



# Food and Fitness



December 2008

During this upcoming holiday season and all through the New Year, may you have:

- Enough happiness to keep you nice,
- Enough trials to keep you strong,
- Enough hope to keep you happy,
- Enough failure to keep you humble,
- Enough success to keep you eager,
- Enough friends to give you comfort,
- Enough wealth to meet your needs,
- Enough faith to banish depression,
- Enough determination to make each day a better day than yesterday.



## Happy Aging

The odds of being happy increase by about 5 percent a decade, according to one study. The national survey found that people in their 80s were much happier than those in their late 20s, regardless of gender or race. Other factors associated with happiness, ranked in order of importance, included good health, being married, and a high level of education. But being rich boosted happiness only slightly.



## Ways to talk weight with kids

Talking about weight problems can be difficult- especially with your child. Consider these tips when talking with your child about making healthy changes.

- Do ask your child's doctor to establish a health weight for your child.
- Do tell your child that you love him or her-at any weight.
- Do listen. Let your child talk about any concerns, and offer your support.
- Do put the focus on health instead of weight. Encourage your child to eat a balanced diet and be physically active.
- Do praise your child's progress. Congratulate your child for making better food and activity choices.
- Do compliment your child on qualities that aren't related to appearance, such as kindness or patience.
- Don't nag or punish your child. Instead, talk about poor choices in a calm, constructive manner.
- Don't compare your child's body to anyone else's body.
- Don't single out the overweight child. Involve the whole family in eating well and healthy family activities.

Most important—Be a role model for your children. Provide healthy foods at home, eat a healthy diet yourself and exercise regularly.

For Questions  
About...

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515-286-2062

Commodity &  
Supplemental Foods  
515-286-3655

Nutrition, Food  
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1-800-262-3804

### The Healthy Plate

- Fruits and Veggies should fill about ½ of your plate. Remember to go dark green and orange with vegetables whenever you can.
- Protein should fill about ¼ of your plate.
- Grains should fill about ¼ of your plate with half of the grains being whole.

### We Get Questions

*I'm fixing a beef roast for my holiday dinner. Is it safe to serve pink roast beef?*



The USDA recommends serving beef roasts at medium rare (145° F) to medium (160° F) doneness. To achieve the desired serving temperature, the roast should be removed from the oven when the temperature registers 5° F to 10° F below the desired doneness. During the 15 minute standing time, the temperature will continue to rise and reach the desired serving temperature. Roasts are firmer and easier to carve when allowed to stand 15 minutes prior to carving.

Source: Iowa Beef Industry Council

### Chocolate Christmas Cookies

8 1/8 ounces Fiber One cereal (one sleeve)  
12 ounces semi-sweet chocolate chips  
2 teaspoons peanut butter

Melt 1 bag of semi-sweet chocolate chips in microwave in a large bowl on high for about 2 minutes or until melted (stirring occasionally). Once melted, mix in 1 sleeve of Fiber One cereal (8.1 oz). Once well blended, use a tablespoon to scoop out rounded cookies onto a cookie sheet lined with wax paper. Refrigerate until set (about 1/2 hour).

### Healthful Gift Ideas

Here are some gift ideas of fitness and healthful foods:



- Arrange a 3 pound bag of apples in a slow cooker.

Include this recipe: Rinse, core and quarter apples and place in slow cooker with ½ cup water, ½ cup sugar and 1 teaspoon cinnamon. Cook on low for 6 hours or until soft. Mash and refrigerate until ready to serve.

Give a variety of flavored vinegars – great for salads, vegetables and rice dishes. Tuck in a healthful cookbook or place in large salad bowl with utensils and dried herbs.

To motivate fitness, include these on your gift giving list: step counters; hand or leg weights; resistance bands; a gift certificate or a one-day pass to a health or exercise class; work-out clothes or shoes.

### 20-second Stress Stopper

On a busy day, you may not have much time for a stress break. When that is the case, try this 20-second breathing exercise throughout the day to help keep your stress level in check.

1. Inhale through your nose to a count of 10. As you inhale, your upper abdomen should expand—not just your chest.
2. Exhale slowly and completely, to a count of 10.

Repeat five to 10 times Try to do this several times every day, even when you are not feeling stressed.

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