

To Your Health

January 2009

Wishing you a H-a-p-p-y New Year!

H - ealth: Make health a priority this year. Health should be more than the absence of disease. Read on for ideas.

A - ttitude: A positive attitude may not cure a disease, but thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P - hysical activity: The U.S. Department of Health and Human Services 2008 *Physical Activity Guidelines for Americans* says for adults - "Most health benefits occur with at least 150 minutes (2 hours 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance)

physical activity are beneficial."

P - eople: Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, though, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y - our body: Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

Take care of your body. It's the only place you have to live.

(source: Jim Rohn)

Wishing you a H-a-p-p-y and Healthy New Year!

(My thanks to Alice Henneman, MS, RD, with University of Nebraska-Lincoln Extension, Lancaster County, Nebraska, for the above information.)

Mini-Meals: Something to Munch On

Seems like super-sized food is offered everywhere from grocery store shelves to your favorite restaurant. Is there room for "mini-meals"?

As waistlines continue to expand, there is evidence that eating several smaller meals a day - up to six - may be a healthy choice. In fact, some studies suggest that people eating healthy mini-meals have higher energy levels throughout the day and lower cholesterol levels.

If you choose mini-meals, remember you still have to live within the same calorie guidelines as you would with the more traditional three meals a day. So portion sizes are important. Also remember that no matter how you break up your meals, balancing your calorie intake with your physical activity is key to maintaining a healthy weight, which can reduce your risk for a host of serious diseases.

(Source: *BecauseWeCare*, American Cancer Society newsletter, September 2008)

Small Savings Add Up

A few ideas to help you put dollars back in your food budget.

Check expiration dates. Avoid buying a food that is past its prime. If it's on sale and near its expiration date, use it soon.

Savings example: Avoid dumping a half gallon of soured milk down the drain = a savings of close to \$2.00.

Shop the specials. Plan your menus around sale items, especially more expensive purchases, such as meat.

Buy several packages of meat when it is on sale and freeze it. The U.S. Department of Agriculture Food Safety and Inspection Service says, "It is safe to freeze meat or poultry in its supermarket wrapping but this type of wrap is permeable to air. Unless you will be using the food in a month or two, over wrap these packages as you would any food for long-term storage using airtight heavy-duty foil, freezer plastic wrap or freezer paper, or place the package inside a freezer plastic bag." While raw ground meat maintains optimum quality in the freezer for 3 to 4 months, larger pieces of meat like steaks or chops will maintain optimum quality for 4 to 12 months. Be sure the freezer is operating at 0° F. And remember that the safest way to thaw meat is in the refrigerator on a plate on the bottom shelf so it doesn't drip on other foods.

Savings example: Buying meat on sale may save \$2.00.

Source: University of Nebraska-Lincoln, Lancaster county Extension.

Food and Fun for Healthy Families

The 2009 ISU Extension nutrition calendar is available! Each month you will find a feature recipe, with full color photo, for a healthy, easy-to-prepare main dish or side dish. Menu suggestions are included, as well as nutrition information in the form of the familiar Nutrition Facts panel. Monthly tips suggesting ways to make physical activity a routine habit are also included.

Purchase a copy today!

Food and Fun for Healthy Families: 2009 Nutrition Calendar, EFNEP 0230, \$2.25
Also available in Spanish - EFNEP 0230(S), \$1.25.

Purchase a copy through your local Iowa Extension office or at:

<https://www.extension.iastate.edu/Store>

Live Healthy Iowa

You may have heard about or participated in this program in past years under its old name, Lighten Up Iowa. The new name, Live Healthy Iowa, better reflects what the program is all about - **healthier living through good nutrition, physical activity and emotional wellness.**

Live Healthy Iowa encourages you to set realistic goals and make informed decisions about your health. Organize a team at work, in your neighborhood, through your church or an organization to participate in the "100 Day Challenge."

For complete details go to:

<http://www.livehealthyiowa.org>