these health conditions are substantial. Just for osteoporosis-related hip fractures, the U.S. Department of Agriculture's (USDA) Economic Research Service (ERS) has estimated that improved diets might save \$5.1 to \$10.6 billion each year in medical care costs, missed work, and premature deaths. These enormous costs are one reason many government, public and private programs place a high priority on improving Americans' diets.

The nutritional content of foods prepared at home (home foods) has improved more than that of away-from-home foods in recent years. In 1995, away-from-home foods typically contained more of the nutrients overconsumed (fat and saturated fat) and less of those underconsumed (calcium, fiber, and iron) than home foods.

In 1977-78, fat from both home and away-from-home foods provided 41 percent of the calories consumed. The fat content of home foods declined to 31.5 percent of calories from fat by 1995, whereas the fat content of away-from-home foods declined much less, to 37.6 percent of calories.

continued on page 6

### In the Limelight

#### Away-From-Home Foods Less Healthful? 1

Is the nutritional value of foods cooked away from home the same as foods cooked at home?

#### Did You Know?? 2

#### When We Eat Out, Remember Fruits and Veggies! 3

Are we requesting fruits and veggies at the restaurants?

#### Could This Be Your Cup of Tea? 4

"Healthful potential" in every freshly brewed cup!

#### A Food Guide Pyramid 5 for Toddlers 5

for ages 12-24 months

#### FNP Trailblazing in Finney County 6

New programs energize agent Linda Walter

#### Modified Recipe Sunrise Scones 7

# Did you know??

## Flashes of nutrition facts from current sources

- In the 1940's, there were 10 food groups in the US Food Guide?
- Garlic was given to Olympic athletes in ancient Greece to enhance performance? Garlic's potential role in disease risk reduction and treatment continues to be researched today.
- Less than 50% of adults age 20 and above are consuming the calcium needed to maintain bone health? *Food Insight, Jan/Feb 1999.*
- A recent Harvard University study suggests women need at least 109 mg. of Vitamin K daily to reduce the risk of hip fractures? Vitamin K is rich in greens, and the cabbage family. *Tufts Health & Nutrition Letter, March 1999.*
- According to the Lyon Diet Heart study, following a Mediterranean-type diet rich in fruits, vegetables, whole grains, legumes and fish, may help ward off a second heart attack?
- Cooked tomato products such as tomato sauce, juice and salsa are rich sources of lycopene, the carotenoid that serves as an antioxidant that may help lower the risk of cancers of the prostate, cervix, and colon, as well as heart disease?
- Exercise not only enhances your chances to lose weight, it may also tone the immune system, according to Pennsylvania researchers in Medicine and Science in Sports and Exercise, December 1998.

## C a l e n d a r

Mar 30- Apr 1	Spring Action Conference, Great Bend
April 4	Easter
April 7	World Health Day
April 22	Earth Day
April 24-25	March of Dimes Walk America
May	National Barbecue Month National Salad Month
May 6	International No Diet Day
May 9	Mother's Day
May 10-14	Food Allergy Awareness Week
May 26	National Senior Health & Fitness Day
May 31	Memorial Day

## Contributors

### **Shelly Burklund**

Spotlight Producer

### **Mary P. Clarke, PhD, RD, LD**

Extension Specialist,  
Nutrition Education

### **Mary L. Higgins, PhD, RD, LD**

Extension Specialist,  
Nutrition Education

### **Karen Hudson, MEd, RD, LD**

Coordinator, Family  
Nutrition Program (FNP)

### **Paula Peters, PhD**

Extension Specialist,  
Nutrition, and Program  
Director, EFNEP/FNP

### **Sandy Procter, MS, RD, LD**

Expanded Food and  
Nutrition Education  
Program (EFNEP)

### **Judy Speer**

Graphic Design and Layout

### **Shannon Eastburn- Intern**

Questions or concerns about this publication? Contact Shelly Burklund, 205 Justin Hall, Manhattan, KS 66506, Phone: (785) 532-1670, FAX: (785) 532-1678

Visit our website at:  
[http://www.oz.oznet.ksu.edu/ext\\_f&n](http://www.oz.oznet.ksu.edu/ext_f&n)



### **Cooperative Extension Service**

K-State Research and Extension  
Department of Foods and Nutrition  
205 Justin Hall  
Manhattan, Kansas 66506-1422

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating.

All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

# When Eating Out, Remember Fruits and Veggies

A lot of attention has been paid to the fact that Americans are eating out more often than ever before (see related story page 1). Our schedules demand food away from home, and our society has found innumerable ways of meeting that demand. We know nutrition plays a vital role, and that's true whether we eat at home or on the go.

When we *do* eat on the run, we don't eat enough of the right things—particularly fruits and vegetables.

According to a recent survey conducted by the California Department of Health Services, Californians who eat out consume as much as 25% fewer fruits and vegetables as people whose foods come only from home.

In the days when Americans rarely ate out, skipping the fruits and vegetables wasn't that big of a problem. Current studies show that almost half of all adults were restaurant patrons on a typical day

in 1997, according to the National Restaurant Association. It is this trend that tells us that American consumers are falling far short of the recommended minimum of five daily servings of fruits and vegetables. The irony is that more and more Americans now know that eating five to nine servings of fruits and vegetables every day is associated with a reduced risk for cancer and heart disease.

What can be done? There needs to be a shift in mindset. Think

**We know nutrition plays a vital role, and that's true whether we eat at home or on the go.**

complete meal when eating out, or when bringing meals

home. Prepared vegetables, cut fruit and bottled fruit and vegetables juices are quick solutions to the "what's missing?" question we ought to be asking.

When dining out, customers need to seek sources of fruits and vegetables. Even patrons of fast food outlets, who eat the least

veggies and fruits, according to the California survey, can often make do. Think about ordering a side salad instead of fries. Try juice instead of a soft drink. Order a baked potato—but be specific about what goes on it. Adding vegetables and fruit to the diet often means adding loads of fat in the form of sauces, margarine or butter, or fried items. It is important to know what form the fruits and vegetables will appear in—and menus are not always the most descriptive.

It comes down to being an involved consumer. Don't be shy to ask for a particular vegetable, or to request a vegetable without added fat sources. Can that baked potato come with broccoli, and the margarine on the side? Ask and find out. In a restaurant poll conducted some years ago, less than half of those surveyed believed they had the right to request items not on the menu. Interestingly enough, nearly 70% of restaurateurs said that asking for a special order was not a problem.

*Source: Tufts University Health and Nutrition Letter; March 1999*



## Resources

*The American Dietetic*

*Association Guide to Women's Nutrition for Healthy Living* by Susan Calvert Finn, PhD, RD, FADA. This 336-page book for consumers from ADA's Nutrition and Health Campaign for Women provides the reader with the tools to develop a plan for eating healthfully and enjoyably during every stage of life. Written in an up beat, consumer-friendly style, this will be a hit! Order #6053; \$11.95 ADA members, \$14 nonmembers

To order, call ADA customer service at 1-800-877-1600, ext. 5000. The fax address for purchase orders is 312-899-4899, and the mailing address for orders or purchase orders is ADA Customer Service, 216 W. Jackson Blvd, Chicago, IL 60606-6995. Shipping and handling charges apply.

*Guide to Your Child's Nutrition- Making Peace at the Table and Building Healthy Eating Habits for Life.* American Academy of Pediatrics; W. Dietz, MD., PhD

and L. Stern, MD, ed.

This book gives parents all the information and strategies needed to take care of dietary requirements of children through adolescents. A great reference! \$19.95.

To order, call AAP at 1-800-433-9016, or fax at 1-847-228-1281. Mailing address is AAP Publications, PO Box 747, Elk Grove Village, IL 60009-0747. Online orders: <http://www.aap.org>

# Could this be your cup of tea?

## “Health potential” in every freshly brewed cup!

Tea is the second most-consumed beverage in the world, after water. Freshly brewed green, black, oolong and decaffeinated teas all seem able to help reduce the risk for certain cancers, heart disease and stroke. Black tea, the most widely consumed type, and green and oolong teas come from the same plant, *Camellia sinensis*, and have similar chemical compositions.

Herbal teas are made from leaves of other plants and are not covered in this article.

Compounds found in tea have strong antioxidant properties. Tea's antioxidant compounds include naturally occurring polyphenols. Green tea has a greater concentration of polyphenols, or tannins, than other types—about 15-30% by weight. Since they are water soluble, antioxidants in tea can be excreted by the body, even if consumed in excess.

The health benefits of the compounds in tea seem related mainly to tea's antioxidant properties. Other benefits include anti-microbial effects, anti-inflammatory effects, pre-cancerous effects and other beneficial biological actions. Many studies continue to examine the disease-preventive mechanisms of tea compounds.

Results from some, but not all, studies suggest that moderate daily consumption of tea reduces the risk of certain cancers (including oral, esophageal, gastric, lung, colon, and others), heart disease and stroke. The disease-fighting capabilities of

tea have been supported by many studies, including epidemiological, human and animal studies. Some studies have shown that regular consumption of 2-3 cups of tea a day is enough to reduce risk of these chronic diseases. However, other studies have not confirmed any beneficial relationship between tea consumption and decreased incidence of heart disease or cancer.

**Green, black, oolong and decaffeinated teas all seem able to help reduce the risk for certain cancers, heart disease, and stroke.**

Both black and green teas seem to help protect against chronic disease. Eighty-five percent of the total antioxidant activity of black tea (70% for green tea) is solubilized during the first five minutes of brewing in boiling water. One cup of tea is the antioxidant equivalent of one serving of vegetables. We need 4-5 servings of antioxidant equivalents each day. But you should not stop eating vegetables and just drink tea instead!

Caution should be taken with regard to a very large intake of tea, since it can increase the incidence of iron-deficiency anemia in those susceptible. Also, if tea is drunk at extremely high temperatures, the scalding liquid can have harmful acute and chronic effects on the mouth and esophagus.

Some of the scientific evidence of tea being beneficial against cancer and heart disease includes:

- Tea may protect against formation of cancer in humans. In a Chinese study, 59 patients with precancerous oral lesions were treated with a mixture of green and

black tea components (consumed orally and applied topically). In 6 months, there was significant improvement in the clinical signs, and decreased proliferation of the pre-cancerous cells. Results indicate that the tea treatment may have delayed the progression of pre-cancerous lesions into oral cancer. (Reported at the 2nd International Scientific Symposium on Tea and

Human Health; Washington, D.C.; Sept. 14-15, 1998)

- In a Dutch study, a high intake of flavonoids (70% of participants' dietary flavonoids came from black tea, 10% came from apples) was linked with 73% lower risk of stroke compared with men with low flavonoid intake. The men who regularly drank 2-3 cups of tea a day were 69% less likely to have a stroke. (Arch Internal Med. 1996. 156:637-642)

- In a study of humans, consumption of black and green tea reduced the level of oxidative stress, especially in smokers. (Reported at the 2nd International Scientific Symposium on Tea and Human Health; Washington, D.C.; Sept. 14-15, 1998)

- Results from a study of 1,700 cancer patients and 21,000 non-cancer patients in Japan showed that those who drank 7 cups or more of green tea per day had decreased risk of stomach cancer. (Cancer Causes Control. 1998. 9:209-216.)

- A 1998 Canadian study observed a decrease in risk for prostate cancer among men with a tea intake of more than 500 g (approximately 2 cups of tea) per day. (Int J Cancer 78: 707-711)

- In a Rutgers Univ. study using mice that were genetically

**continued on Page 5**

Family and Consumer Science Agent Linda Walter is excited about new programs she is able to offer limited resource families in Finney County. She attributes her success, in large part, to strong partnerships she has formed with a wide variety of community agencies who share her concern for those of meager means.

Families United is an excellent example of how FNP is joining other agencies to make a difference. It is a collaborative effort of numerous local churches and organizations sponsored by the Salvation Army. It provides food and assistance for those in need. In return, they are asked to participate in a three hour class that fosters self-sufficiency. The providers of these classes try to eliminate barriers of participation

(e.g., by providing child care). The classes offer practical, usable information as well as a forum for mutual support. Walter teaches participants about stretching their food dollars by menu planning and making shopping lists. It has been a positive experience for the participants and Walter as exemplified in one women's comment "I really appreciate the information you gave us. I'm going to try the things you suggested."

**Families United is an excellent example of how FNP is joining other agencies to make a difference.**

Walter is acutely sensitive to the need to provide nutrition information for the rapidly growing segment of Finney County's population that is Spanish speaking

and of limited income. She provides *Para Su Familia* Newsletter to many organizations (schools, Mexican American Ministries) who incorporate it into their own newsletters, thus increasing the potential number of contacts. She has successfully contracted with nutrition professionals to teach Mission Nutrition and Healthy Eating For Life (H.E.L.P.) to local audiences which include Evenstart, teen parents, and senior citizens.

She is also involved in a new project allowing her to train Headstart and Evenstart teachers in food safety.

These few examples of how FNP is addressing needs of limited resource families in Finney County illustrate the essential role the Family Nutrition Program plays in Kansas.

## Could This Be Your Cup of Tea?

susceptible to cancer, brewed black tea consumption was protective against both onset and progress of spontaneous lung tumors. The risk of cancer was reduced by nearly 50% when the mice were provided with tea brewed at a comparable strength to what people regularly consume (2% concentration) as their sole source of drinking fluid. (Carcinogenesis. 1998. 19:501-507)

- According to a Tuft's Univ. 1996 study, there is more antioxidant activity in dry green and black tea than in 22 different vegetables. Vegetables studied included garlic, kale, spinach, brussels sprouts, alfalfa sprouts, broccoli flowers, beets, red bell peppers, onions, corn, eggplant, cauliflower, sweet potato, cabbage,

## continued from page 4

leaf lettuce, string beans, carrots, yellow squash, iceberg lettuce, celery and cucumber. (J. Agricultural and Food Chem. 44: 3426-3431).

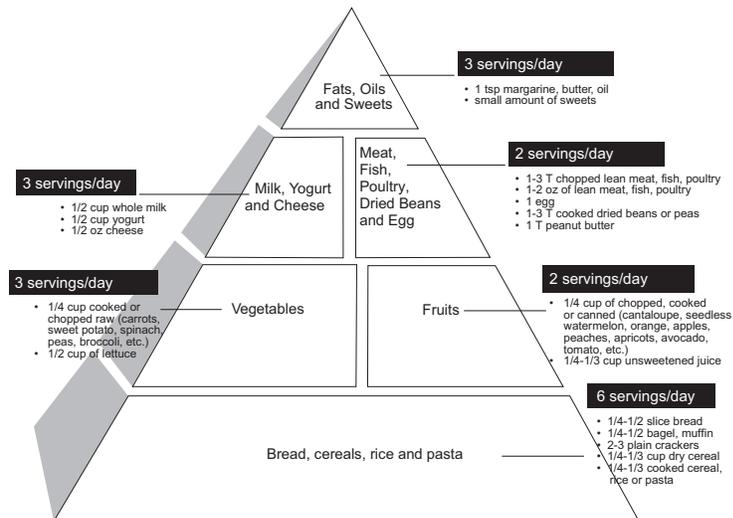
- A study of 35,000 post-menopausal Iowa women showed that drinking 2 or more cups of tea a day was associated with a decreased incidence of digestive tract and urinary tract cancer. (Am. J. Epidemiol. 1996. 144:175-182.)

- Epidemiological studies show black tea consumption is linked with reduction in deaths from coronary heart disease (Lancet. 1993. 342:1007-1011), and intake of green tea is linked with reduced lung cancer rate in Japan (Mayo Clinic Health Oasis newsletter, Jan. 12, 1999).

Studies are also underway to determine many other aspects of tea, including such topics as effects on benefits if milk or lemon is added to tea and of cigarette smoking and tea intake. More human studies are needed to prove or disprove conclusively that drinking tea regularly will help postpone or prevent cancers and heart diseases. For now, it seems reasonable to recommend tea as a healthful beverage to those who like its taste.

*For more information on published cancer research, the web site <http://cnetdb.nci.nih.gov/cancerlit.html> is excellent. A review of literature on green tea and cancer in humans can be found in Nutr Cancer. 1998. 31:151-159. A review of literature on black tea and cancer in humans can be found in Crit Rev Food Sci Nutr. 1997. 37:739-760.*

# A Food Guide Pyramid for Toddlers (ages 12-24 months)



- Offer whole milk until the age of two.
- Include at least one Vitamin C-rich fruit or vegetable each day (e.g., broccoli, potatoes, oranges and tomatoes).
- Include at least one dark green or orange Vitamin A-rich vegetable or fruit each day (e.g., carrots, sweet potatoes, broccoli, cantaloupe and apricots).
- Fresh, frozen or canned fruits and vegetables are acceptable. If canned vegetables are used, drain and rinse to get rid of excess sodium.

*Based on recommendations of the Manual of Clinical Dietetics, 5th ed. The American Dietetics Association, 1996.*

## Away from Home Foods con't from 1

As with fat, the saturated fat content of American diets declined steadily since its first measurement in 1987-88. Home foods typically had lower saturated fat than away-from-home foods, and saturated fat in both types of foods experienced similar declines through 1994. Between 1994 and 1995, saturated fat in home foods continued to decline, but that in away-from-home foods rose slightly.

Cholesterol in both home and away-from-home foods has declined considerably since cholesterol intake was first measured in 1987-88. However, the decline has been sharper among home foods: between 1987-88 and 1990, cholesterol density in home foods was higher than in away-from-home foods, but the relationship has reversed since 1991.

Sodium levels in both home and away-from-home foods are higher than the recommended level and have show little decline over the years. With rising caloric intake, Americans are facing an uphill battle in lowering their sodium intake to meet the recommended level.

Calcium in home foods showed a general upward trend over the past two decades, while the calcium in away-from-home foods declined slightly. In 1995, calcium in home foods was fairly close to the recommended levels, but away-from-home foods were more than 20 percent below the recommended level. School foods were considerably rich in calcium compared with any other foods.

Fiber in both home and away-from-home foods has increased

slightly. Home foods were more rich in fiber than away-from-home foods, but both remained low. The trend in eating out more implies that reaching the recommended fiber intake will remain a challenge for Americans.

Home foods have shown a larger increase in iron than away-from-home foods, likely because of increased home consumption of iron-fortified breakfast cereals. While most Americans consume recommended amounts of dietary iron, low iron intake is common among teenage girls and women, who face the highest requirements and typically have low food consumption.

*Source: Economic Research Service/USDA. Away-From-Home Foods Increasingly Important to Quality of American Diet. By Biing-Hwan Lin, Elizabeth Frazao, & Joanne Guthrie. Agriculture Information Bulletin No. 749.*

# SPOT Modified Recipe

L I G H T

## Sunrise Scones, Original

1 3/4 cups all purpose flour  
 3 tblsp sugar  
 2 1/2 tsp. baking powder  
 2 tsp. grated orange pee;  
 1/3 cup butter  
 1/2 cup dried sweetened cranberries  
 1 egg, beaten  
 4 to 6 tblsp. half-and-half  
 1 egg, beaten  
 2 tblsp. sugar

Heat oven to 400 degrees F. In medium bowl, combine flour, 3 tablespoons sugar, baking powder and orange peel. With pastry blender, cut in 1/3 cup butter until mixture resembles fine crumbs. Stir in cranberries, 1 egg, and just enough half-and-half so dough leaves sides of bowl.

Turn dough onto lightly floured surface; knead lightly 10 times. Roll into 9-inch circle; cut into 12 wedges.

Place wedges 1-inch apart on baking sheet. Brush with beaten egg; sprinkle each with 1/2 teaspoon sugar. Bake for 10 to 12 minutes or until golden brown. Immediately remove from baking sheet.

## Sunrise Scones, Modified

1 3/4 cups all-purpose flour  
 3 tblsp. sugar  
 2 1/2 tsp. baking powder  
 2 tsp. grated orange peel  
 5 tblsp. light margarine  
 1/2 cup dried sweetened cranberries  
 1 egg, beaten  
 4 to 6 tblsp. skim milk  
 cinnamon sugar

Heat oven to 400 degrees F. In medium bowl, combine flour, 3 tablespoons sugar, baking powder, and orange peel. Cut in margarine with pastry blender until mixture resembles fine crumbs. Stir in cranberries, egg and just enough milk to moisten dry ingredients.

Turn dough onto lightly floured surface; knead lightly 10 times. Roll into 9 inch circle; cut into 12 wedges.

Place wedges 1-inch apart on baking sheet. Sprinkle each with cinnamon sugar. Bake for 10 to 12 minutes or until golden brown. Remove immediately from baking sheet.

## Comments:

*Time saver: Scones can also be made like "drop" biscuits-drop by large tablespoonful onto baking sheet. Skip kneading, rolling and cutting steps. The triangular shape is the traditional scone shape.*

Nutrition Facts			
Serving Size 49g			
Servings Per Container			
Amount Per Serving			
<b>Calories</b>	170	<b>Calories from Fat</b>	70
% Daily Value *			
<b>Total Fat</b>	7g		11%
Saturated Fat 4g			20%
<b>Cholesterol</b>	65mg		22%
<b>Sodium</b>	160mg		7%
<b>Total Carbohydrate</b>	24g		8%
Dietary Fiber less than 1 gram			4%
Sugars 9g			
Protein 3g			
Vitamin A	6%		Vitamin C 0%
Calcium	8%		Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. If your calorie needs are much different, you adjust the amounts recommended for calories, fats, carbohydrate, and fiber.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Nutrition Facts			
Serving Size 46g			
Servings Per Container			
Amount Per Serving			
<b>Calories</b>	130	<b>Calories from Fat</b>	30
% Daily Value *			
<b>Total Fat</b>	3g		5%
Saturated Fat 0.5g			3%
<b>Cholesterol</b>	20mg		6%
<b>Sodium</b>	160mg		7%
<b>Total Carbohydrate</b>	24g		8%
Dietary Fiber less than 1 gram			4%
Sugars 9g			
Protein 3g			
Vitamin A	4%		Vitamin C 0%
Calcium	8%		Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. If your calorie needs are much different, you adjust the amounts recommended for calories, fats, carbohydrate, and fiber.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

COOPERATIVE EXTENSION SERVICE  
U.S. DEPARTMENT OF AGRICULTURE  
KANSAS STATE UNIVERSITY  
MANHATTAN, KANSAS 66506

---

OFFICIAL BUISNESS  
PENALTY FOR PRIVATE USE \$300