Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

June is Men's Health Month

Men's Health Month helps raise awareness about early detection and treatment of preventable disease among men and boys. Women tend to outlive men by almost five years. One reason for this is that women are more likely to visit the doctor for annual examinations and preventive services than men. Routine health monitoring can help reduce the risk of men's deaths at an earlier age. Men are more likely to die from heart disease, cancer, and stroke than women. Healthy changes in diet and exercise habits can lower men's risks for these conditions. Follow these tips to live longer and healthier:

- Seek regular medical care to help maintain a healthy lifestyle.
- Get 2 1/2 total hours of physical activity a week, including strengthening exercise on two days a week.
- Follow a MyPlate-friendly meal plan. Everyone, regardless of gender, needs to eat vegetables, fruit, whole grains, lean protein foods, and low-fat dairy. In general, men need more calories and protein than women.
- Limit drinks with added sugar, such as soda, energy drinks, and sports drinks. Those can add many extra calories.

Sources:

Men's Health Network, www.MensHealthNetwork.org

ChooseMyPlate, www.choosemyplate.gov/ten-tips-get-the-facts-to-look-and-feel-better

Frozen Pudding Sandwiches

Serving Size: 1 Sandwich | Serves: 25

Ingredients:

- 2 cups fat free milk
- 1 package (1–1.5 ounce) fat-free, sugar-free pudding mix
- 1 cup creamy peanut butter
- 50 graham cracker squares (25 crackers broken in half)

Directions:

1. Wash hands.
2. Stir milk, pudding mix, and peanut butter together with a whisk or fork. Stir until mixture is thick and smooth.
3. Use a clean tablespoon to spoon mixture onto 25 graham cracker squares. Top with remaining crackers.
4. Place sandwiches on a baking sheet and put in the freezer. Freeze until firm, about 3 hours. Put in freezer bag or airtight freezer container. Label, date, and store in the freezer.

Nutrition information per serving:

130 calories, 7g total fat, 1.5g saturated fat, 0g trans fat, 0mg cholesterol, 180mg sodium, 15g total carbohydrate, 1g fiber, 6g 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

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www.extension.iastate.edu

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Food Preservation 101 ONLINE
6/18, 7/7, 8/20, 9/10
Sign up for a session!

ServSafe
7/6 - Maquoketa
7/9 - Dubuque
7/20 - Cedar Rapids
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

News Releases:
- Focus on Healthy Habits
- Container Gardens
- Engage Kids in the Kitchen
- Preserve Summer's Bounty
- Spend Smart. Eat Smart

For resources to use during the COVID-19 outbreak, please visit our **Finding Answers Now page.**

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Keep Active While Social Distancing

Since the spring, gyms, recreation centers, and playgrounds have closed or operated in limited capacity, due to the need for social distancing. However, we can still be physically active while staying safe.

- Walking, running, and biking with people in your household can be fun. Find a little-used trail in your neighborhood, an open park, or even a rural area and go exploring!
- Avoid crowded parks and recreational areas. Consider canoeing or kayaking in an uncrowded waterway.
- Try a workout video. On days when the weather is not right for being outdoors, visit free online videos that encourage physical activity. Visit the Spend Smart. Eat Smart. webpage, spendsmart.extension.iastate.edu/video-category/physical-activity, for ideas.

Sources: CNBC, www.cnbc.com/2020/03/16/best-home-workout-streaming-services-to-try-during-covid-19-pandemic.html

ABC Action News, www.abcactionnews.com/news/national/coronavirus/these-gyms-are-offering-free-online-workouts-to-everyone-so-you-can-stay-in-shape-during-quarantine

How to Know if a Recipe Is Safe

We see many video and print recipes on social media. How do you know if a recipe is safe to use? Fight Bac, a partnership of organizations devoted to food safety, has these tips to ensure your meals don't include a side of foodborne illness.

1. Wash your hands. Up to 99% of people don't correctly wash their hands when preparing food at home. You should wash your hands for 20 seconds. If you sing "Happy Birthday" twice, that is about 20 seconds.
2. Cook the food to the correct temperature to ensure it is safe to consume. Poultry should be cooked to 165°F; ground meat to 160°F; steaks, chops, roasts, and fish to 145°F. Cook all other foods to at least 140°F. Check our "How to Use a Food Thermometer" video and handout to learn more about taking the temperature of food, spendsmart.extension.iastate.edu/video/use-a-food-thermometer.
3. Don't cross contaminate. Cross contamination occurs when foodborne bacteria and viruses spread from one food or surface to another.
   - Wash the cutting board, counter, utensils, and serving plate thoroughly with hot, soapy water immediately after they have touched raw meat, poultry, or fish.
   - Do not rinse raw poultry or meat. Rinsing meat can cause bacteria on the meat to spread through the air.
   - Do not use marinades previously used on raw foods for the cooked product.
4. Wash fresh produce, unless it's prewashed salads. This video shows you how to properly wash produce: spendsmart.extension.iastate.edu/video/clean-fruits-vegetables.

Sources: Safe Recipe Guide, www.saferecipeguide.org

Food Safety and Inspection Service, www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/featured-campaign/superbowl/talking-points