

INSIDE GRUNDY COUNTY
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December 8, 2010

Another ISU Extension Resource

There are many resources available to you from Iowa State University Extension. I would like to introduce you to a nutrition and fitness newsletter called Words on Wellness (WOW) that has been prepared by ISU Extension Nutrition and Health Program Specialists. The following are excerpts of timely topics that are covered in the current edition.

Tame Holiday Calories

Holiday special events are a time when families and friends gather and celebrate. Often the celebrations center around holiday treats. Try these tips to enjoy holiday foods without adding pounds. • Don't go to a party hungry. Eating a healthy snack before you go may take the edge off your appetite. • Take your own platter. If it's a potluck event, take a fresh fruit or vegetable tray with low-fat dip or a cheese tray with reduced fat cheeses and whole grain crackers. • Limit high-fat foods. High-fat foods include fried or cheese-filled items, pastries, processed meats, and cream-based dishes. • Watch portions. Enjoy your holiday favorites, just eat less of them. Aim for smaller portions. • Survey your options. At a buffet, survey the table before getting in line to choose foods. Select a smaller plate and a variety of foods. • Eat slowly and enjoy your food. • Drink water. Stay well hydrated. • Limit Alcohol. Alcohol provides extra calories.

Get Answers on Holiday Food Safety

It's that time again...time for holiday food safety questions! Call Iowa State University Extension's AnswerLine (1-800-262-3804) or check out these reliable sources for answers to your questions: USDA Meat and Poultry Hotline 1-888-674-6854 from 10 a.m. to 4 p.m. weekdays; USDA's Food Safety and Inspection Service offers the "Ask Karen" service at: http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp. You can type in your food safety question and receive a list of questions and answers related to your inquiry.

Be Active, Indoors or Out!

Don't ignore physical activity during the holidays. Activity helps reduce feelings of stress and can give you extra energy. Even in cold snowy weather, you can bundle up and enjoy a winter walk or other calorie-burning activities such as sledding, ice skating, cross-country skiing, and snow shoeing. If cold, snowy weather doesn't motivate you to enjoy outdoor activities, winter is still a great time to try indoor physical activities. • Go to the gym or recreation center • Pop in an exercise video, or an active video game • Set up an activity tournament with competitions.

Take Time for Family Mealtime

With the hustle and bustle of the season, it's still important to take time to eat meals with your family. When you have family meals together, you are making positive memories. And research shows many benefits of family mealtime. Families are more likely to eat a nutritious meal when they eat together. Children who eat with their families are likely to eat more fruits, vegetables, and whole grains.

To read the WOW newsletter articles in their entirety, go to <http://www.extension.iastate.edu/grundy> or contact the Grundy office of ISU Extension at 319-824-6979 for a copy.