

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Unlock the Full Nutritional Benefits of Veggies

Wendy White, an associate professor in food science and human nutrition at Iowa State University, led a recent study that suggests eating salad greens and vegetables with added fat—in the form of soybean oil—enhances the absorption of various micronutrients that promote human health. Soybean oil is a common ingredient in commercial salad dressings.

Salad vegetables with added oil aided in the absorption of several micronutrients: alpha and beta carotene, lutein, and lycopene; two forms of vitamin E and vitamin K; and vitamin A. White said better absorption of these nutrients promotes a range of health benefits, including cancer prevention and eyesight preservation.

The study also found that the amount of oil added to the vegetables had a proportional relationship with the amount of nutrient absorption. White said, “The best way to explain it would be to say that adding twice the amount of salad dressing leads to twice the nutrient absorption.” This doesn’t mean salad eaters should drench their greens in dressing! White indicates that consumers should be comfortable with the U.S. dietary recommendation of about two tablespoons of oil per day.

The research study showed eating the same salad without the added oil lessened the likelihood that the body would absorb the nutrients.

Source: American Journal of Clinical Nutrition, ajcn.nutrition.org/content/106/4/1041



Homemade Salad Dressing

Serving Size: 1 tablespoon | Serves: 21

Ingredients

- 1 cup oil
- 1/3 cup acid (such as red wine vinegar)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Instructions

1. Put all ingredients into an airtight container.
2. Secure the lid and shake until the ingredients are combined.
3. Salad dressing can be stored in the airtight container in the refrigerator for up to one week.

Tip: The size of this recipe can be adjusted up or down by keeping the same ratio of three parts oil to one part acid. For example, for a small amount of dressing, use three tablespoons of oil, one tablespoon of acid, and a pinch of each seasoning.

HOW TO VIDEO

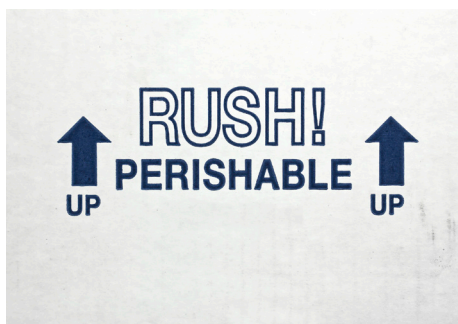
Make Homemade Salad Dressing



spendsmart.extension.iastate.edu/video/make-homemade-salad-dressing/

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Recipe 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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Mail Order Food Safety

In today's busy world, one time-saver some individuals use is home delivery of mail order foods. Ordering food through the mail raises concerns about food safety. It is important to know how food and the packaging should look when perishable foods—such as meat, poultry, fish, and other perishable items—arrive.

How to determine if foods have been handled properly:

- Perishable items should arrive cold or frozen and packed with a cold source, in foam or heavy corrugated cardboard.
- Food should be delivered as quickly as possible—ideally, overnight. Perishable items and the outer package should be labeled “Keep Refrigerated.”
- When you receive a food item marked “Keep Refrigerated,” open it immediately and insert a food thermometer in the food to be sure the temperature is below 40°F. Food should arrive frozen or partially frozen with ice crystals still visible or at least refrigerator-cold. Even if a product is smoked, cured, vacuum packed, and/or fully cooked, it is still a perishable product and must be kept cold. If a perishable item arrives above 40°F, as measured with a food thermometer, do not consume or even taste the suspect food.
- You cannot tell that food has been mishandled or is unsafe to eat by tasting, smelling, or looking at it. Make sure perishable foods are not held at temperatures between 40°F and 140°F for longer than two hours. Bacteria grow rapidly in this “Danger Zone.”

Source: www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/mail-order-food-safety/

Why Is It So Hard to Exercise?

Anyone can have a difficult time making exercise part of their routine. Often it comes down to motivation! Try these tricks to reach your fitness goals:

- **Become an early bird.** Many individuals get in their workouts in the morning, when willpower is at a maximum level and before it dwindles throughout the day.
- **Get other people involved.** Think of kid-friendly activities that your children will enjoy with you or find a friend who likes the same things you do, like running or spinning.
- **Set smaller goals.** It is much easier to fit ten minutes of movement into your day every few hours than to find a larger chunk of time in your schedule. Take one bag of groceries in at a time from the car, do sets of 10 squats or push-ups in between loads of laundry, or take stairs two at a time to get your heart rate up.
- **Keep equipment front and center.** Sometimes a simple thing, like putting your workout gear in your living room, can be key to feeling more motivated.



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Source: www.webmd.com/parenting/raising-fit-kids/move/features/motivated-to-exercise