

# Words on Wellness

Your extension connection to nutrition and fitness

## Reconsidering the Egg

Experts have warned against diets high in cholesterol for years and have suggested, for example, limiting egg yolk intake. The previous *Dietary Guidelines for Americans*\* stated that Americans eat too much cholesterol and that high-cholesterol foods like eggs should be limited. Preliminary reports, however, indicate that the 2015 guidelines may no longer consider cholesterol as a nutrient of concern for overconsumption.

New research suggests that dietary cholesterol intake may not significantly increase blood cholesterol levels or increase the risk of heart disease in healthy adults. Saturated fat and trans fat in the diet are of greater concern for keeping blood cholesterol levels down than the actual cholesterol content of food. However, it is still recommended that we consume limited amounts of foods high in saturated fat or trans fat (e.g., butter, margarine, fats in meat, and high-fat dairy).

Eggs are an inexpensive protein food that is relatively low in total fat and saturated fat and rich in vitamins and minerals. Therefore, eggs can be part of a healthy diet. It is still recommended to eat them in moderation and prepare them with low-fat cooking methods like boiling or poaching.

\*The *Dietary Guidelines for Americans* are updated every five years by the U.S. Department of Agriculture and the Department of Health and Human Services. They provide dietary and physical activity recommendations for Americans ages two years and over to reduce risk of chronic disease and promote overall health.

Sources: <http://health.gov/dietaryguidelines/2015.asp>;  
<http://www.cnpp.usda.gov/dietaryguidelines/>



## Make-ahead Breakfast Burritos

Serving Size: 1 burrito | Serves: 8

### Ingredients:

- 1 cup diced potatoes (1 medium potato)
- 1/2 cup diced onions (1/2 medium onion)
- 1 cup diced bell peppers (1 medium pepper)
- 8 beaten eggs
- 1/8 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 cup shredded 2% reduced-fat cheddar cheese
- 8 flour tortillas (8 inch)

### Instructions:

1. Spray a large skillet with nonstick cooking spray. Cook the potatoes for 6 to 10 minutes over medium heat.
2. Add onions and peppers to the potatoes. Cook for 3 to 4 minutes until the potatoes are browned.
3. Add beaten eggs to the vegetable mixture. Cook for 4 to 5 minutes over medium heat. Stir off and on until there is no liquid.
4. Stir in the garlic powder and pepper.
5. Make each burrito by placing 2 tablespoons of cheese and 1/2 cup of the egg mixture on the tortilla and rolling up. Serve or freeze.

### Nutrition information per serving:

270 calories, 9 g fat, 3 g saturated fat, 31 g carbohydrates, 14 g protein, 190 mg cholesterol, 500 mg sodium, 2 g fiber

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more recipes, information, and videos, visit <http://www.extension.iastate.edu/foodsavings/>.

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## Are You Cooking Food Safely?

Do you reach for a quick microwave meal when you're hungry? Do you read and follow the cooking instructions on the package?

Not following package cooking instructions can result in undercooked food, which can lead to foodborne illness. Follow these steps to keep food safe:

### Read and follow cooking directions on packaged and convenience foods.

Not following package instructions can lead to undercooked foods, which means the temperature may not be high enough to kill harmful bacteria.

### Know when to use a microwave or conventional oven.

Cooking instructions are calibrated for a specific type of appliance and may not be applicable to all appliances.

### Know your microwave wattage before microwaving food.

The higher the microwave wattage, the quicker the food cooks. Compare your own microwave wattage (found on the inside of the microwave door or in the owner's manual) with that mentioned in the cooking instructions.

### Always use a food thermometer to ensure a safe internal temperature.

Take the temperature of the food after cooking to be sure it is fully cooked.

Source: <http://www.fightbac.org/cookitsafe>

## The Garden: Mother Nature's Gym

Boost your activity level, burn some extra calories and lower stress by gardening. Gardening activities are great ways to boost physical activity. Experts recommend a minimum of 2 1/2 hours of physical activity per week.

| Activity (30 minutes for 150-lb person) | Calories Burned |
|---|-----------------|
| Digging/pulling weeds, removing rocks   | 200–250 kcal    |
| Trimming trees and shrubs               | 150–170 kcal    |
| Mowing (using push mowers)              | 200–230 kcal    |
| Raking                                  | 120–150 kcal    |
| Swimming (slow to fast)                 | 250–340 kcal    |
| Walking (slow to fast)                  | 150–230 kcal    |

Reference: William D McArdle, Frank Katch, Victor L. Katch, Exercise Physiology: Energy, Nutrition, and Human Performance (Lippincott Williams & Wilkins) (2001); taken from eXtension.org

Don't have a garden yourself? Offer to help a neighbor or volunteer in a community garden. Go dig in the dirt and enjoy the healthful benefits of gardening!

To learn more about gardening, contact your local county ISU Extension and Outreach office or visit the online ISU Extension store at <https://store.extension.iastate.edu/> to check out these and other gardening publications:

PM 870B— Container Vegetable Gardening

PM 819— Planting a Home Vegetable Garden

PM 534— Planting and Harvesting Times for Garden Vegetables

PM 2099C April 2015

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## Do you like the healthy ideas offered in the Words on Wellness

(WOW) newsletter? Are there topics you'd like to see in the newsletter?

Let us know! We value your opinion and want to hear what you think.

Share your suggestions by taking our voluntary survey found at

[https://iastate.qualtrics.com/SE/?SID=SV\\_5JURxU5IY8KKE0R](https://iastate.qualtrics.com/SE/?SID=SV_5JURxU5IY8KKE0R).