

Words on Wellness

Your extension connection to nutrition and fitness

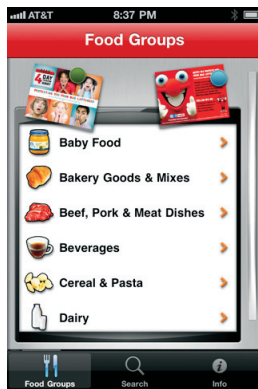
Food Safety Goes Mobile

You now have food safety at your fingertips by downloading these **free** apps from the Apple Store for your iPhone, iPodTouch, and iPad.

Not sure what temperature to cook that pork, beef, fish, or poultry to prevent foodborne illness? Use the SafeFood[®] app to quickly find the right temperature for safe eating. Not sure how long to keep those leftovers?



Use the 4 Day Throw Away Leftovers app to check if the food in your refrigerator is safe to eat.



Break for Breakfast!

Stores are advertising school supplies, new clothes, and shoes. It must be back-to-school time! To ensure your kids have a successful school year, start kids out with a healthy breakfast.

Research shows that many of us believe that breakfast is the most important meal of the day, yet more than half of all Americans do not eat breakfast every day, according to the 2009 *Food and Health Survey: Consumer Attitudes toward Food, Nutrition, and Health*, conducted by the International Food Information Council Foundation. Are you one of those non-breakfast eaters? If so, read on to see how this morning meal boosts brainpower.

How totally cool that breakfast fuels kids' brains for school! Research shows that children who eat breakfast:

- Show improvements on math, reading, and standardized test scores
- Pay better attention and perform better on problem-solving tasks
- Are less likely to be absent or tardy — and are more likely to behave better in school
- Consume more important nutrients, vitamins, and minerals such as calcium, dietary fiber, and protein
- Are less likely to be overweight



Adult breakfast skippers, take note — eating breakfast may help boost your brainpower, too. Remember, your kids are more likely to eat breakfast if you do, too. Eating breakfast together is even a better bonus — it helps instill more healthful eating habits in kids as they grow up.

Source: International Food Information Council Foundation, August 2010.



Breakfast Splits

Celebrate National Banana Split Day on August 25!



Serves: 1 adult or 2 servings for small children

Cost per serving: \$1.03

Ingredients

1 small banana
½ cup low-fat yogurt
¼ cup granola or flake-style cereal
½ cup sliced or chopped fresh fruit (kiwi, orange, apple)

Directions

1. Cut banana in half lengthwise; place in shallow bowl.
2. Top with yogurt, cereal, and fruit

Check out the *Spend Smart. Eat Smart* Website at:

<http://www.extension.iastate.edu/foodsavings/> for ideas on how to feed a healthy family.

Nutrient information per serving

357 calories, 3.4 g total fat (1.3 g saturated fat), 4.9 mg cholesterol, 77.1 g total carbohydrate (6.3 g dietary fiber, 48.7 g sugar), 9.4 g protein



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It Only Takes a Few Minutes to Fuel Up

Don't skip breakfast to save precious morning minutes! Try these lightning fast meals that can help propel you and your kids throughout the day.

The Traditional Triplet

Whole-grain ready-to-eat cereal and fat-free milk plus 100 percent orange juice

The Hot and Wholesome Bowl

Microwavable oatmeal with chopped apples and walnuts — made with fat-free milk instead of water for an extra punch of protein, calcium, and vitamin D

The PB & B

Whole-wheat toast topped with peanut butter and sliced bananas plus fat-free milk

The Swirl and Go

Crunchy high fiber cereal, blueberries, and sunflower seeds swirled into low-fat or fat-free vanilla yogurt

The Little Dipper

Graham crackers dipped into low-fat or fat-free fruit yogurt plus 100 percent apple juice

A Little on the Lunch Side

A turkey and low-fat Swiss sandwich on whole-wheat plus 100 percent orange juice

On a Roll

A whole-wheat tortilla wrapped around a low-fat cheese stick plus a bunch of grapes (cut grapes in half for younger children)

The Waffle Tower

A toasted frozen whole-grain waffle piled high with sliced strawberries, a dollop of low-fat or fat-free yogurt, and a sprinkling of sliced almonds

Easy as Apple Pie

A toasted whole-grain bagel half layered with apple slices and reduced fat Cheddar cheese

Something Spicy

Whole-grain cinnamon-raisin toast spread with low-fat ricotta cheese plus 100 percent orange juice

Source: International Food Information Council Foundation, Wake Up to the benefits of breakfast!

For more information about breakfast and health, please visit:

<http://ific.org/publications/other/breakfast.cfm>

Yoga

If the hustle and bustle of work, home, or life in general leaves you feeling tense and stressed out, try relaxing with yoga. Yoga is a type of exercise that uses different postures with deep breathing exercises and meditation. Many who have tried yoga share that it leaves them feeling calm and rejuvenated. Yoga was developed more than 5,000 years ago in India for those who wanted to experience spiritual uplifting. Today, thousands of people still find yoga to be uplifting. However, research has shown that yoga has additional health benefits. Yoga improves muscle strength and flexibility, reduces stress, decreases body fat, improves circulation, stimulates the immune system, and boosts concentration as well as creativity. It also helps you burn calories. A 150-pound person can burn approximately 130 calories in 30 minutes of yoga.



With all these benefits, why not try it? Proper instruction from professionals is strongly recommended to avoid injury. Check out your local library for a yoga video or the local gym for yoga classes. If you have never tried yoga before, here are some tips:

- Start slow — it is better to go slow and take breaks when needed than to wear yourself out too quickly. If you feel tired, take a timeout and drink some water.
- Block out all distractions; focus on correct posture and positioning by following the instructions given on the video or by the instructor.
- Remain focused on posture — this will help increase your yoga stamina.
- If you are taking a yoga class, always ask for extra guidance from the instructor when needed.

Remember to consult your physician before trying any new exercise.

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...and justice for all

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