

Words on Wellness

Your extension connection to nutrition and fitness

New Labels Required on Meat Packages

Nutrition Facts labels have been required for use on processed meats and meat products with added ingredients such as marinades or stuffing since the early 1990s. March 1, 2012, marked the first time the FDA required packages of ground or chopped meat and poultry to contain the Nutrition Facts label. This labeling regulation applies to the 40 most popular cuts of single-ingredient, raw meat and poultry meat products, such as chicken breasts, lamb, steaks, veal, and pork chops.

What You Need to Know

- The Nutrition Facts label for meats includes: total calories, calories from fat, saturated fat, cholesterol, sodium, protein, and iron.
- The label makes it much clearer how much fat is in what you buy. For example, you know that 90% lean ground beef has less fat than 80% lean, but you would not know the total fat per serving. One serving (4 oz) of 90% lean ground beef gives you 200 calories and 11 grams of total fat, while one serving of 80% provides 280 calories and 22 grams of total fat.
- The serving size for raw meat on the Nutrition Facts label is based on 4 ounces of raw product, which translates to about 3 ounces cooked. You won't find the number of servings in a package, however. The servings per container will be listed as "varies." For all this nutrition information to be valuable, be aware of how much meat you are really eating.

Nutrition Facts

Serving Size: 4 oz (112 g) raw, as packaged. Servings Per Container: varied	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total 9 g	14%
Saturated Fat 2g	12%
Cholesterol 85 mg	28%
Sodium 75 mg	3%
Total Carbohydrate 0 g	0%
Protein 21 g	42%
Iron 8%	
<small>Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium</small>	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	



Enjoy a Slice of Summer

On a hot summer day, cool off with a slice of watermelon. Watermelon is 92 percent water, low in calories, and a good source of vitamin C.

General rules for selecting a melon:

- symmetrical in shape
- oval, round, or oblong
- free of cracks, bruises, or soft spots
- just a slight softness to the touch

Sweet smell or aroma may or may not be a good clue. Melons that have been chilled will not have much smell. The old "thump and shake" method is not a good indicator of quality. A better way to test for ripeness is to look for a yellow belly. A watermelon should

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Watermelon Salsa

Serves: 3

Serving size: 1/2 cup

Ingredients

- 1 cup diced seedless watermelon
- 1/3 cup sweet onions (finely chopped)
- 1/3 cup canned black beans (rinsed and drained)
- 1 green bell pepper (seeded and chopped)
- 1 teaspoon brown sugar
- 1/2 garlic clove (minced)

Directions

In a small bowl, combine all ingredients. Cover and refrigerate for at least one hour. Drain if necessary before serving.

The salsa can be served as an appetizer with baked chips, or as a condiment with fish or pork.

Nutrient information per serving

65 calories, 0.5 g fat, 0 mg cholesterol, 108 mg sodium, 15 g carbohydrate, 2.5 g fiber, 2.5 g protein



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(Watermelon continued)

have a yellow spot where it sat on the ground. If this spot is white or greenish, the watermelon may have been picked too soon.

One way to make the uncut melon juicier is to let it set at room temperature for two to three days. The USDA also recently found that nutrients are better preserved when an uncut watermelon is stored at room temperature. Compared to refrigerated watermelon, unrefrigerated whole watermelon had twice as much beta-carotene and 20 percent more lycopene, which are antioxidants that help to reduce the risk of certain cancers.

Melon preparation is easy, but you can keep your watermelon clean and safe, if you:

1. Wash the outside of the melon before cutting it.
2. Wash your hands and wash all cutting surfaces, knives, and other utensils.
3. Refrigerate it after cutting it. Either place chunks in a bag or container or put plastic wrap over the exposed part of the watermelon. If the melon is not wrapped in plastic, its odor will be transferred to other refrigerated foods.
4. Use it within two days.

Fun Facts

Did you know?

The largest watermelon in the Guinness Book of World Records weighed 262 pounds!

The United States ranks fourth in worldwide production of watermelon.

<http://www.fruitsandveggiesmatter.gov/month/watermelon.html>

“Tae Balloon” Kickboxing

Try this fun game to get your preschoolers moving!

Materials: large balloon and long string (as needed)

Suspend a large balloon from a ceiling or tree limb with the string so it hangs at the child’s eye level. Make sure no breakables or players are in the way. The child stands in front of the balloon in the “ready” position (feet shoulder-width apart, one foot slightly in front of the other, and fists guarding the face). The child practices punching and kicking the balloon.

“Tae Balloon” Kickboxing is for sports training, not self-defense. Have any watching players count the number of punches or kicks. Make sure that there is an adult nearby to supervise the activity.



Reference: Sweet, Julia E. (2001). *365 Activities for Fitness, Food, and Fun for the Whole Family*. “Tae Balloon” Kickboxing (pp. 103-104). New York, NY: McGraw-Hill. Sweet is a certified aerobics instructor, children’s fitness instructor, personal trainer, weight training instructor, and mother of two.

PM 2099W August 2012

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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.