

Words on Wellness

Your extension connection to nutrition and fitness

Does Your Weight Need a New Year's Check-Up?

Have you gained the typical 10 pounds this past year? Just 100 extra calories per day (10 potato chips or 2 small chocolate chip cookies) can lead to an annual weight gain of 10 pounds.

Maintaining a healthy body weight is vital for good health. Food portions are a particular challenge in our super-sized society. Choosing sensible amounts of ALL food is fundamental to controlling caloric intake and maintaining a healthy weight.

Here are a few tips to use at home:

- Measure the amount of food you eat with standard measuring cups on a regular basis.
- Pay attention to the amount of food you actually eat (how many cups and ounce equivalents).
- Learn what appropriate portions look like, using your dishes. (What does ½ or 1 cup of cereal look like in your bowls?)
- Use smaller bowls, cups, glasses, and plates (10 inches) at meals.
- Put recommended amounts from the five MyPlate food groups on your plate and don't take seconds.
- Stop eating when you feel 80 percent full.

Fill your refrigerator and cupboards with nutrient rich foods, like fruit, vegetables, dairy, lean protein foods, and whole grains. Limit amounts of high-calorie foods (cookies, chips, and other snack foods) in your house. If they aren't in your house, you can't eat them!

Download "How Much Are You Eating?" at <https://store.extension.iastate.edu/>. Type PM 3024 in the search box.

National Popcorn Day

Did you know January 19 is National Popcorn Day? Popcorn is a great snack! It is a fast and low-cost snack food that is also a whole grain. More than 95 percent of all age and sex groups do not eat the recommended amounts of whole grains every day, which can lead to low intake of fiber and other important nutrients, according to the Dietary Guidelines for Americans 2010 Committee Report. For microwaveable popcorn, read labels to choose those lower in fat and salt. If you pop your own corn, monitor the amount of oil you use and limit the butter and salt you add on top.



Easy Bean Dip

Serves: 6

Serving size: ½ cup

Ingredients

- 1 16-ounce can refried beans
- ¾ cup salsa or picante sauce
- ½ cup shredded or cubed cheese (can use any cheese; Cheddar or American work well)

Directions

1. Combine all ingredients in a microwave safe bowl. Stir to mix.
2. Cover with waxed paper and heat in microwave until cheese is melted. Stir every two minutes while heating.
3. After heating, stir well to completely mix.
4. Serve warm with raw vegetables, crackers, or baked tortilla chips.
5. Store unused dip in the refrigerator.

Nutrient information per serving

120 calories, 4 g total fat, 10 mg cholesterol, 530 mg sodium, 15 g carbohydrate, 4 g dietary fiber, 6 g protein.



Help Make Iowa the 'Healthiest State'

Order the 2013 "Healthy and Homemade" calendar from the Online Store for \$2 plus shipping: <https://store.extension.iastate.edu/ItemDetail.aspx?ProductID=13910>



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Don't Invite an Unwanted Friend to Your Super Bowl Party!

Super Bowl Sunday is fast approaching—February 3, 2013. A popular way many enjoy this day is to invite friends and family over and offer foods and snacks on the counter or table so guests can serve themselves. Foods left out for long periods at room temperature, however, may open the door to uninvited guests—bacteria that cause foodborne illness. Happy times should not include sharing foodborne illness.

Follow guidelines from the USDA's Meat and Poultry Hotline to help you have a SAFE time enjoying this day:

- **Follow the two-hour rule:** Perishable foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the counter or table; discard any perishable foods after two hours or more.
- **Keep hot food HOT and cold food COLD:** Hot foods need to be held at 140°F or warmer. Use chafing dishes, slow cookers, and warming trays. Cold foods need to be held at 40°F or colder. Nest dishes in bowls of ice. Otherwise, use small serving trays and replace them.
- **Cook thoroughly:** If you cook food ahead of time for your party, be sure to cook the food thoroughly to safe minimum internal temperatures. Cook raw beef, pork, lamb, and veal steaks, chops, and roasts to a minimum internal temperature of 145°F as measured by a food thermometer. Cook ground meats to an internal temperature of 160°F. Cook all poultry to a minimum internal temperature of 165°F.
- **Handle food safely:** Always wash your hands before and after handling food. Make sure all surfaces food comes in contact with are clean and sanitized. Serve all food on clean dishes, not on those previously holding unprepared or uneaten portions of food.
- **Use shallow containers:** Replace empty platters, rather than adding fresh food to a dish that already had food in it. Divide any cooked foods into shallow containers to store in the refrigerator or freezer until serving to encourage rapid, even cooling. Reheat foods to 165°F.

For more information on food safety, visit www.iowafoodsafety.org. The "ISU SafeFood" app can help you quickly find the right internal meat temperature for safe cooking and eating.



Try a New Winter Sport

Have you always wanted to learn how to ski? How about ice-skating? Snowboarding? Snowshoeing? Now's the time! There are a variety of winter activities right outside your doorstep that are affordable and fun. The best part—you can burn calories while enjoying yourself!

A 150-pound person ice-skating can burn approximately 408 calories per hour. Skating over 9 mph or speed skating burns approximately 544 and 952 calories per hour, respectively. Go to www.calorielab.com/burned/ for an online tool to help you calculate the number of calories burned while participating in a particular activity.



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