

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

What to Eat? Snack Attack!

Snacks are foods eaten outside of a scheduled, structured meal setting. Snacking can be part of a healthy meal plan. However, many snack foods and beverages that give us the most calories are low in important nutrients.

According to a United States Department of Agriculture study, after-school snacks provide about one-third of children's calories. Because children have smaller stomachs, they need the energy and nutrients snacks provide.

Choosing snacks that offer essential vitamins and minerals, protein, carbohydrates, and healthy fats allow children to get the energy they need while helping them meet their daily nutrition requirements. Use these smart snacking strategies:

- **Plan snacks.** Make them part of daily food choices and provide options from several food groups.
- **Encourage regular snack times and amounts.** Don't let children nibble constantly during the day.
- **Be a label detective.** Limit convenience-type snacks that are high in sugar, fat, and salt and ones that use excessive packaging.
- **Create snack stations.** Package your own ready-to-go snacks. Set up snack areas in the refrigerator and in a kitchen cupboard. Allow children to choose from either.
- **Allow children to be "chefs in training."** Have them help pick out fruits, vegetables, and cheese when shopping. Include them in snack food preparation. Use snacks to introduce new foods.

One snack to try is hummus. Hummus packs a lot of protein and fiber and is easy to make. Raw veggies, crackers, or pita chips can be dipped into this healthy and tasty snack.

Download and print "Snacks for Healthy Kids" at store.extension.iastate.edu/Product/4605.



After School Hummus

Serving Size: 2 tablespoons
Serves: 8

Ingredients:

- 1 can (15 ounces) reduced sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves (minced) or 1/4 teaspoon garlic powder
- 1 1/2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (vegetable or olive)
- 1/8 teaspoon ground black pepper
- 1/2 cup plain nonfat yogurt

Instructions:

1. Use a blender or food processor to combine all the ingredients except yogurt. Blend on low speed until beans are mashed.
2. Stir in yogurt with a spoon.
3. Refrigerate several hours or overnight so flavors blend.
4. Serve with pita chips, crackers, or fresh vegetables.

Tips:

- Mash the beans with a fork, chop garlic finely, and then stir ingredients thoroughly before adding to the blender.
- Store hummus in an airtight container in the refrigerator. Use within 2 to 3 days.
- Add 1/3 cup chopped red peppers

Nutrition information per serving:

70 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 80mg sodium, 9g total carbohydrate, 2g fiber, 2g sugar, 3g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.



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Food Safety: It's in Your Hands

When preparing food, one of the most important ways to avoid spreading germs is to wash hands correctly and often. This may seem like common sense; however, many individuals don't wash their hands for the recommended length of time, nor do they wash their hands each time they're contaminated. Did you know handwashing should take approximately 20 seconds overall?

Steps to Wash Hands:

1. Wet hands. Use warm running water.
2. Apply soap and lather hands.
3. Scrub hands for 10–15 seconds. Hum the “Happy Birthday” song twice or watch the second hand of a clock. Focus on scrubbing between fingers and under fingernails.
4. Rinse thoroughly under running water.
5. Dry hands with a paper towel or air dry. Bacteria numbers increase in damp cloth towels.

We can become less aware of the many times our hands become contaminated. Remember to wash hands after using the restroom; coughing; sneezing; running your fingers through your hair; touching or scratching a wound; petting your dog or cat; changing a diaper; handling money; working with raw meat, poultry, or seafood; and anytime hands touch something that may contaminate them.

For more information, visit www.cdc.gov/handwashing/fact-sheets.html or search for “5 Myths of Handwashing” and “Wash Your Hands” at the Extension Store, store.extension.iastate.edu

“Exercise is Medicine”—A Worldwide Fitness Trend for 2017

The American Medical Association and American College of Sports Medicine partnered on a global initiative called “Exercise is Medicine.”

The vision encourages primary care physicians and other health-care providers to assess every patient's level of physical activity at each clinic visit. This means the health-care provider will determine whether or not the patient is meeting the U.S. National Physical Activity Guidelines. A treatment plan is then designed to meet recommended physical activity guidelines. A patient could also be referred to additional health-care or other qualified community-based professionals as part of the continuum of care.



Sources:

Exercise is Medicine - exerciseismedicine.org
Health & Fitness Journal - doi: [10.1249/FIT.0000000000000252](https://doi.org/10.1249/FIT.0000000000000252)