Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Snack Smart This Summer!

In the summer, eating several small healthy snacks throughout the day is often more comfortable than having bigger meals. Choose nutritious snacks that give you energy as well as help you with focus and memory. Healthy snacking especially benefits these three groups of people:

- **Older adults** tend to prefer to eat light meals or snacks instead of bigger breakfast, lunch, and dinner meals. Choosing nutritious snacks helps maintain their ability to live independently. Snacks high in protein and antioxidants, such as vitamins C and E, help the immune system to recover from illness and aids in wound healing.
- **Children** need the calories and nutrients from snacks to get energy for summertime play and sports. Snacks nourish their growing bodies and minds. In the fall, snacks will help kids feel full so they can focus on academics. Read Snacks for Healthy Kids, store.extension.iastate.edu/product/4605, for more information.
- **Pregnant women** have varied appetites, depending on the woman and stage of pregnancy. Snacks can provide quick, easy nutrition for both mother and baby. Smaller snacks rather than larger meals may help reduce the nausea or heartburn some women have during pregnancy.

Here are some easy, healthy snacks:

- Fruits and vegetables
- Whole-grain crackers and cereal
- Low-fat cheese, Greek yogurt
- Hard-boiled eggs, unsalted nuts or peanuts
- Want a cool summer snack? Enjoy a smoothie!

Do you know a child who needs healthy food this summer?

Check out the Summer Food Service Program meal sites in Iowa, educateiowa.gov/pk-12/nutrition-programs/summer-food-service-program#Summer_Meal_Sites.

211, www.unitedwaydm.org/211, is a one-stop source of information for people looking for help. This phone and online referral service can help people find food, housing, clothing, and much more.

Berry and Greens Smoothie

Serving Size: 8 Ounces | Serves: 8

Ingredients:

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk

Directions:

1. Put bananas, yogurt, and greens in the blender. Blend until smooth.
2. Add berries to blender. Blend until smooth.
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

Nutrition information per serving:

90 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 50mg sodium, 20g total carbohydrate, 3g fiber, 1g sugar, 4g protein

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

Words on Wellness

www.extension.iastate.edu

Kelsey Salow, RD
Human Sciences Specialist
Nutrition and Wellness
ksalow@iastate.edu

Food Preservation 101 ONLINE
7/7, 8/20, 9/10
Sign up for a session!

ServSafe
7/20 - Cedar Rapids
7/22 - Cedar Rapids
7/27 - Manchester
8/5 - Cedar Rapids
8/12 - Monticello

Registration deadline is three weeks prior to class date and registration often fills before class date. Class size is currently limited due to pandemic.
http://bit.ly/isuservsafe

Healthy and Homemade Quickinars
Cook Now, Enjoy Later
Healthy Choices: Aisle by Aisle
Cooking for 1 or 2
Veg Out

Sow, Grow, Eat, and Keep Series
Reconnect with nature to grow and prepare your own food.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.
PM 2099 July 2020

Refresh Yourself with Water for Summer Exercise

The human body is 60% water. Our cells need water to:

- Remove waste,
- Control body temperature,
- Lubricate and cushion joints, and
- Protect sensitive tissues.

Water is vital to regulate body temperature during exercise in the summer heat. Lack of water can lead to extreme thirst, fatigue, and dizziness. Dehydration is particularly dangerous for young children and older adults.

How much water do we need to be drinking? Adults should get 9–14 cups of fluid a day. Generally, if your urine is pale or colorless, you are getting enough.

Remember, you can also drink and eat other things besides water to get the fluid you need.

- 100% juice (no more than 1 cup a day)
- Milk
- Fruit
- Nonstarchy vegetables
- Tea
- Coffee
- Sports drinks (if sweating a lot)

For more about your water needs, visit Mayo Clinic, mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256.

Making Salad Safely

Salad is a popular summer dish. However, it is also linked with foodborne illness. There are ways to prepare salad safely so that friends and family do not get sick. Salad food safety tips include the following:

- Wash your hands! Always wash hands before and after preparing any salad ingredient.
- Don't rewash lettuce that is already prewashed in the package. This can introduce contaminants that were already eliminated.
- Use a different knife and cutting board for each ingredient. If you intend to keep salad ingredients separate for people to make their own, you won't have contaminated all ingredients.
- Keep salads cold in a refrigerator, in a cooler, or over ice. Don't leave out at room temperature for more than two hours. Warmer temperatures (40–140 degrees) can cause bacteria to grow on food and promote illness.
- Make sure salad is served with a utensil and not bare hands. Hands carry viruses and bacteria that can cause illness. It is best to use clean and sanitized salad tongs or forks.
- Visit Produce Basics (spendsmart.extension.iastate.edu/cook/produce-basics) for tips on how to select, store, and wash many types of salad ingredients.