

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Do You Have an App for That?

Yes, we do! The Spend Smart. Eat Smart. website is now available as a mobile app! The brand new, FREE mobile app puts healthy-eating and cost-saving tools in the palm of your hand while at the grocery store.

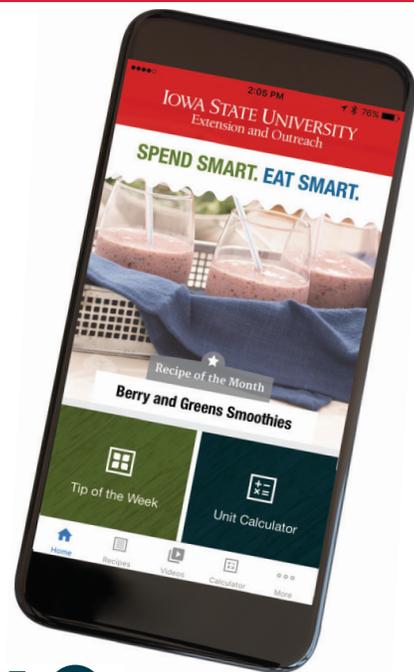
One helpful feature is *Produce Basics*. How often have you wondered how to pick out the very best produce? With this app, you can make the best produce selection right while shopping. For instance, if you're trying to choose kiwi, the app tells you the following:

- Look for one that is plump and gives slightly to pressure.
- The brown fuzzy skin should appear dry.
- Avoid kiwi that are squishy or wrinkled.

Then, when you get the kiwi home, the app is there to tell you

- To store the kiwi at room temperature for several days, and
- That it can be stored in the refrigerator for up to four weeks.

Under *Produce Basics*, you can also find information on how to clean the produce and how to prepare it. The kiwi section—spendsmart.extension.iastate.edu/produce-item/kiwi-fruit/—even includes a video on how to prepare the fruit. Now that's smart.



Download from
your app store!



FRUIT PIZZA

INGREDIENTS

1 large egg white
1/4 cup oil (*canola or vegetable*)
1/4 cup brown sugar (*firmly packed*)
1/3 cup all purpose flour
1/4 teaspoon ground cinnamon
1/4 teaspoon baking soda
1 cup quick cooking oatmeal,
uncooked
Nonstick cooking spray
3 ounces fat free cream cheese,
softened
1/2 container (6 ounces) nonfat vanilla
yogurt
Fruit for topping the pizza

INSTRUCTIONS

1. Preheat the oven to 375° F.
2. Use a medium mixing bowl to beat egg white until foamy. Add oil and sugar. Beat until smooth.
3. Stir together the flour, cinnamon, and baking soda in a small bowl. Add to sugar mixture. Stir in oatmeal.
4. Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9-inch circle.
5. Bake about 12 minutes. Crust will begin to puff but does not look done. Remove from oven and let cool about 20 minutes. The crust continues to cook while cooling.
6. Stir together the cream cheese and yogurt in a small bowl until smooth. Cover with plastic wrap and refrigerate until cool.
7. Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top.
8. Cut into wedges and serve or refrigerate up to 2 hours (*covered and uncut*).

SERVES: 8 | SERVING SIZE: 1 wedge | COST PER SERVING: \$0.41

Nutrition information per serving: 180 calories, 8g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 130mg sodium, 25g total carbohydrate, 1g fiber, 12g sugar, 5g protein

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



www.extension.iastate.edu

Food Safety Tips for Young Children

As adults, most of us are aware that “double dipping” can spread bacteria when bacteria from saliva on a piece of partially eaten food is dipped a second time. But did you know feeding baby food straight from the jar is another form of “double dipping”? Bacteria from the baby’s mouth can be transferred to the spoon and into the baby food where the bacteria can grow. This could result in food poisoning. Infants and young children are at a high risk for a foodborne illness because their immune system is not developed enough to fight off infections.

Instead, spoon baby food from the jar into a separate feeding dish and feed from the new dish. Throw away all uneaten food from the dish. You can refrigerate open jars of baby food that have not come in contact with your baby’s saliva. Following are guidelines for saving opened baby food:

- Strained fruits and vegetables: 2 to 3 days
- Strained meats and eggs: 1 day
- Meat/vegetable combinations: 1 to 2 days

Source: Food Storage Guide—NDSU Agriculture—publication FN-579

Biking for Fitness

Are you looking for a great form of exercise with a small carbon footprint? Then consider adding biking to your weekly fitness routine. Biking is a great way to improve your health. In fact, because it is a weight-supported activity, it is a great starter exercise that is easy on the joints. Plus, biking tones muscles, increases endurance, and enhances lung capacity. This nearly life-long activity can be social or a great family fitness outing enjoyed by both kids and parents.

Source: American Academy of Dietetics



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