

Words on Wellness

Your extension connection to nutrition and fitness

Get Your Brain in Shape

New Year's resolutions often center on self-improvement. The number-one cited resolution is to lose weight. Instead of focusing on weight loss, for 2016 focus on eating well for your brain! What we eat can influence how well our brain functions!



Eating a diet rich in vegetables, fruit, and omega-3 fatty acids is linked with better cognitive function (ability to process thoughts), memory, and alertness.

Suggestions from the Academy of Nutrition and Dietetics for a healthy brain include:

Put veggies on your plate. Consuming vegetables—especially broccoli, cabbage, and dark leafy greens—may help improve memory. Try a broccoli salad or using fresh spinach on your next sandwich.

Bring on the berries. Dark-colored berries—like blackberries, blueberries, and cherries—are a rich source of anthocyanins and other nutrients that may boost memory function. Enjoy them mixed into cereal, in a smoothie, or with yogurt as a parfait. Buy berries fresh, frozen, or dried; they're all healthy choices.

Don't overlook omega-3 fatty acids. Omega-3 fatty acids may help improve memory in healthy younger adults. Seafood and fatty fish—like salmon, tuna, and sardines—are some of the best sources of omega-3 fatty acids and are readily available. Choose fresh, frozen, or canned. The 2010 Dietary Guidelines for Americans encourages us to eat fish twice a week. Grill, bake, or broil fish to reap the most health benefits.

Try to add these foods to your daily menu. They will not only be good for your brain, but for your heart as well.

Source: www.eatright.org/resource/health/wellness/healthy-aging/memory-boosting-foods



Salmon Patties

Serving Size: 1 patty | Serves: 6

Ingredients:

- 1 can (14.75-ounce) salmon, drained
- 1 egg
- 1 slice whole wheat bread, shredded, or 5 saltine crackers, crushed
- 3 green onions (including the green stems) or 1/3 cup white onion (chopped fine) (about 1/3 medium onion)
- 1 medium garlic clove, minced, or 1/8 teaspoon garlic powder
- Dash ground black pepper
- 1/2 teaspoon seasoning (paprika, chili powder, or dill weed)
- 2 teaspoons oil

Instructions:

1. Open and drain can of salmon in strainer. Remove any large bones and skin from salmon. Break salmon into chunks with a fork.
2. Break egg into a large bowl. Whisk with fork. Add salmon, bread or crackers, onion, garlic, pepper, and additional seasoning. Mix gently.
3. Form into 6 patties about 1/2" thick.
4. Heat oil in a large skillet over medium heat. Place patties in skillet. Leave skillet uncovered. Cook 3 minutes. Turn over patties with a spatula. Cook the other side 3-4 minutes to a temperature of 145°F. Serve immediately.

Nutrition information per serving:

110 calories, 5g total fat, 1g saturated fat, 0g trans fat, 75mg cholesterol, 230mg sodium, 3g carbohydrate, 1g fiber, 0g sugar, 14g protein

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



www.extension.iastate.edu

Winter Weather Emergencies—What Do You Do?

Iowa winters bring with them cold, snow, and the occasional loss of power. Try these food safety tips for when your power goes out:

Make sure you have a thermometer in your refrigerator and freezer.

When the power goes out, check your thermometers for safe temperatures: refrigerator below 40°F, and 0°F or lower for freezer.

Keep the refrigerator and freezer doors closed. When kept closed, a refrigerator will keep food cold for about 4 hours; a full freezer will hold its temperature for about 48 hours; a half-full freezer will hold its temperature for 24 hours.

Freeze water in one-quart plastic storage bags now. These can be used in the refrigerator and freezer to help food stay cold and be a source of fresh water for you to use.

When in doubt, throw it out. Any perishable food that has been above 40°F for two hours or more should be thrown out. Frozen food with ice crystals may be safely refrozen.

Source: foodpoisoningbulletin.com/2014/usda-food-safety-tips-for-winter-weather-emergencies/

Safe Winter Fitness

Winter weather can discourage even the most dedicated exercisers. Use these tips for beating those chilly winter days:

Listen for the weather report, especially the wind chill. The current

temperature and wind, along with the amount of time you'll be outside, are essential factors in having a safe outdoor workout.

Layer it on, from head to toe. Dress in such a way to remove layers as soon as you start to sweat and then redress as needed. First, put on a thin layer of synthetic material, which draws sweat away from your body. Next, layer fleece or wool for insulation. Top with a waterproof, breathable outer layer.

Drink your liquids. It's important to drink plenty of fluids when exercising, whether it is in the cold weather or warm weather. Be sure to hydrate before, during, and after your workout. Get in the habit of drinking water, even if you aren't feeling thirsty.

Keeping these tips in mind can help you safely enjoy your time outside, in spite of the winter weather.

Source: www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20045626?pg=1



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