

Words on Wellne

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Start Simple with MyPlate

The newly updated MyPlate website can help you put the new Dietary Guidelines for Americans, 2020–2025 into practice. To get started, go to [MyPlate](http://MyPlate.gov), www.myplate.gov. Find out if you are making every bite count by taking the MyPlate Quiz. You will receive the following free, personalized resources:

1. Start Simple with MyPlate app will help you build healthier eating habits by setting goals. You can also sync your quiz results with the app.
- 2.

Use a Food Thermometer

Using a food thermometer ensures food is cooked to a safe temperature. You can't rely on the color or texture of a food to determine if it's safely cooked. For example, ground beef may turn brown before it reaches a temperature that kills germs. A hamburger cooked to 160°F is safe regardless of color. Use a food thermometer to make sure cold food is at or below 40°F and hot food is at or above 140°F.

Food thermometers come in a variety of types and styles. Visit the [USDA Food Safety and Inspection Service](http://www.fsis.usda.gov), www.fsis.usda.gov, for more information.

Source:
[Kitchen Thermometers](http://www.fsis.usda.gov), www.fsis.usda.gov.

www.extension.iastate.edu

High-intensity Interval Training (HIIT)

Have you heard about HIIT workouts? High-intensity Interval Training (HIIT) alternates bursts of high-intensity effort with short recovery periods. It improves overall fitness, heart health, and body fat. People of all fitness levels can try this type of training. You can use it in cycling, walking, swimming, and group exercise classes. Workouts are generally shorter. They also burn more calories in the two hours after the workout.

Visit the [American College of Sports Medicine](http://www.acsm.org), www.acsm.org, for more information on finding an HIIT program that is right for you.

Source:
[American College of Sports Medicine Fitness Training](http://www.acsm.org), www.acsm.org.