Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Improving Strength

Small changes in muscle strength can make a real difference in function. Do strength exercises for all major muscle groups on two or more days per week for 30 minutes each. Don't exercise the same muscle group on any two days in a row. Activities should be done that make your muscles work harder than usual and work all major muscle groups. Complete this 18-minute beginner strength-training workout (spendsmart.extension.iastate.edu/video/at-home-workout-beginner-strength-training) from Spend Smart. Eat Smart. to get you started.

Washing Leafy Greens

Leafy greens need to be handled safely just like any other food. Start with washing your hands with soap and water. Cut away any damaged areas on the leaves or stems.

If the label on the leafy greens bag **DOES NOT** say "prewashed" or "ready to eat," thoroughly wash the greens under running water just before chopping, cooking, or eating.

If the leafy greens label **DOES** say "prewashed" or "ready to eat," use the greens without washing. If you wash leafy greens before storing, you can potentially promote bacterial growth and enhance spoilage.

Wash only what you intend to eat. After washing fresh greens, pat dry with paper towels or a fresh clean towel—or use a salad spinner—to help remove excess liquid. Never wash leafy greens with soap, detergent, or bleach because these can leave residues. The U.S. Food and Drug Administration does not recommend using commercial produce washes because these also may leave residues.

Source: Academy of Nutrition and Dietetics, March 2018, www.eatright.org/homefoodsafety/four-steps/wash/washing-leafy-greens

Orange Dressing with Fruit

Serving Size: 3 cups salad with 2 tablespoons dressing | Serves: 4

Ingredients:

- 1/4 cup orange juice
- 2 tablespoons vinegar
- 1 1/2 tablespoons white sugar
- 2 tablespoons oil (canola or vegetable)
- 8 cups greens (romaine or spinach)
- 2 cups vegetables, chopped (broccoli, cabbage, carrots, cauliflower, celery, peppers, onions, or tomato)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)

Directions:

1. Combine the first four ingredients (dressing) in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (up to 1 week).
2. For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit.
3. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

Nutrition information per serving:

160 calories, 7g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 60mg sodium, 21g total carbohydrate, 5g fiber, 14g sugar, 3g protein

Recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. spendsmart.extension.iastate.edu

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www.extension.iastate.edu

Jill Weber
Human Sciences Specialist
Nutrition and Wellness
3420 University Avenue, Suite B
Waterloo, IA 50701-2008

(319)-240-1730 (cell)

jrweber@iastate.edu
www.extension.iastate.edu

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For resources to use during the COVID-19 outbreak, please visit our Finding Answers Now page (www.extension.iastate.edu/humansciences/disaster-recovery).

Inflammation and the role diet may play

When something harmful or irritating affects our body, the body responds with inflammation. There are two types of inflammation—acute and chronic.

Acute inflammation is short-lived inflammation. An example of this would be when you cut a finger or stub a toe. You see and feel the signs of acute inflammation in your body, and tissues become red, swollen, and painful. It is part of the body's natural healing response to injury or infection.

Chronic inflammation occurs over time. It is a low level of inflammation occurring inside the body and is not visible. Chronic inflammation has been linked to the development of serious chronic diseases, including cancer, heart disease, diabetes, arthritis, and dementia. It can be caused by smoking, stress, excessive abdominal fat, and alcohol intake, as well as some foods.

To fight chronic inflammation, eat a variety of foods full of anti-inflammatory phytochemicals. Phytochemicals are compounds produced by plants to help protect our cells. Foods with these compounds include whole grains, beans, nuts, colorful fruits and vegetables, plant oils, and cold-water fish like albacore tuna, salmon, and mackerel. Tea, onions, and spices such as turmeric and ginger also have compounds with anti-inflammatory effects.

Anti-inflammatory foods are most effective when you are also at a healthy weight. If you are overweight, a 5–10 percent reduction in weight can also reduce inflammation.

On the other hand, some foods—including processed meats, refined grains, and sugar-sweetened beverages—have been linked with increased inflammation. Saturated fat and trans fat are specific components of food that may trigger inflammation. The key to a healthy diet is variety and moderation with all food!

Source: Academy of Nutrition and Dietetics, July 2019, www.eatright.org/health/wellness/preventing-illness/what-is-an-anti-inflammatory-diet

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