

Words on Wellness

Balanced Approach Toward Health



Have you ever started a diet? You may start off strong but before long are back to your old habits. Why does that happen? For many, the diet is often extreme or complicated. For others, we try to change too much all at once.

Ditch the diet mindset. Instead, try a balanced approach to food and eating. When we have a realistic approach, we can improve our health, supply our body the nutrients it needs, and be satisfied with what and how much we eat.

Start by adding one healthy habit at a time. A great place to begin is the [MyPlate](#) healthy eating food plan:

- Make half your plate fruits and vegetables—think variety and make it colorful.
- Make half your grains whole grains (e.g., whole wheat bread, oatmeal).
- Choose low-fat and fat-free dairy products.
- Vary your protein—poultry, seafood, meat, eggs, nuts, and beans.

Set realistic and achievable goals, and remember that if you slip up one day not to dwell on it; just move on with your health goals in mind.

For more information on Key Nutrients for health, download our [Key Nutrients handout](#), store.extension.iastate.edu/Product/4184.

Beef Stew

Serving Size: 1 1/2 cups | Serves: 5

Ingredients:

- 1 1/2 pounds stew meat (beef chuck)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup onion, chopped (1 medium)
- 1 teaspoon garlic powder
- 1 can (14.5 ounces) reduced sodium beef broth
- 2 cups carrots, chopped (4 large carrots)
- 1 cup celery, chopped (2 large stalks celery)
- 2 cups potatoes, chopped (2 medium)
- 1 teaspoon dried rosemary
- 1/4 cup water
- 2 tablespoons cornstarch

Directions:

1. Spray a large stockpot with nonstick cooking spray. Heat stockpot over medium high heat. Add stew meat. Sprinkle salt and ground black pepper over the meat. Cook and stir for 3 minutes.
2. Add onion and garlic powder. Cook and stir for 2 minutes.
3. Reduce heat to medium. Add broth, carrots, celery, potatoes, and rosemary. Cover with a lid. Cook for 45–60 minutes, or until meat is tender.
4. Stir together water and cornstarch. Add to stew. Stir until thickened (1–2 minutes).

Nutrition information per serving:

280 calories, 6g total fat, 2.5g saturated fat, 0g trans fat, 85mg cholesterol, 430mg sodium, 23g total carbohydrate, 4g fiber, 5g sugar, 33g 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

Plan for Success

When it comes to being physically active, consistency is key. Knowing your challenges and taking steps to overcome them will help you develop and maintain a physical activity routine. Here are a few tips to help you achieve the goal of regular physical activity.

- **Know Your Why.** What will keep you going?
- **Make a plan.** You could commit to the same time each day. Follow a workout plan to stay on track and be accountable.
- **Set reminders.** These alert you it's time to get active. Try setting an alarm or keeping your workout clothes in your work bag. Reminders can be important in creating routines.
- **Make it easy.** You are more likely to stick with a plan that fits your fitness level. Park further from the store. Take the stairs. Even 10-minute walks throughout the day add up!
- **Track your progress.** Track your progress. Hold yourself accountable and check in on yourself.
- **Make it enjoyable.** Make it interesting and fun!



Learn more about physical activity

go.iastate.edu/EYOYWI

Exercise isn't about doing it every day or being "motivated enough." It's about moving more!

Low Income Home Energy Assistance Program (LIHEAP)

With the weather getting colder and heating bills going up, LIHEAP can help. This program assists eligible households with the following:

- Bill payment assistance
- Energy crisis assistance
- Weatherization
- Energy-related home repairs

Applications are accepted November 1 through April 30. The maximum income for a one-person household is \$25,760 and \$53,000 for a four-person household. The income criteria are on the [LIHEAP website](https://humanrights.iowa.gov/dcaa/liheap/eligibility), <https://humanrights.iowa.gov/dcaa/liheap/eligibility>. If you are receiving Iowa food assistance (SNAP), Supplemental Security Income (SSI), Temporary Assistance Program for Needy Families (TANF), or certain needs-tested Veterans' benefits, you may also automatically qualify.

You can apply at your local community action agency. You can find yours by visiting, <https://humanrights.iowa.gov/dcaa/where-apply>.

Here for you.
Now.
Always.

Iowa State University Extension and Outreach

AnswerLine

Call 1-800-262-3804

extension.iastate.edu/answerline

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Human Sciences

[extension.iastate.edu/](https://extension.iastate.edu/humansciences)

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If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.

