

Words on Wellness

Your extension connection to nutrition and fitness

Cleanse Diets: How to Protect Yourself from Fad Diets



It seems as though you can't go on Facebook or pick up a magazine without reading about how a high school classmate or a famous actress lost a lot of weight in a short amount of time by going on a "cleanse diet." Cleanse diets claim to be a natural way to remove toxins from the body through fasting followed by a strict vegetable- and fruit-only regimen. It often includes raw

vegetables, fruit juices, fruit, and water. More extreme versions of a cleanse diet entail the use of herbs and other supplements that help cleanse the colon (e.g., enemas). There is no scientific evidence that cleanse diets work to detox the body. The kidneys and liver naturally remove most of the toxins we ingest. The benefits most associated with cleanse diets may actually result from the removal of processed foods, solid fats, and added sugars from the diet. There are many concerns regarding following a cleanse diet for an extended period of time, including fatigue due to limited protein, vitamin and mineral deficiencies, and dehydration.

Fad diets are popular because they promise fast results, which is why it is a billion dollar industry. It is important to remember that if you're overweight, you didn't put that weight on overnight and it's unrealistic to think it can be removed overnight or in 10–20 days.

Protect yourself from fad diets by avoiding diet plans, supplements, or products that make the following claims:

- 1. Promise of fast weight loss:** Slow and gradual weight loss is more sustainable than plans that cause drastic weight changes. A healthy weight loss plan promotes ½ to 2 pounds weekly. If you lose weight too quickly, you can lose water, muscle, and bone!
- 2. Quantities and limitations:** Avoid diets that eliminate or severely restrict food groups. Each food group provides essential vitamins, minerals, and nutrients that a multivitamin cannot replace.
- 3. Promotes specific food combinations:** There is no scientific evidence to support that eating at specific times during the day or combining certain foods will cause foods to turn to fat.
- 4. No need to be physically active:** Physical activity is essential for good health and weight management and should be part of your daily routine.

For more information about how to better manage your weight safely, use Iowa State University Human Sciences Extension publication "How Much Are You Eating?" (PM 3024), available at <https://store.extension.iastate.edu/Product/How-Much-Are-You-Eating>.



Chicken Fajitas

Mexican-inspired dishes are a great way to combine foods from many of the food groups. This recipe includes foods from the grain, dairy, protein, and vegetable groups! **Serves 6**

Ingredients:

- 1 pound boneless, skinless chicken breast*
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1½ tablespoons vegetable oil
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 medium onion, thinly sliced
- 6 whole-wheat tortillas, 8-inch (or corn tortillas)

Optional Toppings:

- 6 ounces low-fat shredded cheddar cheese
- 1 cup chopped tomato
- Cilantro, chopped
- Jalapeno, sliced

Directions:

1. Freeze chicken 30 minutes until firm and easier to cut. Cut chicken into 1/4-inch strips. Place in a single layer on a plate. Sprinkle both sides of strips with chili and garlic powder.
2. Add oil to a 12-inch skillet. Heat to medium high. Add chicken strips. Cook about 3–5 minutes, stirring frequently.
3. Add bell peppers and onion. Stir and cook until vegetables are tender and chicken is no longer pink. (Heat chicken to an internal temperature of at least 165°F)
4. Scoop chicken mixture (2/3 cup each) onto tortillas. Top with your favorite toppings.
5. Serve flat or rolled.

*Can replace chicken with 1 can (15 ounces) black beans (drained, rinsed), beef, or pork.

Nutrition Information per Serving: 290 calories, 9g fat, 0.5g saturated fat, 0g trans fat, 50mg cholesterol, 270mg sodium, 28g carbohydrate, 3g fiber, 4g sugars, 21g protein.

IOWA STATE UNIVERSITY
Extension and Outreach

Healthy People. Environments. Economies.



www.extension.iastate.edu

Get Moving at Work

Most lowans (about 82%) are not meeting the recommended levels of physical activity of 150 minutes of moderate to vigorous physical activity weekly. You do not have to attend an exercise class to get your physical activity. Physical activity is the movement of the body that uses energy and may include activities you perform every day like climbing stairs, walking to and from your car, walking the dog, etc.

“Desk jobs” may be contributing to our low levels of physical activity. Making small changes to incorporate physical activity into your workday could add up and help you reach the recommended daily physical activity goal. Try incorporating these physical activity-boosting strategies into your workday.

- Walk to work if possible or park away from the main entrance or use an entrance that is further away from your office. By doing so, you’ll be able to get more steps in daily, helping you reach the recommended 10,000 steps daily, which is about five miles.
- Plan short fitness breaks (3–5 minutes) every hour. This will give you 24–40 minutes of physical activity by the end of your workday. Try these short fitness break ideas:
 - Walk up and down the stairs or hallway.
 - Take a short walk on your lunch break.
 - Do some chair squats (<https://www.youtube.com/watch?v=nu8DUisv9U8>), jumping jacks or jog-in-place in your office.
 - See if your employer offers a worksite wellness program.

Ice Cold Facts

Just because ice is cold does not mean it is protected against certain viruses and bacteria that cause foodborne illness. Therefore, ice should be handled like any other food.

When planning your tailgating activities this football season, ice will play an important part in keeping your food safe for you, your family, and your friends. Protect yourself, family, and friends by following these “Ice Cold Food Safety Tips.”

- Avoid touching ice with dirty hands or glasses.
- Use clean, nonbreakable utensils to handle ice (i.e., tongs, scoop).
- Store your ice in a clean container. If you are using an ice chest/cooler, be sure to wash it with hot soapy water and let it air dry before using it.
- Keep the ice you want to use in your drinks in a separate cooler from the ice that you are using to keep your foods cold.
- Use ice bags that are sealed shut rather than drawstring bags. By keeping your ice bag closed, you are also preventing your ice from getting contaminated.

For more information about food safety, visit the Food Safety website at <http://www.extension.iastate.edu/humansciences/food-safety-families>.



PM 2099VV September 2014

...and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.